

	Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. 10am – Coffee/Tea Time 11am- Exercise Youtube 12pm- Lunch 1pm-Social Hour</p>	<p>2. 10am- Coffee/ Tea Time 11:30am- Fitness w/ Rodney 12pm- Lunch 1pm – News Talk</p>	<p>3. 10:00am- Coffee Talk 10:30am- Card Games 11:30am- Music Times 12:00pm-Lunch 1pm- Beanbag Toss</p>
	<p>6. 10am- Coffee /Tea Time 11am- Close-up Collage w/Jason Harowitz 12pm- Lunch 1pm-Nutriton Education w/Ms.Minor</p>	<p>7. 10:00am- Coffee Talk 10:30am- Card Games 11:30am- Music Times 12:00pm-Lunch 1pm- Beanbag Toss</p>	<p>8. 10:00am- Tea /Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm- TV Time</p>	<p>9. 10am- Coffee/Tea Time 11:30am- Fitness w/Rodney 12pm- Lunch 1pm – Word Search</p>	<p>10.</p> 
	<p>13. 10am- Coffee/Tea Time 11am- Close-up Collage w/Jason Harowitz 12pm- Lunch 1pm- Beanbag Toss</p>	<p>14. 10:00am- Coffee /Tea Time 10:30am- Card Games 11:00am- Dominos 12:00pm-Lunch 1:00pm- Bean bag toss</p>	<p>15. Roses 10am-12pm 7706 Marlboro Pike Forestville, MD 20727 12pm- Lunch 1pm- Cards</p>	<p>16. 10am- Coffee/Tea Time 11:30am- Fitness w/Rodney 12pm- Lunch 1pm – Social Hour</p>	<p>17. 10:00am- News Talk 11:00am- Youtube Exercise 12:00pm- Lunch 1:00pm-Music Hour</p>

 <p>HAVE A HAPPY NOVEMBER!!</p>	<p>20. 10am-TeaTime 11am-Card Games 12pm- Lunch 1pm-Nutrition Education w/Ms.Minor</p>	<p>21. 10am- Coffee 11am- Word Search Oldies& Goodies w/Ms. Sandra and Band Thanksgiving Luncheon At The Site 11:30am - 1pm</p>	<p>22. 10:00am- News Talk 11:00am- Thankful Discussion 12:00pm- Lunch 1:00pm-Music Hour</p>	<p>23. CLOSED</p> 	<p>24. 10:00am- Coffee Hour 11:00pm- Walking/Gym 12:00pm- Lunch 1:00pm- Life Story Exercises</p>
	<p>27. 10:00am- Coffee Talk 10:30am- Card Games 11:30am- Music Times 12:00pm-Lunch 1pm- Beanbag Toss</p>	<p>28. 10:00am- Coffee /TeaTime 10:30am-Youtube Exercise 11:00am- Card Games 12:00pm- Lunch 1:00pm- Beanbag Toss</p>	<p>29. Walmart 10am-12pm 6303 Richmond Highway Alexandria, Virginia 22306 12pm- Lunch 1pm- Word Search</p>	<p>30. 10am- Coffee Talk 11:30am- Fitness w/Rodney 12pm-Lunch 1pm- Music</p>	 <p>NOVEMBER BIRTH FLOWER: CHRYSANTHEMUM</p> <p>It's said that a single petal of a chrysanthemum placed in the bottom of a glass of wine enhances longevity.</p> <p>THE OLD FARMER'S ALMANAC</p>

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.