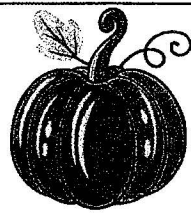
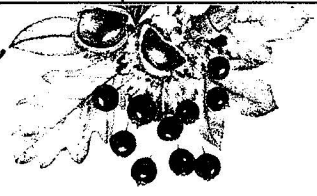


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 RCAC						1 10:30 Chair Yoga RCAC 3 rd Floor 1:30 Sheepshead RCAC Dining Room
 Daylight Saving Time Ends	2 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 1:00 Walking Club 2:15 BINGO!	3 9:30 Sit n Fit 10:15 Accordion w/ Karen *RCAC 1:00 Walking Club 1:30 Shepherd's Care 3:00 Music w Dave Ross	4 9:30 Sit n Fit 10:00 Catholic Services 1:00 Walking Club 1:30 Story Circle 2:15 BINGO!	5 8:30 Fit Plus 9:30 Sit n Fit 10:30 Spa Day 1:00 Walking Club 2:00 Social hour and a half/Table Games	6 9:30 Sit n Fit 10:30 Daily Chronicles 1:00 Walking Club 1:30 Story Circle 2:00 Fall Craft	7 10:30 Chair Yoga RCAC 3 rd Floor 1:30 Sheepshead RCAC Dining Room
	9 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 1:00 Walking Club 2:15 BINGO!	10 9:30 Sit n Fit 10:15 Sing Along 1:00 Walking Club 2:00 Veteran's Day Program Veterans Day Remembrance Day (Canada)	11 9:30 Sit n Fit 10:00 Catholic Services 1:00 Walking Club 1:30 Story Circle 2:15 BINGO!	12 8:30 Fit Plus 9:30 Sit n Fit 10:30 Women's Day 1:00 Walking Club 2:00 Social hour and a half/Table Games	13 9:30 Sit n Fit 10:30 Trivia 1:00 Walking Club 1:30 Story Circle 2:00 Music w Fox Sounds	14 10:30 Chair Yoga RCAC 3 rd Floor 1:30 Sheepshead RCAC Dining Room
	16 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 1:00 Walking Club 2:15 BINGO!	17 9:30 Sit n Fit 10:15 Accordion w/ Karen *RCAC 1:00 Walking Club 1:30 Shepherd's Care	18 9:30 Sit n Fit 10:00 Catholic Services 1:00 Walking Club 1:30 Story Circle 2:15 BINGO!	19 8:30 Fit Plus 9:30 Sit n Fit 10:30 Spa Day 1:00 Walking Club 2:00 Social hour and a half/Table Games	20 9:30 Sit n Fit 10:30 Resident Council 1:00 Walking Club 1:30 Story Circle 2:00 Food Club	21 10:30 Chair Yoga RCAC 3 rd Floor 1:30 Sheepshead RCAC Dining Room
	23 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 1:00 Walking Club 2:15 BINGO!	24 9:30 Sit n Fit 10:15 Sing Along 1:00 Walking Club 2:00 Monthly Birthday Party w Stevie Keys	25 9:30 Sit n Fit 10:00 Catholic Services 1:00 Walking Club 1:30 Story Circle 2:15 BINGO!	26  HAPPY Thanksgiving Thanksgiving Day (U.S.)	28 9:30 Sit n Fit 10:30 Trivia 1:00 Walking Club 1:30 Story Circle 2:00 Knitting w Friends	29 10:30 Chair Yoga RCAC 3 rd Floor 1:30 Sheepshead RCAC Dining Room
	30 <i>"The more you practice the art of thankfulness, the more you have to be thankful for."</i> <i>Norman Vincent Peale</i> 					

- Calendar is subject to change for spontaneous fun.