



Senior Wellness Programs — November 2022

Mon	Tue	Wed	Thu	Fri
Oct 31	Nov 1	2	3	4
10:00am Seated SAIL Dress up for Halloween!	11:00am SAIL Aerobics 12:15pm Senior Café Lunch Tid-Bit Tuesday with East Pierce Fire and Rescue	10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Seeds of Change Dinner 5:30-6:30pm Krafty Krafter's Open House 11:30am-2:00pm	
7	November Birthday's 8	9	10	11
10:00am Seated SAIL	11:00am SAIL Aerobics 12:15pm Senior Café Lunch Birthday Lunch sponsored by Pegasus Lifts Entertainment provided by Kristi and Steve Nebel	10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm	
14	15	16	17	18
10:00am Seated SAIL	11:00am SAIL Aerobics 12:15pm Senior Café Lunch "Senior Spotlight"	10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Seeds of Change Dinner 5:30-6:30pm Krafty Krafter's Open House 11:30am-2:00pm	
21	22	23	24	25
10:00am Seated SAIL	11:00am SAIL Aerobics 12:15pm Senior Café Lunch Thanksgiving Luncheon with story teller Joy Ross	10:00am Seated SAIL		
28	29	30	Dec 1	2
10:00am Seated SAIL	11:00am SAIL Aerobics 12:15pm Senior Café Lunch Game Day—TRIVIA Join us for lunch, trivia and prizes!	10:00am Seated SAIL Music & Memories 11:15-11:45am MVCC 12:00-12:45pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm	