

	<p>1</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>2</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2) 3:15 Whammo (Act. Rm. 2) 4:00 Happy Hour at JP Tavern R & T *</p>	<p>3</p> <p>9:30 Shopping (Winco & Fred Meyer) R & T * 11:15 Sittercise 12:30 Walking South Hill Mall R & T * 1:00 Chair Yoga 2:00 Chicken Foot Dominos 3:00 Bingo (Act. Rm 2)</p>	<p>4</p> <p>9:00 Walking Tacoma Mall R & T * 1:00 Chair Yoga 3:15 Whammo (Act. Rm. 2) PM Doctor Appointments</p>	<p>5</p> <p>9:30 Traveling Library (Christina will Pickup & Dropoff) 11:15 Sittercise (Act. Rm. 2) 1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>6</p>
<p>7</p> <p>Daylight Saving Time Ends</p>	<p>8</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>9</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2) 3:15 Whammo (Act. Rm. 2)</p>	<p>10</p> <p>No Shopping 8:30 Men's Breakfast R & T * 11:30 Dollar Tree Outing R & T * 1:00 Chair Yoga 2:00 Entertainment with Ron Herring (Hearthside Dining Rm) 3:00 Bingo (Act. Rm 2)</p>	<p>11</p> <p>9:00 Walking Auburn Outlet Mall R & T * 1:00 Chair Yoga 3:15 Whammo (Act. Rm. 2) PM Doctor Appointments <small>Veterans Day Remembrance Day (Canada)</small></p>	<p>12</p> <p>11:15 Sittercise 1:00 Balloon Volleyball (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>16</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2) 3:15 Whammo (Act. Rm. 2)</p>	<p>17</p> <p>9:30 Shopping (Winco & Fred Meyer) R & T * 11:00 Sittercise 11:30 Ladies Lunch Red Lobster R & T * 2:00 Chicken Foot Dominos 3:00 Bingo (Act. Rm 2)</p>	<p>18</p> <p>9:00 Walking Southcenter Mall R & T * 1:00 Chair Yoga 3:15 Whammo (Act. Rm. 2) PM Doctor Appointments</p>	<p>19</p> <p>11:15 Sittercise 1:00 Thankful Cards (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>23</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2) 3:15 Whammo (Act. Rm. 2)</p>	<p>24</p> <p>9:30 Shopping (Winco & Fred Meyer) R & T * 11:15 Sittercise 12:30 Walking The Commons Mall R & T * 1:00 Chair Yoga 2:00 Entertainment with Sid (Hearthside Dining Rm) 3:00 Bingo (Act. Rm 2)</p>	<p>25</p> <p>Thanksgiving Day</p>	<p>26</p> <p>11:15 Sittercise 1:00 Corn Hole (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>27</p>
<p>28</p> <p>Hanukkah Begins</p>	<p>29</p> <p>10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>30</p> <p>AM Doctor Appointments</p> <p>1:00 Chair Yoga (Act. Rm. 2) 3:15 Whammo (Act. Rm. 2)</p>	<h1>November 2021</h1> <h2>GARDENS & HEARTHSTONE</h2>			

November Highlights

Fitness Classes

- Chair Yoga – (Activity Room 2)
- Sittercise – (Activity Room 2)
- Dance Fitness (Activity Room 2)

Bingo

- Monday, Wednesday, Friday at 3:00 (Activity Room 2)

Whammo

- Tuesday & Thursday at 3:15 (Activity Room 2)

For Fun Art Projects

- Friday, November 19, 2:00 Thankful Cards (Activity Room 2)

Entertainment with Sid

- Wednesday, November 24, 2:00 (Hearthside Dining Room)

Any Questions
Please call Christina!

Please note: Reservations needed indicated by the '*'.
Fitness Christina

Gardens & Hearthside *November 2021 Activity Calendar*

King Co. Traveling Library 1st Friday of each month ~ 9:40AM
~ Christina will be contact person with the Librarian
(Librarian will delivery books on hold and pickup books for return.)

Small Group Activities!

Please sign up in advance.

* = Reservations Required

Just Come, we can make room!

- **Wednesday, November 10, 2:00 Entertainment with Ron Herring (Hearthside Dining Room)**

Keep Moving!