

November Happenings



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------|
| | | | 1 10:30am Sit & Fit 11:30am Meditation 1pm Crafty Barb 2pm Game: Sequence | 2 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 2pm Game: Sequence | 3 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 2pm Ice Cream Social | 4 8:30-10am Continental Breakfast |
| 5 Daylight Saving Time ends! 8:30-10am Continental Breakfast 1pm Movie | 6 No Sit & Fit No Meditation 6pm Hearts to Arts at GLCFA | 7 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 1pm Bingo | 8 10:30am Sit & Fit 11:30am Meditation | 9 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 1:30pm Bay View Reading Club | 10 10:30am Sit & Fit 11:30am Meditation 1pm Bingo | 11 8:30-10am Continental Breakfast |
| 12 8:30-10am Continental Breakfast 1pm Movie | 13 10:30am Sit & Fit 11:30am Meditation | 14 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 1pm Bingo | 15 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch to Polish Kitchen | 16 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 1pm Historical Video | 17 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 2pm Ice Cream Social | 18 8:30-10am Continental Breakfast |
| 19 8:30-10am Continental Breakfast 1pm Movie 3pm Northern MI Chorale | 20 10:30am Sit & Fit 11:30am Meditation | 21 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 1pm Bingo | 22 10:30am Sit & Fit 11:30am Meditation | 23 Happy Thanksgiving!  | 24 10:30am Sit & Fit 11:30am Meditation 1pm Bingo | 25 8:30-10am Continental Breakfast |
| 26 8:30-10am Continental Breakfast 1pm Movie | 27 10:30am Sit & Fit 11:30am Meditation 1pm Deck the Halls PFV | 28 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind 1pm Bingo | 29 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch to Northwoods | 30 10:30am Tai Chi 10:30am Walk In/Out 11:30am Calm the Mind | Wellness Center Card Room Dining Room Terrace Level Outing Boardroom LL | |