

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>REMEMBER ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID 7:15PM Giants VS Chiefs</p>	<p>9:00 Core Fitness-GR 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR 10:00 Church Services-CR 11:00 Mass-CR 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>9:00 Senior Stretch-GR 2:00 Happy Hour -ID</p>	<p>8:30 Strength Class-GR 9:30 Core Fitness-GR 10:00 Men's Coffee</p>
<p>Fall Back an Hour Daylight Savings! 7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 3:25PM Chiefs VS Packers (FOX 4) <small>Daylight Saving Time Ends</small></p>	<p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID</p>	<p>9:00 Core Fitness-GR 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR 10:00 Church Services-CR 2:00 Birthday Party!-ID 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR <small>Veterans Day Remembrance Day (Canada)</small></p>	<p>9:00 Senior Stretch-GR 10:00 Memorial Service-C 2:00 Veterans Day Happy Hour -ID</p>	<p>8:30 Strength Class-GR 9:30 Core Fitness-GR 10:00 Men's Coffee</p>
<p>7:00 Catholic Mass CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 7:20PM Chiefs VS Raiders (NBC 13)</p>	<p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 2:00 Food Council-ID 3:00 Bingo ID</p>	<p>9:00 Core Fitness-GR 1:30 Strength Class-GR 2:00 Arts and Crafts-ID 6:00 Phase 10-AR HAPPY BIRTHDAY GAIL CAMPBELL!</p>	<p>9:00 Senior Stretch-GR 10:00 Church Services-CR 3:00 Resident Council (Sign Up in Activities Book) 6:00 5 Crowns-AR</p>	<p>9:00 Core Fitness- GR 1:30 Strength Class-GR 6:00 Kings in the Corner-AR</p>	<p>9:00 Senior Stretch-GR 3:00 Musical Bingo-ID</p>	<p>8:30 Strength Class-GR 9:30 Core Fitness-GR 10:00 Men's Coffee</p>
<p>7:00 Catholic Mass-CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 3:25PM Chiefs VS Cowboys (FOX 4)</p>	<p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID HAPPY BIRTHDAY BONNIE KELLER!</p>	<p>9:00 Core Fitness-GR 1:00 Bridge-AR 1:30 Strength Class-GR 6:00 Phase 10-AR</p>	<p>9:00 Senior Stretch-GR 10:00 Church Services-CR 6:00 5 Crowns-AR</p>	<p>Happy Thanksgiving! 8:00 on NBC: Macy's Thanksgiving Day Parade 11:30AM Bears VS Lions (FOX 4) 3:30PM Raiders VS Cowboys (CBS 3) 7:20PM Bills VS Saints(NBC 13) <small>Thanksgiving Day</small></p>	<p>9:00 Senior Stretch-GR 2:00 Happy Hour -ID</p>	<p>8:30 Strength Class-GR 9:30 Core Fitness-GR 10:00 Men's Coffee</p>
<p>7:00 Catholic Mass CH.15 9:00- In Touch with Dr. Charles Stanley- Ch. 10 BYE WEEK FOR THE CHIEFS! <small>Hanukkah Begins</small></p>	<p>9:00 Senior Stretch-GR 9:15 Catholic Communion 9:30 Manicures- L 10:00 Bible Study 3:00 Bingo ID</p>	<p>9:00 Core Fitness-GR 1:30 Strength Class-GR 2:00 Arts and Crafts-ID 6:00 Phase 10-AR</p>	<h1>November 2021</h1> <p><i>Independent Living Activity Calendar</i> 2901 Northeast 72nd Street. Gladstone, MO 64119</p>			