



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am – Computer Class 10:00am – Bingo w/ Fair Park 10:00am – Table Tennis 10:00am – 11:00am - Lunch 10:00am – Ladies Bible Study 12:00pm – Happy Strummin Ukulele 12:00pm – Card Games 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play **THERE WILL BE NO STAY STRONG, STAY HEALTHY**	**3** 8:00am-10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 9:30am – Bingo w/ Kathy/Barb/Crystal's Table 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 1:30pm – Chair Yoga 5:00pm – Center Rental - AVALON	**4** 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 1:00pm – Mexican Train Dominos 2:00pm – Open Jam 4:00pm – Line Dancing	**5** 8:30am – Chair Volleyball 9:00am – Breakfast 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 11:00am – Drums Alive 11:40am – Chair Yoga 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi 6:00 – Corvette Club	**6** 9:00am – Singing with Jim Trease 9:45am – Birthday, Anniversary, Newcomer Celebration 9:30am – Computer Class 10:00am – Bingo w/ Eye Centers of TN 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge 4:00pm – Line Dancing
9 9:30am – Computer Class 9:30am – 10:00am – Presentation w/ Lucinda from Gentiva 10:00am – Bingo w/ Fair Park 10:00am – Table Tennis 10:00am – 11:00am - Lunch 10:00am – Ladies Bible Study 12:00pm – Happy Strummin Ukulele 12:00pm – Card Games 12:00pm – Stay Strong, Stay Healthy 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play	**10** 8:00am-10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 9:30am – Bingo w/ Amedysis 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 1:30pm – Chair Yoga 5:00pm – Open Bible Study	**11** 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 1:00pm – Mexican Train Dominos 2:00pm – Open Jam 4:00pm – Line Dancing	**12** 8:30am – Chair Volleyball 9:00am – Breakfast 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 11:00am – Drums Alive 11:40am – Chair Yoga 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi	**13** 8:00am – 10:00am – Socializing & Puzzles 9:30am – Computer Class 10:00am – Bingo w/ Cindy's Table 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge **THERE WILL BE NO LINE DANCING DUE TO THE CENTER BEING RENTED FOR THE WEEKEND!**
16 9:30am – Computer Class 10:00am – Bingo w/ Lil' Angels 10:00am – Table Tennis 10:00am – 11:00am - Lunch 10:00am – Ladies Bible Study 12:00pm – Happy Strummin Ukulele 12:00pm – Card Games 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play **THERE WILL BE NO STAY STRONG, STAY HEALTHY**	**17** 8:00am-10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 9:30am – Bingo w/ Spring Arbor 9:30am – Trip w/ Staff (MUST SIGN UP) 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 5:00pm – Open Bible Study **THERE WILL BE NO CHAIR YOGA**	**18** 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 1:00pm – Mexican Train Dominos 2:00pm – Open Jam 4:00pm – Line Dancing	**19** 8:30am – Chair Volleyball 9:00am – Breakfast 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 11:00am – Drums Alive 11:40am – Chair Yoga 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi	**20** 8:00am – 10:00am – Socializing & Puzzles 9:30am – Computer Class 10:00am – Bingo w/ Laura's Table 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge 4:00pm – Line Dancing
23 9:30am – Computer Class 10:00am – Bingo w/ Quality 10:00am – Table Tennis 10:00am – 11:00am - Lunch 10:00am – Ladies Bible Study 12:00pm – Happy Strummin Ukulele 12:00pm – Card Games 12:00pm – Stay Strong, Stay Healthy 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play	**24** 7:30am – Trip w/ Staff (MUST SIGN UP) 8:00am-10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 9:30am – Bingo w/ Fair Park 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 1:30pm – Chair Yoga 5:00pm – Open Bible Study	**25** THE CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING!	**26** THE CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING!	**27** THE CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING!
30 9:30am – Computer Class 10:00am – Bingo w/ Fair Park 10:00am – Table Tennis 10:00am – 11:00am - Lunch 10:00am – Ladies Bible Study 12:00pm – Happy Strummin Ukulele 12:00pm – Card Games 12:00pm – Stay Strong, Stay Healthy 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play		SCHEDULE CHANGES ARE HIGHLIGHTED FOR YOUR CONVIENCE!	THE BILLARDS ROOM IS OPEN MONDAY-THURSDAY 8-4 & FRIDAY 8-3!	THE BACK SIDE OF THIS CALANDER GIVES MORE INFORMATION ABOUT ART CLASSES, TRIPS, AND SPECIAL EVENTS COMING UP!



