

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			NOVEMBER		1 9:00 State Senator Lucido: Coffee & Conversation	2
3	4 9:30 AM Blood Pressure 9:00 AM Medicare Monday with Beth Movie: One Special Night	5 Election Day! Don't forget to vote. No Lunch or programming	6 10:00 AM Health Benefits- Sharon 1-6 pm Massage Therapy w/ Jessica	7	8 10:00 AM– Noon Total Health Systems Free Chair Massage	9
10	11 Veterans Day! Senior Center Closed	12 Lunch and Learn: The Affinity Group (Annuities)	13 1-6 pm Massage Therapy w/ Jessica	14 DIA: Art Bingo	15 10 AM Meridian Care	16
17	18 9:30 AM Coffee Hour with State Rep. Kevin Hertel 9:30 Blood Pressure Movie: Home for the Holidays	19 10:00 - Social Security and Retirement Planning Seminar	20 10:00 AM The Hearing Loss Treatment Center 10:00 AM Health Benefits 1-6 pm Massage Therapy w/ Jessica	21 Thanksgiving Party! Noon Code: 308353	22 DSO—The Paul Simon Story Code:308335	23
24	25 9:30 Blood Pressure Movie: Old Fashion Thanksgiving	26 Holiday Eastern Market Trip—\$5 9AM	27	28 Happy Thanksgiving! Senior Center Closed	29 Senior Center Closed	30