



**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

<p><b>1</b></p>  <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p><b>2 Gratitude Prompts</b> Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p>	<p><b>3</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Zoom Arthritis Exercise Level 2</p> <p>Afternoon Delivery of Menus</p>	<p><b>4</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>Resident shopping orders due by Noon</p>	<p><b>5</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Zoom Arthritis Exercise Level 2</p> <p>Afternoon Delivery of Weekend Menus</p>	<p><b>6</b></p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>2:30 Chicken Soup for the Soul Delivery</p> <p>Follow the Flock of Flamingos Challenge. Look for rules on the flyer</p>	<p><b>7</b></p> <p>Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p><b>8</b></p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p><b>9 Gratitude Rocks</b> Flocking for Alzheimer's Awareness Fundraising Begins</p> <p>Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p>	<p><b>10</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Zoom Arthritis Exercise Level 2</p> <p>Afternoon Delivery of Menus</p>	<p><b>11 VETERANS DAY</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>10:30 VFW Post 193 Motorcycle Parade on Campus</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p>	<p><b>12</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p>	<p><b>13</b></p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>2:30 Drive In Trivia and Happy Hour (Wellness Center Parking Lot) Arrive between 2:30-3:00 approach under Portico from Boliek to pick up your refreshments and Trivia Sheets. NO GOOGLING, but you can study ahead! We will do Thanksgiving trivia</p>	<p><b>14</b></p> <p>Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p><b>15</b></p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p><b>16 Gratitude Jar</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Menu delivery</p>	<p><b>17</b></p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Zoom Arthritis Exercise Level 2</p> <p>Afternoon Delivery of Menus</p>	<p><b>18</b></p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>Resident shopping orders due by Noon</p> <p>3:30 Drive-In OR Zoom Wellness Wednesday "Necessary Screenings and Vaccines"</p> <p>Refreshments will be served at Drive-In</p> <p>Approach the Wellness Center from Boliek and drive under Portico</p>	<p><b>19</b></p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Zoom Arthritis Exercise Level 2</p> <p>Afternoon Delivery of Menus</p>	<p><b>20</b></p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>2:30 Ice Cream Delivery (Must be on front porch or near front door. Weather Permitting)</p>	<p><b>21</b></p> <p>Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>
<p><b>22</b></p> <p>Brain Teasers available in the Mailroom</p> <p>11:00-Noon Lunch Delivered to your home</p>	<p><b>23 Gratitude Journal</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Menu delivery</p>	<p><b>24</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Yoga</p> <p>10:00 Zoom Chair Yoga</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>1:30 Zoom Arthritis Exercise Level 2</p> <p>Resident shopping orders due by Noon</p> <p>Afternoon Delivery of Menus</p>	<p><b>25</b></p> <p>Morning Email From Mary</p> <p>9:00 Zoom Tai Chi with Mary</p> <p>10:00 Zoom Arthritis Exercise Level 1</p> <p>10:00-1:00 Communion Available in the New Life Chapel</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p>	<p><b>26</b></p>  <p>11:00-Noon Lunch Delivered to your home</p>	<p><b>27</b></p> <p>Morning Email From Mary</p> <p>11:00-Noon Lunch Delivered to your home</p> <p>Afternoon Delivery of Menus</p> <p>2:00 Wellness Center Christmas Decorating (Call Mary if you would like to help)</p>	<p><b>28</b></p> <p>Puzzles and Activities from Friday's Email</p> <p>11:00-Noon Lunch Delivered to your home</p>

**29**

Brain Teasers available in the Mailroom

11:00-Noon Lunch Delivered to your home

**30**

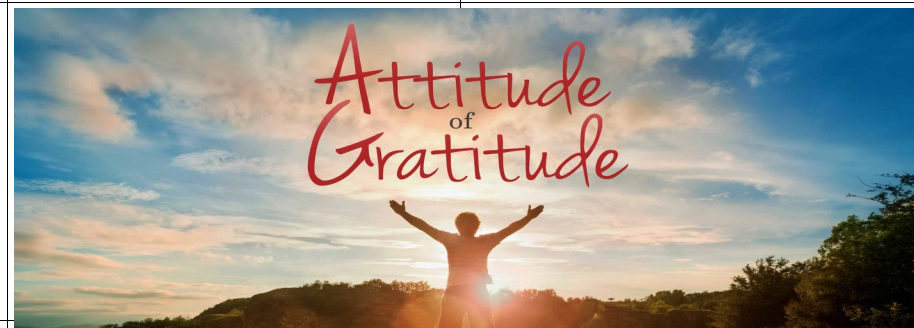
Morning Email From Mary

9:00 Zoom Tai Chi with Mary

10:00 Zoom Arthritis Exercise Level 1

11:00-Noon Lunch Delivered to your home

Afternoon Menu delivery



**Alzheimer's Awareness Flamingo Flocking Fundraiser**

**Flock your Neighbor!!!**



**November Is National Gratitude Month**

*Activities are subject to change. Please check bulletin boards, mail-boxes, and calendars for changes*