



Monday	Tue days	Wednesday	Thursday	Friday
9:00 Golden Walkers 9:30 SNU Craft 10:00 Fall Tree Craft 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 4	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Game Centers 11:30 Lunch 12:30 Socialize 1:00 Mad Libs/Story 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 5	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Bingo 11:30 Lunch 12:30 Socialize 1:00 Rick Ham Entertainment 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 6	9:00 Golden Walkers 9:30 Music Fit 10:00 Holiday Cards w/ Leslie 11:30 Lunch 12:30 Socialize 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 7	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Corn Cob Craft 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 8
9:00 Golden Walkers 9:30 Drum Fit 10:00 Debbie Compton Craft/Color 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 11	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Busy Centers 11:30 Lunch 12:30 Socialize 1:00 Floor Games 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 12	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Leaf Bean Mosaic Craft 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 13	9:00 Golden Walkers 9:30 Music Fit 10:00 Katherine Entertainment 11:30 Lunch 12:30 Socialize 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 14	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Price Is Right 11:30 Lunch 12:30 SNU Craft 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 15
9:00 Golden Walkers 9:30 Drum Fit 10:00 Senior Meeting/Discussion 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 18	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Pumpkin Craft 11:30 Lunch 12:30 Socialize 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 19	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Scarecrow Craft 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Birthday Party w/ Kamilah 3:30 Mindfulness Discussion 20	9:00 Golden Walkers 9:30 Music Fit 10:00 Bella Dogs 11:30 Lunch 12:30 Margo Entertainment 1:00 Margo cont. 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 21	9:00 Golden Walkers 9:30 Silver Sneakers 10:00 Coloring 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 22

9:00 Golden Walkers 9:30 Drum Fit 10:00 Bingo 11:30 Lunch 12:30 Socialize 1:00 Crafts w/ Leslie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 25	9:00 Golden Walkers 9:30 Balloon Volleyball 10:00 Coloring 11:30 Lunch 12:30 Socialize 1:00 Table Games 2:00 Snack 2:30 Family Fued 3:30 Mindfulness Discussion 26	9:00 Golden Walkers 9:30 Chair Yoga 10:00 Thankful Letters 11:30 Lunch 12:30 Socialize 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion 27	28	29
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Special Events	Birthdays	Outings	Participant of the Month
11/01 - Justin Entertainment 11/06 - Rick Ham 11/11 - Debbie Compton 11/14 - Katherine 11/20 - Birthday Party 11/21 - Margo/Bella Dogs	11/11 - Bernard 11/13 - Leon 11/14 - Kathleen 11/16 - Glenda 11/24 - Dara 11/29 - Karli O.	11/04 - Downtown Cruise 11/08 - Fire Department Tour 11/15 - Senior Thrift Store 11/22 - Santa Market 11/26 - Hall of Fame Museum 11/05, 11/12, 11/19 - Skyline/OK Beautiful	Chien enjoys playing bingo, corn hole, and going on outings. She always helps out wherever she can. 