

*Sunday*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

**Capitalized Activities are worth 1 GSU Credit**



<p><b>4</b> 10:00 Worship (C) 11:00 TV Mass (Ch. 17)</p>	<p><b>5</b> 10:00 ENERG EXERCISE (O) 11:00 Basic Yoga (O) 1:00 GSA Dining Meeting 1:30 AROHA CLAY (W) 2:00 BRAIN GAMES (O) 3:00 Pokeno (O) 3:00 Court Dining Meeting 6:30 500 Cards (O)</p>	<p><b>6</b> 9:00 MTC: Wal-mart 11:00 BALANCE 101 (CT) 2:00 All Building Birthday Party (O) 4:00 Chapel Choir Rehearsal (C) 6:45 Bingo (C)</p>	<p><b>7</b> 10:00 Worship (C) 11:00 ACTIVE GAMES (CT) 1:00 Tripoley (W) 1:30 Coffee and Chats (G) 2:00 Bible Study (FH) 2:45 POWER PUMP (CT)</p>	<p><b>1</b> 9:00 BALANCE 101 (G) 9:00 MTC: Coborns 11:00 BALANCE 101 (CT) 12:30 Card Make/Sell (W) 1:30 Rosary/Mass (C) 2:00 Chair Cardio (CT) 3:00 Oaks Dining Meeting 6:30 Bingo (O) 6:30 All Saints Remembrance (C)</p>	<p><b>2</b> 10:00 ENERG EXERCISE (O) 10:15 Hymn Sing (C) 1:00 TAI CHI (C) 2:00 Music More: Doug Spartz (CT) 3:30 MEDICARE 101 (CT) 7:00 Movie Night (T)</p>	<p><b>3</b> 6:30 Bingo (G)</p>
<p><b>11</b> VETERANS' DAY 10:00 Worship (C) 11:00 TV Mass (Ch. 17)</p>	<p><b>12</b> 10:00 ENERG EXERCISE (O) 11:00 Guided Imagery (O) 11:30 Quilting (O) 1:30 AROHA CLAY (W) 2:00 BRAIN GAMES (O) 3:00 Salute to Veterans (C) 6:30 500 Cards (O)</p>	<p><b>13</b> 9:00 MTC: Fleet Farm 10:00 Revelation Bible Study (EC) 11:00 BALANCE 101 (CT) 2:00 Ladies Group (O) 3:30 BRAIN GAMES (G) 4:00 Chapel Choir Rehearsal (C) 6:45 Bingo (CT)</p>	<p><b>14</b> 10:00 Worship (C) 11:00 ACTIVE GAMES (CT) 1:00 Tripoley (W) 1:30 Coffee and Chats (G) 2:00 Bible Study (FH) 2:45 POWER PUMP (CT)</p>	<p><b>8</b> 9:00 MTC: Coborns 9:00 BALANCE 101 (G) 10:30 Veteran's Choir Practice (C) 11:00 Chair Cardio (CT) 12:30 Card Make/Sell (W) 1:30 Rosary/Mass (C) 2:00 BALANCE 101 (CT) 2:45 Fun Singers (EC) 6:30 Bingo (O)</p>	<p><b>9</b> 10:00 ENERG EXERCISE (O) 10:15 Hymn Sing (C) 11:00 Walking Club (CT) 1:00 TAI CHI (C) 2:00 Music and More: Travis Kent (CT) 7:00 Movie Night (T)</p>	<p><b>10</b> 6:30 Bingo (G)</p>
<p><b>18</b> 10:00 Worship (C) 11:00 TV Mass (Ch. 17) 12:00 Rotary Dinner</p>	<p><b>19</b> 10:00 ENERG EXERCISE (O) 11:00 Self Massage (O) 1:30 AROHA CLAY (W) 2:00 BRAIN GAMES (O) 3:00 Pokeno (G) 6:30 500 Cards (O)</p>	<p><b>20</b> 9:00 MTC: Cash Wise 9:00 Craft and Bake Sale (C) 10:00 Revelation Bible Study (EC) 1:00 BALANCE 101 (CT) 2:00 SCAMS: PRESENTED BY POLICE CHIEF PERRY BEISE (CT) 3:30 BRAIN GAMES (G) 4:00 Chapel Choir Rehearsal (C) 6:45 Bingo (CT)</p>	<p><b>21</b> 10:00 Thanksgiving Eve Worship (C) 11:00 ACTIVE GAMES (CT) 1:00 Tripoley (W) 1:30 Coffee and Chats (G) 2:00 Mass (C) 2:45 POWER PUMP (CT)</p>	<p><b>15</b> 9:00 BALANCE 101 (G) 9:00 MTC: Coborns 11:00 BALANCE 101 (CT) 12:30 Card Make/Sell (W) 1:30 Rosary/Mass (C) 3:00 Remember When (CT) 6:30 Bingo (O)</p>	<p><b>16</b> 10:00 ENERG EXERCISE (O) 10:15 Hymn Sing (C) 1:00 TAI CHI (C) 1:00 Thanksgiving Bingo (CT) 2:00 Music More: Nathan Neuman (CT) 7:00 Movie Night (T)</p>	<p><b>17</b> 2:00 Thanksgiving Craft (G) 6:30 Bingo (G)</p>
<p><b>25</b> 10:00 Worship (C) 11:00 TV Mass (Ch. 17)</p>	<p><b>26</b> 10:00 ENERG EXERCISE (O) 11:00 Basic Yoga (O) 11:30 Quilting (O) 1:30 AROHA CLAY (W) 2:00 BRAIN GAMES (O) 3:00 Pokeno (O) 6:30 500 Cards (O)</p>	<p><b>27</b> 9:00 MTC: Target 10:00 Revelation Bible Study (EC) 2:00 CHRISTIANITY, CULTURE, AND ME (FH) 4:00 Chapel Choir Rehearsal (C) 6:45 Bingo (CT)</p>	<p><b>28</b> 10:00 Worship (C) 11:00 ACTIVE GAMES (CT) 1:00 Tripoley (W) 1:30 Coffee and Chats (G) 2:00 Bible Study (FH) 2:45 POWER PUMP (CT) 3:30 WRITERS GROUP (O)</p>	<p><b>22</b> THANKSGIVING DAY GIVE THANKS</p>	<p><b>23</b> 10:00 ENERG EXERCISE (O) 1:00 TAI CHI (C) 2:00 Music More: Greta and David (CT) 7:00 Movie Night (T)</p>	<p><b>24</b> 6:30 Bingo (G)</p>
				<p><b>29</b> 9:00 MTC: Coborn's 9:00 BALANCE 101 (G) 11:00 BRAIN POWER (CT) 1:30 Rosary/Mass (C) 2:00 BALANCE 101 (CT) 3:00 BOOK CLUB (O) 6:30 Bingo (O)</p>	<p><b>30</b> 10:00 ENERG EXERCISE (O) 10:15 Hymn Sing (C) 1:00 TAI CHI (C) 2:00 Music More: Bob Reischel (CT) 7:00 Movie Night (T)</p>	