

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Massages by Appointment 9:00 Exercise 1:30 Writers' Group 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Ch 900</i> <u>4:30 Happy Hour</u> 7:00 Cribbage	2 9:00 Exercise 9:00 Walgreens Trip ("Senior Day") 1:00 Qigong Exercise 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i> 6:30 Pool Players	3 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 9:00-9:30 Shred Event 3:30 Chair Exercise- <i>Channel 900</i> <u>4:30 Happy Hour</u>	4 Salon Open by Appointment 9:00 Exercise 1:00 Genealogy Group 1:30 Hilldale Trip 2:00 Scrabble 3:30 Chair Yoga- <i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Game Night	5 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 Dollar Store Trip 1:15 Matinee Movie- <i>Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour	6
7 Daylight Saving Time Ends	8 9:00 Exercise 1:30 Birthday Party 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Ch 900</i> <u>4:30 Happy Hour</u> 7:00 Cribbage	9 9:00 Exercise 9:00 Walgreens Trip 10:30 Budget Presentation 1:00 Qigong Exercise 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i> 6:30 Pool Players	10 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 10:00 Card Making Workshop 10:30 Knit Pickers <u>1:30 \$1/card BINGO!</u> 3:30 Chair Exercise- <i>Channel 900</i> 4:30 Happy Hour	11 Veterans Day Salon Open by Appointment Veterans Day Display- <i>3rd Floor</i> 9:00 Exercise 1:30 Hilldale Trip 2:30 Budget Presentation (repeat) 3:30 Chair Yoga- <i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Game Night	12 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 Brennan's Cellars/Aldi Trip 1:15 Matinee Movie- <i>Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Ch 900</i> <u>4:30 Happy Hour</u>	13
14	15 9:00 Exercise <u>2:00 The Big Squeezey Concert</u> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour 7:00 Cribbage	16 Massages by Appointment 9:00 Exercise 9:00 Walgreens Trip 1:00-4:00 Foot Care by Appt 1:00 Qigong Exercise 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i>	17 Library Books Due Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip <u>2:30 Apple Cider Tasting</u> 3:30 Chair Exercise- <i>Channel 900</i> 4:30 Happy Hour	18 Salon Open by Appointment 9:00 Exercise 10:00 Liaison Committee Meeting 1:30 Hilldale Trip 1:30 Scrabble 3:30 Chair Yoga- <i>Channel 900</i> <u>4:30 Happy Hour</u> 7:00 Game Night	19 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 West Towne Mall Trip 10:30 Coloring Group 1:15 Matinee Movie- <i>Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Ch 900</i> <u>4:30 Happy Hour</u>	20
21 5:30 Potluck	22 9:00 Exercise <u>10:30 Theodore Roosevelt Portrayal</u> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Ch 900</i> 4:30 Happy Hour 7:00 Cribbage	23 9:00 Exercise 9:00 Coffee Klatch with Kay 9:00 Walgreens Trip <u>10:30 Harpsichord Concert</u> 1:00 Qigong Exercise 3:00 A Capella Sing-a-Long 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i>	24 Salon Open by Appointment 7:00 Trash Pickup 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 10:30 Knit Pickers- <i>Theater</i> <u>11:30-12:30 Annual Thanksgiving Brunch</u> 3:00 Office Closes until Monday 4:30 Happy Hour	 Office & Kitchen Closed No MG Transportation	26 Office & Kitchen Closed No MG Transportation No Trask Pickup Today	27
28	29 9:00 Exercise 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Ch 900</i> 4:30 Happy Hour 7:00 Cribbage	30 Massages by Appointment 9:00 Exercise 9:00 Walgreens Trip 1:00 Qigong Exercise 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i>	<div style="border: 2px solid orange; padding: 10px; background-color: #fff9e6;"> <p>Priority & Social Wait List Members are invited to everything <u>UNDERLINED</u> on this calendar!</p> <p>Just call 608-836-8900 to RSVP!</p> </div>			