



# November 2016



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <br><b>FCOA<br/>CHRISTMAS FAIR</b><br><b>Saturday Nov. 12th</b><br><b>9:00-1:00</b><br> | 1<br>9:00 Busy Needles<br>10:00 Health Nurse<br>11:00 Brown Bag<br>11:00 Blankets for Kids<br>12:15 Bingo<br>2:15 TV Series  | 2<br>9:30 SHINE<br>10:00 Watercolor<br>10:00 Bereavement Grp<br>1:00 Exercise<br>2:00 3B Fitness!  | 3<br>8:30 Yoga <b>Thx Maplewd</b><br>9:30 Iris Folding<br>10:00 Zumba<br>10:00 Meditation<br>12:00 Line dance<br>1:00 Bridge<br><b>1:00 Low Vision Support</b>  | 4<br>9:00 Men's Group<br><b>9:15 Bingo with<br/>Coastal Connections</b><br>12:00 Game Room<br>1:30 Shopping   |
| 7<br>9:00 Wii<br><b>10:00 SHINE Presentation</b><br>10:00 Art Class<br>12:00 Monday Movie<br>2:00 3B Fitness<br>2:00 Mah Jongg  | 8<br><b>ELECTION DAY!</b><br><b>8:30 Veteran's Breakfast</b><br>9:00 Busy Needles<br>10: 00 Book Club<br>10:00 Health Nurse<br>11:00 Blankets for Kids<br>12:15 Bingo<br>2:30p TV Series | 9<br>9:00 Foot Care<br>9:30 SHINE<br><b>10:00 Tufts Presentation</b><br>10:00 Watercolor<br>10:00 Bereavement Grp<br>1:00 Exercise<br>2:00 3B Fitness<br><b>4:30 Accreditation Meeting</b> | 10<br>8:30 Yoga Thx Maplewood<br>9:30 Iris Folding<br>10 Zumba class<br>10:00 Meditation Group<br>1:00 Line Dancing<br>1:00 Bridge<br><b>4:30 COA Board Mtg</b> | 11<br><b>VETERAN'S DAY</b><br>Closed<br><br><small>© Can Stock Photo - csp16545486</small> |



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|--|---|--|--|---|
| <b>14</b>  | <b>15</b>   | <b>16</b>  | <b>17</b>  | <b>18</b>   |
| 10:00 Art Class<br><b>11:15 Sponsored Lunch</b><br><b>Thank you MVHC</b><br>12:00 Monday Movie<br>1:00 Chair Exercise<br>2:00 MahJongg<br>2:00 Computer Instruction<br>2:00 3B Fitness!<br><b>4:30 Old Hollywood Movie</b><br><b>Night Alz. Fundraiser</b> | 9:00 Busy Needles<br>10:00 Health Nurse<br>11:00 Blankets for Kids<br>12:15 Bingo | 9:30 SHINE<br>10:00 Watercolor<br>10:00 Bereavement Grp<br>1:00 Exercise<br>2:00 3B Fitness  | 8:30 Yoga <b>Thx Maplewood</b><br>9:30 Iris Folding<br>10:00 Meditation<br>10:00 Zumba<br><b>12:00 Birthday party</b><br>1:00 Bridge<br>1:00 Line dancing<br><b>2:00 FCOA meeting</b><br>7:30 NAMI | 9:00 Men's Group<br>9:00 Legal Clinic<br>12:00 Game Time<br>1:30 Shopping |
| <b>21</b>  | <b>22</b>   | <b>23</b>  | <b>24</b>  | <b>25</b>   |
| 9:00 Coffee w/ the Chiefs<br>9:00 Wii<br>10:00 Art Class<br>12:00 Monday Movie<br>2:00 Mah Jongg<br>2:00 Computer Instruction<br>2:00 3B Fitness   | 9:00 Busy Needles<br>10:00 Health Nurse<br>11:00 Blankets for Kids<br>12:15 Bingo | 9:30 SHINE<br>10:00 Watercolor<br>10:00 Bereavement Grp<br><b>11:20 Sponsored lunch; Thx Country Rehab Ctr.</b><br>1:00 Exercise<br>2:00 3B Fitness      |   | 9:00 Men's Peer Social Group<br>12:00 Game Time<br>1:30 Shopping          |
| <b>28</b>  | <b>29</b>   | <b>30</b>  |  |   |
| 9:00 Wii<br>10:00 Art Class<br>12:00 Monday Movie<br>2:00 Mah Jongg<br>2:00 Computer Instruction<br>2:00 3B Fitness<br><b>6:30 Veterans Peer Support</b>   | 9:00 Busy Needles<br>10:00 Health Nurse<br>11:00 Blankets for Kids<br>12:15 Bingo | 9:30 SHINE<br>10:00 Watercolor<br>10:00 Bereavement Grp<br>1:00 Exercise<br>2:00 3B Fitness<br><b>6:00 Pastel Paint Workshop</b><br>Free, Please sign up |  |   |