


November 2021

VIRTUAL
&
IN-PERSON ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Ma Rainey's Black Bottom	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:00pm Art of the Needle, PBHP 1:30 The Crown S4 E1 & 2	9:30am Daily Calm 2:00pm Sean Stewart: BRAWL INTO FALL!	9:30am Daily Calm 10:00am Restorative Chair Yoga 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: Letters To Juliet	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
7	8	9	10	11	12	13
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Chef	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:00pm Art of the Needle, PBHP 1:30 The Crown S4 E3 & 4	9:30am Daily Calm 10:30am Susan Pittman: Medicare Open Enrollment Continues	9:30am Daily Calm 10:00am Restorative Chair Yoga 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: Miss Virginia 7:00pm Ron Purdon's Sextets-Joseph Beth	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
14	15	16	17	18	19	20
	9:30am Daily Calm 9:30am Cardio Strength 10:30am Diane Shields: Terra Cotta Warriors 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Quartet	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:00pm Art of the Needle, PBHP 1:30 The Crown S4 E5 & 6	9:30am Daily Calm 1:30pm Andrew Tinkham: Holiday Smart Energy Living: Saving Money During the Holidays	9:30am Daily Calm 10:00am Restorative Chair Yoga 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Caring for the Caregiver: Writing Workshop 1:00pm Euchre-IMC	9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: The Guernsey Literary & Potato Peel Pie Society	8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
21	22	23	24	25	26	27
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Blue Miracle	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:00pm Art of the Needle, PBHP 1:30 The Crown S4 E7 & 8	9:30am Daily Calm	 OUR OFFICE IS CLOSED		8:30 Chair Aerobics 10:00am Tai Chi Flow Plus
28	29	30			Gather and Give Thanks!	
	9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 12:00 Domino Divas & Dudes CCCT 1:30pm MOVIE: As Good As It Gets	9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:am Line Dancing 1:00pm Art of the Needle, PBHP 1:30 The Crown S4 E9 & 10	BLUE - In-person activities IMC= Indian Mound Café CCCT= Carnegie Center Columbia Tusculum PBHP-Panera Bread, Hyde Park Plaza, Paxton			