November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:00 AM Schnucks (Rod Drives) 5:00 PM – Soup Night	3 Chair Yoga – 10:00 AM (MPR)	4 Bingo 7PM (LR)	5 HasFit Youtube Fitness Class 10 am (MPR)	6 Fitness Fundamentals 9:30 (MPR)	7 Movie Night 7PM (LR)
8	9 11:00 AM Schnucks (Rod Drives) 5:00 PM – Soup Night	10 Chair Yoga – 10:00 AM (MPR)	11 Game Night 7PM (LR) Veteran's Day	12 HasFit Youtube Fitness Class 10 am (MPR) Music Therapy 2:15 (MPR)	13 Fitness Fundamentals 9:30 (MPR)	14 Movie Night 7PM (LR)
15	16 11:00 AM Schnucks (Rod Drives) 5:00 PM – Soup Night	17 Chair Yoga – 10:00 AM (MPR)	18 Bingo 7PM (LR) Outing to The Chess Hall of Fame & Lunch at Kingside Diner	19 HasFit Youtube Fitness Class 10 am (MPR)	20 Fitness Fundamentals 9:30 (MPR) Birthday Happy Hour 5PM	21 Movie Night 7PM (LR)
22	23 11:00 AM Schnucks (Rod Drives) 5:00 PM – Soup Night	24 Chair Yoga – 10:00 AM (MPR)	25 Game Night 7PM (LR) Outing to Third Degree Glass & Lunch at the Fountains on Locust	26 Happy Thanksgiving	27 Fitness Fundamentals 9:30 (MPR)	28 Movie Night 7PM (LR)
29	30 11:00 AM Schnucks (Rod Drives) 5:00 PM – Soup Night	[Click here to learn more about Pacific Place!]				

Key: Outing Special Meal Activity Happy Hour Location: (FC) Fitness Center, (CH) Chapel, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room