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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Flu Shot Form Fill Out – bring Healthcare # & List of Medications	1 9:00 Flu Shot Clinic All Day – 9:15 Eddie the Dog 9:30 Headlines 10:15 Mental Aerobics 1:30 Reno Keno 2:30 Tai Chi	2 10:00 Mental Aerobics 11:30 Lunch at Espresso Café 1:30 Chair Yoga 2:30 Happy Hour	3 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
4 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	5 9:45 Undecorate Halloween 1:30 Bocci Ball 2:30 Sandbag Toss 3:30 Left Right Center	6 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:30 Readings	7 9:30 Painting Snowmen or Christmas Tree 1:30 Video Memories 3:30 Sign Language 7:00 Bingo	8 19:15 Eddie the Dog 9:30 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi 3:30 Sign Language	9 10:15 Mental Aerobics 10:30 Communion 2:00 Remembrance Day Ceremony 3:00 Happy Hours	10 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
11 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church 	12 Stat for Remembrance Day 	13 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:30 Readings	14 9:00 Absolute Hearing 9:30 Headlines 10:30 Mental Aerobics 2:30 Birthday Party with Barry Powel 7:00 Bingo	15 9:15 Eddie the Dog 9:30 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi 3:30 Sign Language	16 9:15 Headlines 10:45 Roadhouse Grill 1:30 Chair Yoga 2:30 Happy Hours	17 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
18 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	19 9:30 Headlines 10:45 Lunch at the Golden Panda 2:00 Video Memories 3:30 Sign Language 4:00 Left Right Center	20 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:30 Readings	21 10:00 Health Corner with Brigita 1:30 Bocci Ball 2:45 Coffee Klatch 3:45 Mental Aerobics 7:00 Bingo	22 9:15 Eddie the Dog 9:30 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	23 9:45 Surrey Museum – lunch in Cloverdale 1:30 Chair Yoga 2:30 Happy Hours	24 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
25 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	26 9:15 Headlines 10:00 Mental Aerobics 2:00 Video Memories 3:30 Sign Language 4:00 Left Right Center	27 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:30 Readings	28 9:45 Start Christmas Decorating 2:00 Christmas Decorating 7:00 Bingo	29 9:15 Eddie the Dog 9:30 Headlines 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	30 10:15 Mental Aerobics 1:30 Chair Yoga 2:30 Happy Hour with Carl 	