





# November 2020

## The Gables at East Mountain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>4:00 - Afternoon Movie</p> <p>Daylight Savings Time Ends Turn back your clock!</p>	<p>2</p> <p>8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg</p>	<p>3</p> <p>10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care <b>*Election Day*</b></p>	<p>4</p> <p>11:00 Bone Builders 1:00 Contract Rummy</p>	<p>5</p> <p>9:00 Meadows Beauty Shop open by appointment only 10:00 Chair Tai Chi 1:30 Balloon Volleyball</p>	<p>6</p> <p>10:00 Bone Builders 10:00 Chair Yoga 11:00 Reading Aloud</p>	<p>7</p> 
<p>8</p> <p>4:00 - Afternoon Movie</p>	<p>9</p> <p>8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg</p>	<p>10</p> <p>10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care 1:30 Memoirs Group</p>	<p>11</p> <p>11:00 Bone Builders 1:00 Contract Rummy 4:00 Piano by Alan Walker <b>* Veteran's Day *</b></p>	<p>12</p> <p>9:00 Meadows Beauty Shop open by appointment only 10:00 Chair Tai Chi 1:30 TRIVIA</p>	<p>13</p> <p>10:00 Bone Builders 10:00 Chair Yoga 11:00 Reading Aloud</p>	<p>14</p> 
<p>15</p> <p>4:00 – Afternoon Movie</p>	<p>16</p> <p>8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg</p>	<p>17</p> <p>10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care</p>	<p>18</p> <p>11:00 Bone Builders 1:00 Contract Rummy</p>	<p>19</p> <p>9:00 Meadows Beauty Shop open by appointment only 10:00 Chair Tai Chi 1:30 BINGO</p>	<p>20</p> <p>10:00 Bone Builders 10:00 Chair Yoga 11:00 Reading Aloud</p>	<p>21</p> <p><b>* Stick Season Has Arrived! *</b></p> 
<p>22</p> <p>4:00 – Afternoon Movie</p>	<p>23</p> <p>8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg</p>	<p>24</p> <p>10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care</p>	<p>25</p> <p>11:00 Bone Builders 1:00 Contract Rummy</p>	<p>26</p> 	<p>27</p> <p>10:00 Bone Builders 10:00 Chair Yoga 11:00 Reading Aloud</p>	<p>28</p> <p><b>* December 1<sup>st</sup> *</b> <b>We start decorating</b> <b>The Gables</b> <b>for Christmas</b></p>
<p>29</p> <p>4:00 – Afternoon Movie</p>	<p>30</p> <p>8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg</p>	<p><b>* November Foot Care *</b> <b>Sign up sheet is available at the</b> <b>activities desk</b></p>	<p><b>* Veteran's Day Program *</b> <b>Wednesday, November 11<sup>th</sup></b> <b>Classic and Patriotic Music</b> <b>By Alan Walker</b></p>	<p><b>* Meadows Beauty Shop *</b> <b>open by</b> <b>appointment only</b></p>	<p><b>* Memoirs Group *</b> <b>Tuesday, November 17<sup>th</sup></b> <b>in the library</b></p>	