SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Low impact Cardio 9:30 Chronicle/W/S Famous Nov Birthdays 10:45 **Worship Service** 1:00 Star of the Month 3:00 A Walk to Remember 6:00 Golden Girls (YT)	2 9:00 Chair Zumba 9:30 **Chronicle/Gram** 10:45 Small Group Puzzles 1:00 **Visit with "Bella"** 3:00 Dances with Wolves 6:00 Candid Camera (YT)	3 9:00 Seated Cardio Ex 9:30 **Chronicle/Gram** **10:30 Music with Dan** **1:00 Visit with "Rex"** **2:00 Music with the CUKES** 6:00 Mash (YT)	4 9:00 Exercise w/P.Eugene 9:30 **Chronicle/Gram** 10:45 November IQ 1:00 What am I? /Jokes to Share 3:00 Woodlands Walkers 6:00 I Love Lucy (YT)	5 9:00 Full Body Ex 9:30 **Chronicle/Gram** 10:45 Modern Trivia 1:00 Where are you Flying Game 3:00 Bingo 6:00 Funny Animal Videos	6 9:00 Pool noodle Ex 9:30 **Chronicle/Gram** **11;00 Music with Anne** **1:00 Library/Coloring Activity** 3:00 Music Trivia 60s and 70s 6:00 Little Big Shots (YT)	7 9:00 Gentle Ex 9:30 Chronicle/WS 10:45 1 on 1 Nail Care 1:00 Indoor Bowling 3:00 Woodlands Walkers 3:15 Carol Burnnett Show 6;00 Bloopers
8 9:00 Beginner Chair Ex 9:30 **Chronicle/WS** 10:45 **Worship Service** 1:00 1 on 1 Nail Care 3:00 Small Group reading 6:00 Bonanza (YT)	9 9:00 Music & Movement 9:30 **Chronicle/Gram** 10:45 Jeopardy/Trivia 1:00 **Visit with "Bella"** 3:00 Woodlands Walkers 6:00 Highway to Heaven (YT)	10 9:00 Turbo Ex 9:30 **Chronicle/Gram** **10:30 Memory Lane Eric** **1:00 Visit with "Rex"/ Fighter Planes Coloring** 3:00 Operation Petticoat 6:00 Carol Bernett	11 9:00 Dance fitness 9:30 **Chronicle/Gram** **10:30 Music with Terry** 1:00 What am I? Veteran's Day Discussion 3:00 Maverick Movie (P) 6:00 Travel (YT)	12 9:00 Chair Zumba 9:30 **Chronicle/Gram** **10:30 Music with Lindsey** 1:00 Hang Man Autumn 3:00 Head Shoulders Knees and Toes 6:00 Trivia (YT)	13 9:00 Ab Chair workout 9:30 **Chronicle/Gram** 10:45 Jeopardy/Trivia 1:00 Woodlands Walkers 3:00 Good Morning Vietnam (T) 6:00 Andy Grifith Show	14 9:00 Full body chair Ex 9:30 Chronicle/WS 10:45 Water Painting 1:00 Easy P-nut Butter Cookies 3:00 Invincible (T) 6:00 Candid Camera
15 9:00 Tone your core Ex 9:30 **Chronicle/WS** 10:45 **Worship Service** 1:00 Hang man Game 3:00 The Miracle Worker (T) 6:00 Little Big Shots	16 9:00 Low impact cardio 9:30 **Chronicle/Gram** 10:45 Aviation Trivia/Golden Age 1:00 **Visit with "Bella"** 3:00 Being the Ricardos (T) 6:00 Golden Girls	17 9:00 Chair Zumba 9:30 **Chronicle/Gram** **10:30 Music with Dan** **1:00 Visit with "Rex"/ I spy Fall** 3:00 Lizzy for the Birds 6:00 Animal Bloopers	18 9:00 Sit and get fit Ex/Lizzy for the Birds 9:30 **Chronicle/Gram** 10:45 Fun with Puns Game 1:00 Who are we? **3:00 Karaoke with John** 6:00 Funniest thing Kids	19 9:00 Ex with P.Eugene 9:30 **Chronicle/Gram** 10:45 Indoor Bowling 1:00 Mixed-up Country singers Game 3:00 Bingo 6:00 Funny Kid Videos	20 9:00 Chair Fitness 9:30 **Chronicle/Gram** **11:00 Andwell Virtual Reality** **1:00 Library/Coloring activity** 3:00 Travel Guild (YT) 6:00 Mash (YT)	21 9:00 Low impact cardio 9:30 Chronicle/WS 10:45 Small Group Activities 1:00 Left Right Game 3:00 Woodlands Walkers 6:00 Little House
22 9:00 Chair Zumba 9:30 Chronicle/WS 10:45 **Worship Service** 1:00 1 on 1 Nail Care 3:00 Small Group Reading 6:00 Columbo	23 9:00 Pool Noodle Ex 9:30 **Chronicle/Gram** 10:45 Jeopardy/Trivia 1:00 **Visit with "Bella"** 3:00 Left Right Game 6:00 I dream of Jeannie	24 9:00 Full body Work out 9:30 **Chronicle/Gram** **10:30 Music with Mary** **1:00 Visit with "Rex"/Coloring Activity** 3:00 Dog (t) 6:00 Green Acres	25 9:00 Music & Movement 9:30 **Chronicle/Gram** 10:45 Thanksgiving Host Jokes/I Spy Game **12:00 Thanksgiving Dinner** 1:00 What do you mean? 3:00 Finish the Phrase 6:00 Little Big Shots	26 9:00 Beginner chair Ex 9:30 **Chronicle/Gram** 10:45 Thanksgiving Day Parade 1:00 Bat the Balloon 3:00 Bingo 6:00 Highway to Heaven	27 9:00 Dance Fitness 9:30 **Chronicle/Gram** 10:45 Ball Toss 1:00 Woodlands Walkers 3:00 Indoor Bowling 6:00 Dean Martin Show	28 9:00 Ex with P. Eugene 9:30 Chronicle/WS 10:45 Paint by Numbers 1:00 Easy Monkey Bread 3:00 The Last Movie Star (T) 6:00 I love Lucy
29 9:00 Seated Cardio 9:30 Chronicle/WS 10:45 **Worship Service** 1:00 1 on 1 Nail Care 3:00 We Bought a Zoo (T) 6:00 Candid Camera	30 9:00 Gentle Ex 9:30 **Chronicle/Gram** 10:45 **Birthday Celebration** 1:00 **Visit with "Bella"** 3:00 On a Wing and a Prayer (T) 6:00 Golden Girls					