






Monday	Wednesday	Friday	
<p>Did you know? November is... American Diabetes Month Diabetic Eye Disease Epilepsy Awareness Lung Cancer & COPD Awareness</p>	<p>2nd All Soul's Day 10:00-10:30 Hastings Branch Library Exercise 10:30 The Meaning of Gullah Geechee Heritage w/Melinda Peeples 12:45 Social & Events Committees Meet</p>	<p>4th Jump Back Day – Don't forget to turn your clocks back! Daylight Savings on 11/06 10:30 Art Class – Drawing Flowers!</p> 	<p><u>Every Monday</u> 10:00 Coffee Chat 10:15 Exercise 10:45 Dominoes 11:45 Lunch 12:15 Trivia / Games 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>7th Reminder – Election Day tomorrow! 9:00-10:00 Gardening at the Harris Center 10:15 Walking</p> 	<p>9th Wear Red, White, & Blue today in Recognition of our Veterans! 10:00-10:30 Hastings Branch Library Exercise 11:00 Hastings Public Library Tech Class w/Emily Fox 12:45 Advisory Committee Meeting</p>	<p>11th  Center CLOSED today</p>	<p><u>Every Wednesday</u> 10:00 Coffee Chat 10:00 Exercise 10:30 Presentation 11:15 Bunco 11:45 Lunch 12:15 Bingo 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>14th National Pickle Day and World Diabetes Day 9:00-10:00 Gardening at the Harris Center 10:15 Walking</p>	<p>16th National Fast Food Day 10:00-10:30 Hastings Branch Library Exercise 11:00 Humana Presentation & Bingo w/James 12:15 Monthly Birthday Celebration sponsored by Humana</p>	<p>18th Button Day! 10:30 Art Class – Drawing Flowers</p> 	<p><u>Every Friday</u> 10:00 Coffee Chat 10:00 Walking 10:30 Classes 11:45 Lunch 12:15 Memory Games 12:45 Clean up, Sanitize, Prep 1:00 Time to go home!</p>
<p>21st National Stuffing Day 9:00-10:00 Gardening at the Harris Center 10:15 Walking</p>	<p>23rd Tie One on Day / Please Wear Your Aprons! 10:00-10:30 Hastings Branch Library Exercise</p>	<p>25th  Center CLOSED</p>	
<p>28th Cyber Monday / National French Toast Day 9:00-10:00 Gardening at the Harris Center 10:15 Walking</p>	<p>30th 10:00-10:30 Hastings Branch Library Exercise 10:30 Wildflower Healthcare – Blood Pressure Checks & Chat with Nurse Maria Thomas, RN 11:00 Visit w/Shanee Andrews – SJC Health & Human Services</p>	