

November 2025



Member Led Group:
Tom and Rogers Music Group
Diabetes Group w/ Libby



Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Happy Thanksgiving</i>				
3 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Morning Yoga w/Steph 12:00-1:30 Lunch 2:00-3:00 Gratitude w/Ryan 3:00-4:00 Game time!	4 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Tom and Rogers Music 12:00-1:30 Lunch 2:00-3:00 Poetry for the Soul 3:00-4:00 Game time!	5 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Wellness Group w/Bella 12:00-1:30 Lunch 2:00-3:00 Bracelet Making w/Ryan 3:00-4:00 Game time!	6 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Tom and Rogers Music 12:00-1:30 Lunch 2:00-3:00 Hand Turkey Chain 3:00-4:00 Game time!	7 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Morning Yoga w/Steph 12:00-1:30 Lunch 2:00-3:00 BINGO/Ryan 3:00-4:00 Game time!
10 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Chair Exercises 12:00-1:30 Lunch 2:00-3:00 Uno/Denise 3:00-4:00 Game time!	11 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Tom & Rogers Music 12:00-1:30 Lunch 2:00-3:00 Wellness Writing Workshop 3:00-4:00 Game time!	12 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Jeopardy w/Joey 12:00-1:30 Lunch 2:00-3:00 Pom Pom Creature Making 3:00-4:00 Game time!	13 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Members Meeting 12:00-1:30 Lunch 2:00-3:00 Hand Turkey Chain 3:00-4:00 Game time!	14 9:00-11:00 Continental Breakfast! 10:30-11:00 Good Morning News 11:00-12:00 Ask it Basket/Noreen 12:00-1:30 Lunch 2:00-3:00 Monopoly w/Ryan 3:00-4:00 Game time!
17 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Morning Aerobics 12:00-1:30 Lunch 2:00-3:00 Bracelet Making w/Ryan 3:00-4:00 Game time!	18 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Tom and Rogers Music 12:00-1:30 Lunch 2:00-3:00 Arts and Crafts w/Bella 3:00-4:00 Game time!	19 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Self-Worth w/Bella 12:00-1:30 Lunch 2:00-3:00 Mental Relapse w/Don 3:00-4:00 Game time!	20 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Tom and Rogers Music 12:00-2:00 THANKSGIVING DINNER 2:00-3:00 What Am I Thankful For? 3:00-4:00 Game time!	21 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Diabetes Group w/ Libby 12:00-1:30 Lunch 2:00-3:00 BINGO w/Ryan 3:00-4:00 Game time!
24 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Morning Exercise 12:00-1:30 Lunch 2:00-3:00 Tea Party 3:00-4:00 Game time!	25 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Tom and Rogers Music 12:00-1:30 Lunch 2:00-3:00 Wii Bowling Tournament 3:00-4:00 Game time!	26 9:00-11:00 Continental Breakfast 10:30-11:00 Good Morning News 11:00-12:00 Physical Health/Bella 12:00-1:30 Lunch 2:00-3:00 Cooking Club 3:00-4:00 Game time!	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING