

	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>1. 10:00am Open 11:00am Word Search 12:00pm LUNCH TIME 1:00pm Arts for Aging in Person Turning Back the Clock with Kathy and Chris</p>	<p>2. (20 seats) Stop 1: Roses, Forman Mills 10: 15am-12:00pm 7700 Marlboro Pike Forestville, MD 20747 Stop 2: Dollar Tree 12:10pm-1:30pm 3014 Donnell Drive Forestville, MD 20747</p>	<p>3. 10:00am Coffee Hour 11:00am Movie Time 12:00pm LUNCH TIME 1:00pm Movie Time</p>	<p>4. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Card Games 12:00pm LUNCH TIME 1:00pm- Bingo AgeWell on-site for Health Screening from 10am-2pm.</p>
	<p>7. 10:00am Current Events 11:00am In-person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Show and Tell</p>	<p>8. Election Day 10:00am Chat & Chew 11:00am Honoring our Veterans 12:00pm LUNCH TIME 1:00pm Puzzle Games</p>	<p>9. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am SNAP Ed. w/ Ms. Lockett 12:00pm LUNCH TIME 1:00pm Guess Who Game</p>	<p>10. <i>In Honor of Aviation History Month</i> FREE admission (15 seats) National Air and Space Museum 10:15am-1:00pm 6th St. and Independence Ave SW Washington, DC 20560</p>	 <p>11.</p>
	<p>14. 10:00am Chat & Chew 11:30am Diabetes Prevention Class **Diabetes prevention class from 11:30am-2:00pm 12:00pm LUNCH TIME</p>	<p>15. 10:00am Card Games 11:00am In-person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Oldie & Goodies</p>	<p>16. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Movie Time AgeWell on-site for Health Screening from 10am-2pm.</p>	<p>17. (15 seats) Thanksgiving Luncheon 10:00am-2:00pm Location TBD</p>	<p>18. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Puzzle Games 12:00pm LUNCH TIME 1:00pm Movie Time AgeWell on-site for Health Screening from 10am-2pm.</p>
<p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p> 	<p>21. 10:00am Current Events 11:30am Diabetes Prevention Class **Diabetes prevention class from 11:30am-2:00pm 12:00pm LUNCH TIME</p>	<p>22. 10:00am Open Game Time 11:00am In-person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Oldie & Goodies</p>	<p>23. (20 seats) United Healthcare Feast of Sharing 10:00am-1:00pm Walter E. Washington Convention Center 801 Mount Vernon Place, NW Washington, DC</p>		
	<p>28. 10:00am Coffee Hour 11:30am Diabetes Prevention Class **Diabetes prevention class from 11:30am-2:00pm 12:00pm LUNCH TIME</p>	<p>29. 10:00am Client Choice 11:00am In-person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Nutrition Education with Ms. Minor</p>	<p>30. (6 clients) + 1 staff Make-Up Toby's Dinner Theatre ONLY clients that were taken off bus on prior trip Martha's Table Produce Pick-Up 10:30am-1:30pm 2375 Elvans Road SE Washington, DC 20020 (20 seats)</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 Month 	 <p>Celebrate the <i>Caregivers</i> In Your Life November is National Family Caregivers Month</p>