

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1



1

9:00 Morning Coffee w/ Pastry
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Chickenfoot

2

Badgers vs Iowa

3



3:25 Packers vs Lions

4

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Games

5

9:00 Morning Coffee
1:00 -Trivia

10-12:30
Diamond Art Display by
Roberta and Theresa

6

9:00 Fire Alarm Testing
9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Rummikub

7

9:00 Morning Coffee
10:00 Catholic Mass at Pines
2:00 Wii Bowling
3:30 Blackhawk Church

8

9:00 Morning Coffee w/ Pastry
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Chickenfoot

9

10

Packers Bye
1:30 Veterans Day Program at the The Pines

11

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
***8:30 Veterans Day program**
Grande Avenue School
9:30 Chair Yoga DVD
1:00 Games

12

9:00 Morning Coffee
***8:30 Wellness Clinic**
1:00 Left, Right, Center
3:00 Birthday Celebrations

13

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Rummikub

14

9:00 Morning Coffee
10:10 Catholic Communion
2:00 Wii Bowling
3:30 St John's Lutheran Church

15

9:00 Morning Coffee w/ Pastry
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Chickenfoot

16

Badgers vs Oregon

17

12:00 Packers vs Bears

18

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Games

19

9:00 Morning Coffee
1:00 Movie
Exchange Table

20

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Rummikub

21

9:00 Morning Coffee
10:10 Catholic Communion
1:00 Bingo
2:00 Wii Bowling
3:30 First UCC Church Service

22

9:00 Morning Coffee w/ Pastry
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Chickenfoot
2:30 Happy Hour

23

Badgers vs Nebraska

24

3:25 Packers vs San Francisco 49ers

25

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Games

26

9:00 Morning Coffee
3:30 St John's Lutheran Church

5:00 Game Night

27

9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
10:10 Catholic Communion

1:00 Rummikub

28

Thanksgiving
7:20 Packers vs Miami Dolphins

29

9:00 Morning Coffee w/ Pastry
8:30 Sit & Be Fit Chair Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Chickenfoot

30

Badgers vs Minnesota