



WEEKLY ACTIVITIES

- Mon. Nov. 20:** 10:00 pm - Tai Chi
2:00 pm - Monday Movie Madness
- Tues. Nov. 21:** 10:00 pm - Low Impact Exercise
2:00 pm - No Activity
- Wed. Nov. 22:** 10:00 am - Chair Yoga
2:00 pm - Cooking with Beth
- Thur., Nov. 23:** **HAPPY THANKSGIVING!!!**
10:00 am - Light Weightlifting
2:00 pm - Staff Work Day - No Activities
- Frid., Nov. 24:** 10:00 am - Walk-a-Mile
2:00 pm - Advent Tea at Hope House



I AM THANKFUL

For flowers and squirrels and birds that have wings.
 For lions and tigers and all living things.
 For mountains and rivers, for water and air.
 For family and friends who show me they care.
 For food on my table, and something to drink.
 For yellow, orange, purple and pink.
 For kind and caring people all around,
 I am thankful.

