November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time- 2:00am Clocks fall back 1 Hour	2 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD 9:30 Chair Yoga 1:00 Games	3 9:00 Morning Coffee 1:00 Trivia	4 9:00 Morning Coffee 8:30 Exercise with Karen **9:00 Walmart Shopping** 9:30 Chair Yoga 1:00 Rummikub	5 9:00 Morning Coffee 10:15 Catholic Mass 2:00 Wii Bowling 3:30 Blackhawk Church	6 9:00 Morning Coffee 8:30 Sit and Be Ft Chair Exercises CD 9:30 Chair Yoga 1:00 Canasta, Chickenfoot and other Games	7 9:00 Morning Coffee
8 3:25 Packers vs New England Patriots	9 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD 9:30 Chair Yoga 1:00 Games	10 9:00 Morning Coffee 8:30 Wellness Clinic 1:00 Left, Right, Center 2:30 Birthday Celebrations	11 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD **9:00 Movie @ River Arts** 9:30 Chair Yoga 1:00 Rummikub **1:30 Veterans Day Program @ The Pines** Veterans Day	12 9:00 Morning Coffee 10:15 Catholic Communion 2:00 Wii Bowling 3:30 St John's Lutheran	13 9:00 Morning Coffee 8:30 Sit and Be Ft Chair Exercises CD 9:30 Chair Yoga 1:00 Canasta, Chickenfoot and other Games	14 9:00 Morning Coffee
15 12:00 Packers vs Minnesota Vikings	16 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD 9:30 Chair Yoga 1:00 Games	17 9:00 Morning Coffee	18 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD 9:30 Chair Yoga 1:00 Rummikub	19 9:00 Morning Coffee 10:15 Catholic Communion 1:00 Bingo w/ Julie 2:00 Wii Bowling 3:30 First United Church of Christ	20 9:00 Morning Coffee 8:30 Sit and Be Ft Chair Exercises CD 9:30 Chair Yoga 1:00 Canasta, Chickenfoot and other Games	21 9:00 Morning Coffee
22	23 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD 9:30 Chair Yoga 1:00 Games	24 9:00 Morning Coffee 1:00 Euchre *3:30 St John's Lutheran Church	25 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD **9:30 -2:00 Wisconsin Craft Mall & Lunch Out** 9:30 Chair Yoga 1:00 Rummikub **7:00 Packers vs Los Angeles Rams- Streaming on Netflix**	26 **HAPPY THANKSGIVING** Thanksgiving Day (U.S.)	27 9:00 Morning Coffee 8:30 Sit and Be Ft Chair Exercises CD 9:30 Chair Yoga 1:00 Canasta, Chickenfoot and other Games	28 9:00 Morning Coffee
29	30 9:00 Morning Coffee 8:30 Sit and Be Fit Chair Exercises CD 9:30 Chair Yoga 1:00 Games					