




	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday to all clients celebrating this month!!!</p>  <p>TO ALL THOSE BORN IN NOVEMBER <i>Happy Birthday</i></p> <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p> 		<p>1. 11:00am You Tube - Fitness 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Card Games</p>	<p>2. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm 1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene</p>	<p>3. 11:00am Coffee Talk 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Arts for Aging in Person Turning Back the Clock with Kathy and Chris 2:00pm Card Games AgeWell on-site for Health Screening from 11am-3pm.</p>	<p>4. <i>In Honor of Aviation History Month</i> FREE admission National Air and Space Museum 10:30am-2:00pm 6th St. and Independence Ave SW Washington, DC 20560</p>
	<p>7. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Tables Topics 2:00pm Clients Choice</p>	<p>8. Election Day 11:00am Nutrition Education with Ms. Minor 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean Bag Toss</p>	<p>9. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm 1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene</p>	<p>10. 11:00am Coffee Talk 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Checkers 2:00pm Bingo AgeWell on-site for Health Screening from 11am-3pm.</p>	<p>11.  <i>In Observance of Veterans Day</i></p>
	<p>14. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Oculus Virtual Reality 2:00pm Oculus Virtual Reality</p>	<p>15. 11:00am You Tube-Fitness 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Card Games</p>	<p>16. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Puzzles 2:00pm Giant UNO</p>	<p>17. Thanksgiving Luncheon 10:00am-2:00pm Location TBD</p>	<p>18. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Oldies But Goodies Music 2:00pm Open Game Time</p>
	<p>21. Martha's Table Produce Pick-Up 11:00am-1:30pm 2375 Elvans Road SE Washington, DC 20020</p>	<p>22. 11:00am SNAP Ed. w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean Bag Toss</p>	<p>23. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Puzzles 2:00pm Giant UNO</p>	<p>24. </p>	<p>25. </p>
	<p>28. Tanger Outlet Mall 11:00am-1:30pm 6800 Oxon Hill Rd, National Harbor, MD 20745</p>	<p>29. 11:00am Chat and Chew 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean Bag Toss</p>	<p>30. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Cards and Games 2:00pm Music Hour AgeWell on-site for Health Screening from 11am-3pm.</p>	<p>Celebrated This Month</p> <ul style="list-style-type: none"> • Adopt a Turkey • American Diabetes • Aviation History • Bladder Health • COPD Awareness • Gluten-Free Diet Awareness • Native American Heritage 	<p>25.  November is National Family Caregivers Month</p>