

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 Monday Morning Bingo! 2:00 Ambassador Meeting 3:30 November Trivia!</p>	<p>2</p> <p>8:30 Early Exercise 10:00 Walking Club! 11:15 Scrabble 2:00 Let's Paint! 3:30 Men's Group</p>	<p>3</p> <p>9:00 Spiritual Reflection 10:00 Outing- Hy-Vee & Hobby Lobby 11:30 Lunch at Cheddars 2:00 Exercise Class 3:30 Music by Flip Side</p>	<p>4</p> <p>8:30 Early Exercise 10:00 Outing-Walmart & Dollar Tree 2:00 Scenic Drive 3:30 Root Beer Floats!</p>	<p>5</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey\ 11:15 Shuffleboard 2:00 Bible Study 3:30 Happy Hour</p>	<p>6</p> <p>Happy Birthday Helene! 10:00 Let's Take a Walk! 1:15 Penny Pass 2:30 Popcorn & Movie!</p>
<p>7</p> <p>10:00 Online Church Service 2:30 Popcorn & Movie!</p> <p>Daylight Saving Time Ends</p>	<p>8</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 Monday Morning Bingo! 2:00 Easy Trivia 3:30 Root Beer Floats!</p>	<p>9</p> <p>8:30 Early Exercise 10:00 Walking Club! 11:15 Alzheimer Education Video 2:00 Cedar Valley Pet Visit 3:30 Ladies Tea</p>	<p>10</p> <p>9:00 Mindful Meditation 11:15 Walmart & JC Penny 2:00 Exercise Class 3:30 Hiawatha Library</p>	<p>11</p> <p>8:30 Early Exercise 10:30 Janet Lieb-Guitar 2:00 Veteran's Day Program 3:00 Scenic Drive!</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>12</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 Scrabble! 2:00 Bible Study 3:30 Happy Hour-Music by Terry McCauley! 6:15 Harmony Hawks Music Concert</p>	<p>13</p> <p>10:00 Let's Take a Walk! 1:15 UNO 2:30 Popcorn & Movie!</p>
<p>14</p> <p>10:00 Online Church Service 2:30 Popcorn & Movie!</p>	<p>15</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 Monday Morning Bingo! 2:00 Alzheimer's Video 3:30 Let's Play Cards!</p>	<p>16</p> <p>8:30 Early Exercise 10:00 Walking Club! 11:15 I Have Never...Game 1:00 LaLa Ladies! 3:30 Men's Group</p>	<p>17</p> <p>9:00 Spiritual Reflection 10:00 Outing- Kohls 11:30 Lunch at Olive Garden 2:00 Exercise Class 3:30 Root Beer Floats!</p>	<p>18</p> <p>8:30 Early Exercise 10:00 Walking Club 11:15 Scrabble 2:30 Music by Flip Side 6:00 Cedar Rapids Museum of Art</p>	<p>19</p> <p>Happy Birthday Sandra! 8:30 Early Exercise 10:00 Junkin Market Days Fall Market 2:00 Bible Study 3:30 Happy Hour-Joan Ketels</p>	<p>20</p> <p>10:00 Let's Take a Walk! 1:15 King's Corners 2:30 Popcorn & Movie!</p>
<p>21</p> <p>10:00 Online Church Service 2:30 Popcorn & Movie!</p>	<p>22</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 Turkey Bingo! 2:00 Turkey Foot Dominoes! 3:30 Finish the Feathers</p>	<p>Happy Anniversary 23 Morton & Diane! 8:30 Early Exercise 10:00 Walking Club! 11:15 Shuffleboard 2:00 Paint "Be Kind" Rocks 3:30 Ladies Tea</p>	<p>24</p> <p>9:00 Mindful Meditation 10:00 Armchair Turkey Trot- Exercise 11:15 Thanksgiving A to Z 2:00 Exercise Class 3:30 Thanksgiving Puzzles</p>	<p>25</p> <p>8:30 Early Exercise 10:00 Walking Club! 10:30 Tenant Council Meeting 2:00 Turkey Bingo!</p> <p>Thanksgiving Day</p>	<p>26</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 King's Corners 2:00 Bible Study 3:30 Happy Hour</p>	<p>27</p> <p>10:00 Let's Take a Walk! 1:15 Tenzi 2:30 Popcorn & Movie!</p>
<p>28</p> <p>Happy Birthday Jackie! 10:00 Online Church Service 2:30 Popcorn & Movie!</p> <p>Hanukkah Begins</p>	<p>29</p> <p>8:30 Early Exercise 10:00 Get Fit W/Tracey 11:15 Monday Morning Bingo! 2:00 Cooking Demonstration W/Tracey 3:30 Keep Paying It Forward</p>	<p>Happy Birthday Lois & Gordon! 8:30 Early Exercise 10:00 Walking Club! 11:15 EZ Yahtzee 2:00 Hiawatha Library 3:30 Celebrate Peanut Butter Lovers Month!</p>	<h1>November 2021</h1> <h2>Boyson Heights</h2>			

Activities are Subject to Change