





	Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. 10am – Coffee Hour 11am- Movie Time 12pm- Lunch 1pm- Continued Movie Time</p>	<p>2. 10am-BODYWISE w/UDC Ms. Vernette 11am- Word Search 12pm- Lunch 1pm- Beanbag Toss</p>	<p>3. 10am- Coffee Time 11am- Current Events 12pm- Lunch 1pm- Music Hour</p>
	<p>6.</p> 	<p>7. 10am-BODYWISE w/UDC Ms. Vernette 11am- Puzzles 12pm-Lunch 1pm- Nutrition Education w/Ms. Minor</p>	<p>8. 10am- Coffee Hour 11am- SPIRIT Club 12pm-Lunch 1pm -Trivia</p>	<p>9. 10am-BODYWISE w/UDC Ms. Vernette 11am-Bean Bag Toss 12pm- Lunch 1pm – Word Search</p>	<p>10. CLOSED</p> 
	<p>13. 10am- Coffee Hour 11am- Puzzles 12pm- Lunch 1pm- Open Board Games</p>	<p>14. 10am- BODYWISE w/UDC Ms. Vernette 11am- Social Hour 12pm- Beanbag Toss 1pm- Cards</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- BODYWISE w/UDC Ms. Vernette 11am-Current Events 12pm- Lunch 1pm – Open Discussion</p>	<p>17. 10am- Coffee Hour 11am- Word Search 12pm- Bean bag Toss 1pm- Trivia</p>

 <p><i>Citrine</i> NOVEMBER BIRTHSTONE</p>		<p>21. 10am-Coffee Hour 11am- Social Hour 12pm- Lunch time at the site 1:00pm- Nutrition Education w/Ms. Minor</p>	<p>22. 10am- Coffee Hour 11am- SPIRIT Club 12pm- Thanksgiving Luncheon 1pm- Open Talks</p>	<p>23. CLOSED</p> 	<p>24. 10am- Coffee Hour 11am- Puzzles 12pm- Lunch 1pm- Open Board Games</p>
<p>HAVE A HAPPY NOVEMBER!!</p>	<p>27. 10am- Coffee Hour 11am- Current Events 12pm- Lunch 1pm- Trivia</p>	<p>28. 10am- BODYWISE w/UDC Ms. Vernette 11am-Thankful Discussion 12pm-Lunch 1pm- Life Story Exercises</p>	<p>29. Walmart 10am-12pm 6303 Richmond Highway Alexandria, Virginia 22306 12pm- Lunch 1pm- Social Hour</p>	<p>30. 10am- BODYWISE w/UDC Ms. Vernette 11am- Current Events 12pm- Lunch 1pm- Music Hour</p>	

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