

Rolla Elderly Highrise Senior Center

Calendar of Events

November 2020							December ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1	
2 Book Lover's Day Be sure and read your Fraud Facts!	3 Election Day Vote	4 Send out quiz page!	5 Walk around your house or yard for 10-15 minutes!	6 Color a picture day! Coloring page sent out.	7	8	
9 Exercise march in place for 15 minutes today!	10 Vanilla Day! Make something special with vanilla flavoring.	11 Play a board game with family or friend! U.S. Veteran's Day! Thank all Veterans for their services!	12 National Pizza Day!	13 Sit in a chair in kick each leg out 15 times right leg and then left leg! Repeat again!	14	15	
16 Puzzle Day!	17 Take a small hike! National homemade bread day!	18 Play a board game with a family member or friend! Mickey Mouse Birthday 92 nd 1928! Wear your Mickey shirt!	19 Food & Safety Clean out your refrigerator day!! Get rid of all your out dated items!	20 Today sit in your chair, extend your leg and flex your ankle making a circle first go to the right and then counter clock wise, 15 each leg.	21	22 Family Week!	
23 Say something nice day!	24 Celebrate your talent!	25 Play a board game day with a friend or family member!	26 Happy Thanksgiving!!! Center Closed Annual Macy's Parade!	27 Center Closed National Shopping Day!	28	29	
30 Did you complete your exercise tips this month! Let me know! 341-2929							