Trips Planned for November-

Tuesday, November 17th – Thrifting, Lunch & a Movie in Cookeville! Join us for a fun day of bargain hunting at Goodwill, Habitat for Humanity, and Bethel Thrift! We'll enjoy lunch at Chicken Salad Chick (on your own) before heading to AMC Highland Theater to watch Ebenezer, a new take on the classic Christmas story! We will depart Fair Park at 9:30 AM after breakfast. Cost is $20 per person, which includes van transportation and your movie ticket. Shopping, lunch, and concessions are on your own. Only 10 seats available! Payment is due at sign-up. No refunds unless your spot is filled.

Tuesday, November 24th – Smoky Mountain Christmas Adventure! Join us for a fun-filled day in the Smokies! We'll shop at Bass Pro Shops, enjoy a delicious breakfast buffet at Reagan's House of Pancakes, explore The Christmas Place, and take a scenic drive through Cades Cove! We'll end our day at Dolly Parton's Stampede for their beautiful Christmas show and a delicious holiday feast! We will depart Fair Park at 7:30 AM. Cost is $120 per person, which includes breakfast, Stampede admission and dinner, and van transportation. Only 9 seats available! Payment is due at sign-up. No refunds unless your spot is filled.

Special Events & Seminars for November-

Monday, November 9th from 9:30am-10:00am - Join us on Monday, November 9th, from 9:30–10:00 AM in the Big Room for an informative presentation with Lucinda from Gentiva! She will share information about hospice care, palliative care, home health services, and the resources Gentiva offers to individuals and families in our community. No sign-ups required! Everyone is welcome to attend!

Thanksgiving Basket Giveaway-

If you or someone you know needs an uncooked Thanksgiving meal basket to prepare at home, sign-ups began on Monday, October 5th at 8:00 AM. Please note that sign-ups must be done in person and are limited to one basket per household, please see Haley if you are in need or know someone in need of a basket. Baskets will include all the fixings for a traditional holiday meal: a whole turkey, stuffing, instant potatoes, yams, marshmallows, cranberry sauce, green beans, corn, gravy, mac and cheese, dessert, and a beverage. *Eligibility Reminder:* You are not eligible if you reside in a nursing home or assisted living facility. We are also accepting food donations for these baskets as well if you would like to donate – please see the original flyer on the wall or speak with Haley with what all is still needed to fill these baskets! Thank you!

Angel Tree-

Each year, we have the privilege of spreading a little extra holiday cheer to our homebound and alone members through our Angel Tree Program. Many of these individuals spend most of their time at home and don't have anyone to celebrate the holidays with. With your help, we can brighten their holiday season with thoughtful gifts and a reminder that they are loved and remembered. This program always receives overwhelmingly positive feedback, and the gratitude from both givers and recipients is truly heartwarming. While we don't have an actual tree, you can stop by Haley's office to pick up an Angel Tree tag. You'll have the option to choose whether you'd like to shop for a male or female, and we provide a list of simple, useful gift ideas that most of our recipients need, want, or can benefit from. Please make sure to keep up with your tag and return it with the gift by December 14th. Together, we can make this season a little brighter for those who need it most! If you know someone who could use a little cheer this holiday season, please see Haley to get them signed up!

A Special Thank You to Our Sponsors!

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Upper Cumberland Development District "Providing Solutions through Regional Cooperation" · VEC Customers SHARE · Good Samaritans