

NOVEMBER ACTIVITY CALENDAR 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Wii Bowling 10:15 Current Events---New Activity! 12:30 Cards/Games	4 9:30 Wii Bowling 10:15 Chair Yoga 12:30 Cards/Games	5 9:30 Wii Bowling 12:00 Sr Moment with Roger "Veteran's Day" 12:30 BINGO	6 9:30 Wii Bowling 12:00 Health Talk w/David "Caring For Your Heart" 12:30 Cards/Games	7 10:00 Fast Track 10:30-11:30 Blood Pressure Clinic 11:45 Highs/Lows 12:00 Health Talk w/Nicole 12:15 Wii/Cards/Games
10 9:30 Wii Bowling 10:15 Current Events 12:00 Sr Moment with Howard "The Golden Years" 12:30 Cards/Games	11 Closed for Veterans Day	12 9:30 Wii Bowling 9:30 Crafts 12:00 Senior Medicare Patrol 12:30 BINGO	13 9:30 Wii Bowling 12:00 Sr Moment w/Marge "The Christmas Story – A Sentimental Treasure" 12:30 Cards/Games	14 10:00 Fast Track 11:45 Highs/Lows 12:15 Wii/Cards/Games
17 9:30 Wii Bowling 10:15 Current Events 12:30 Cards/Games	18 9:30 Wii Bowling 10:15 Chair Yoga 12:00 Top Health 12:30 Cards/Games	19 9:30 Wii Bowling 9:30 Crafts 10:45 Music w/Marilyn 12:30 BINGO	20 Closed for Church Lunch	21 10:00 Fast Track 11:45 Highs/Lows 12:15 Wii/Cards/Games
24 9:30 Wii Bowling 10:15 Current Events 12:00 Sharing More "Burma Shave Signs" 12:30 Cards/Games	25 9:30 Wii Bowling 10:15 Chair Yoga 12:30 Cards/Games	26 9:30 Wii Bowling 12:00 Monthly Talk w/Mike 12:30 BINGO	27 Closed for Thanksgiving	29 Closed for Thanksgiving
			Rene' Leppert Site Coordinator 515-986-5747	Grimes Senior Center 410 SE Main St Grimes, IA 50111 Lunch served at 11:30

