

# Wellness & Enrichment Center Activity Schedule-November 2016

Mon	Tue	Wed	Thu	Fri
<b>Blood Pressure Checks Daily</b>  <b>Grief Support every Friday @ 10:30 am</b>	<b>1</b> 8:30-12:00 <i>Cribbage</i> 9:00-10:30 <i>November Updates</i> 9:00-11:00 <i>Knit &amp; Crochet</i> 12:00-4:00 <i>Open Activities</i> 1:30-2:00 <i>Drum Fit</i>	<b>2</b> 8:30-10:00 <i>Mexican Train</i> 9:30-12:00 <i>Mahjong</i> 12:00-1:00 <i>Open Activities</i> 1:00-2:00 <i>Five Crowns</i> 2:00-4:00 <i>Ping Pong</i>	<b>3</b> 8:30-10:00 <i>Five Crowns</i> 10:00-12:00 <i>Hand &amp; Foot card Game</i> 12:00-1:00 <i>Open Activities</i> 12:30-4:00 <i>Mahjong</i>	<b>4</b> 8:30-10:00 <i>Dominoes</i> 12:00-4:00 <i>Open Activities</i> 12:00-4:00 <i>Canasta</i>
<b>7</b> 8:30-12:00 <i>Open Activities</i> 10:00-12:00 <i>AGA</i> 10:00-12:00 <i>Mexican Train</i> 2:00-4:00 <i>Five Crown</i> 3:00-4:30 <i>Card Making with Kit</i>	<b>8</b> 8:30-12:00 <i>Cribbage</i> 9:00-11:00 <i>Knit &amp; Crochet</i> 12:00-1:00 <i>Open Activities</i> 1:30-2:00 <i>Drum Fit</i> 2:00-4:00 <i>Craft with Dianne</i>	<b>9</b> 9:30-12:00 <i>Mahjong</i> 9:00-11:00 <i>Scan</i> 12:00-1:00 <i>Open Activities</i> 1:00-2:00 <i>Five Crowns</i> 2:30-4:00 <i>Thanksgiving Bingo</i>	<b>10</b> 8:30-9:30 <i>Five Crowns</i> 10:00-12:00 <i>Farmer's Market</i> 10-11:30 <i>UnitedHealthcare</i> 12:30-4:00 <i>Mahjong</i> 2:00-3:00 <i>Marching Band Flag class</i>	<b>11</b> 8:30-10:30 <i>Veteran's Breakfast</i> 12:00-4:00 <i>Open Activities</i> 12:00-4:00 <i>Canasta</i> 2:00-4:00 <i>Sewing 101</i>
<b>14</b> 8:30-12:00 <i>Open Activities</i> 10:00-12:00 <i>Mexican Train</i> 11:15-12:00 <i>Healthy Recipe Roundtable</i> 3:00-4:00 <i>Bingo</i>	<b>15</b> 8:30-12:00 <i>Cribbage</i> 10-11:30 <i>Anthem Blue Cross</i> 9:00-11:00 <i>Knit &amp; Crochet</i> 1:30-2:00 <i>Drum Fit</i> 2:30-4:00 <i>Chinese Checkers</i>	<b>16</b> 8:30-10:00 <i>Mexican Train</i> 9:30-12:00 <i>Mahjong</i> 12:00-3:00 <i>Holiday Luncheon</i> 1:00-4:00 <i>Five Crowns</i>	<b>17</b> 8:30-10:00 <i>Five Crowns</i> 10:00-12:00 <i>Dominoes</i> 12:00-1:30 <i>UnitedHealthcare</i> 12:30-4:00 <i>Mahjong</i> 2:00-2:45 <i>Turkey Trot Fit Walk</i>	<b>18</b> 8:30-1:30 <i>Craft &amp; Bake Sale</i> 12:00-4:00 <i>Open Activities</i> 12:00-4:00 <i>Canasta</i> 2:00-3:00 <i>November Random Acts Of Kindness</i>
<b>21</b> 8:30-12:00 <i>Open Activities</i> 10:00-12:00 <i>AGA</i> 10:00-12:00 <i>Mexican Train</i> 2:00-4:00 <i>Scrabble</i> 3:00-4:30 <i>Bingo</i>	<b>22</b> 8:30-12:00 <i>Cribbage</i> 9:00-11:00 <i>Knit &amp; Crochet</i> 12:00-1:00 <i>Open Activities</i> 1:30-2:00 <i>Drum Fit</i> 3:00-4:30 <i>Craft with Debbie</i>	<b>23</b> 8:30-10:00 <i>Mexican Train</i> 9:30-12:00 <i>Mahjong</i> 12:00-1:00 <i>Open Activities</i> 1:00-4:00 <i>Thanksgiving Canvas Art</i>	<b>24</b> Thanksgiving Closed for Holiday	<b>25</b> Closed
<b>28</b> 8:30-12:00 <i>Open Activities</i> 10:00-12:00 <i>Mexican Train</i> 11:15-12:00 <i>Healthy Recipe Roundtable</i> 3:00-4:00 <i>Bingo</i>	<b>29</b> 8:30-12:00 <i>Cribbage</i> 9:00-11:00 <i>Knit &amp; Crochet</i> 12:00-1:00 <i>Open Activities</i> 1:30-2:00 <i>Drum Fit</i> 3:00-4:30 <i>Movie Day</i>	<b>30</b> 9:30-12:00 <i>Mahjong</i> 10-11:30 <i>Anthem Blue Cross</i> 1:00-2:00 <i>Birthday Party!!!</i> 2:00-4:00 <i>Family Stories Month (Decorate A Book)</i>	<b>RSVP FOR ALL BURGUNDY ACTIVITIES</b>  <b>Open Enrollment Dates in Blue</b>	<b>Massage with Justin Thursday's &amp; Friday's 9am-12pm</b>