






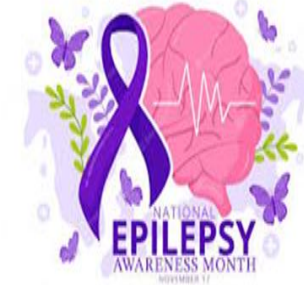










	Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. 10am – Tea Time 11am- YouTube TV 12pm - Lunch 1pm- Music Hour</p>	<p>2. 10am- Fitness w/Rodney 11am-Music hour 12pm- lunch 1pm -Card games</p>	<p>3. </p>
	<p>6. </p>	<p>7. 10am-YouTube Fitness 11am- Music Hour 12pm-Lunch 1pm-Open discussion</p>	<p>8. 10am- Tea Time 11am Music Triva 12pm lunch 1pm Card Games</p>	<p>9. 10am-Fitness w/Rodney 11am- YouTube Documentary 12pm- Lunch 1pm -Nutrition Education w/Ms.Minor</p>	<p>10. CLOSED </p>
	<p>13. </p>	<p>14. 10am – Netflix Movie 11am-Paint Hour 12pm-Lunch 1pm-Card games</p>	<p>15. Roses 10am-12pm 7706 Marlboro Pike Forestville, MD 20727 12:30pm- Lunch time at the site 1pm- Music and Dance</p>	<p>16. 10am- Fitness w/Rodney 11am- Paint Hour 12pm -Lunch 1pm -Open Discussion</p>	<p>17. </p>

 <p>Citrine NOVEMBER BIRTHSTONE</p>	<p>20.</p> 	<p>21.</p> <p>10am- Tea Time 11am -Youtube Fitness 12:30pm- Lunch time at the site 1:00pm- Card Game</p>	<p>22.</p> <p>10am-Tea Time 11am-Card Games 12pm- Thanksgiving Luncheon 1pm-Chat Hour</p>	<p>23. CLOSED</p> 	<p>24.</p>  <p>NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH</p>
	<p>27.</p>  <p>NOVEMBER BLESSINGS</p> <p>May the LORD bless you and protect you. May the LORD smile on you and be gracious to you. May the LORD show you His favor and give you His peace.</p> <p>NUMBERS 6:24-26</p>	<p>28.</p> <p>10am- Tea Time 11am -Current Events 12pm -Lunch 1pm – Nutrition Education w/Ms. Minor</p>	<p>29.</p> <p>Walmart 10am-12pm 6303 Richmond Highway Alexandria, Virginia 22306</p> <p>12pm- lunch 1pm -Card Games</p>	<p>30.</p> <p>10am- Fitness w/Rodney 11am- Music and Dance 12pm- Lunch 1pm- Crossword Puzzle</p>	 <p>Lung Cancer Awareness</p>

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