

GCC SENIOR CENTER ACTIVITIES NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Word Search 9:30 Exercise 10:30 Hands & Nails	2 
3 8:00 Word Search 9:30 Exercise 10:30 Loteria	4 8:30 Pancake Breakfast 9:30 Sewing 10:30 Poker	5 8:30 Breakfast Burrito Day 9:30 Exercise 10:30 Coping with Headaches by Humana	6 8:30 Sewing 9:30 Movie & Popcorn 10:30 Brain Health by Humana	7 8:30 Word Search 9:30 Exercise 10:30 Hands & Nails	8	9
10 	11 Closed for Veteran's Day Holiday	12 8:30 Coloring Contest 9:30 Site Council 10:30 Poker	13 8:30 Breakfast Burrito Day 9:30 Exercise 10:30 Bingo	14 8:30 Word Search 9.30 Blood Pressure 10:30 Health information by United Health	15 8:30 Blood Pressure 9:30 Exercise 10:30 Hands & Nails	16
17 8:00 Word Search 9:30 Exercise 10:30 Loteria	18 8:30 Crafts 9:30 Movie & Popcorn 10:30 Poker	19 8:30 Breakfast Burrito Day 9:30 Exercise 10:30 Bingo	20 8:30 Sewing 9:30 Health information by Humana 10:30 Birthday Celebration	21 THANKSGIVING LUNCH	22 	23
24 8:00 Word Search 9:30 Exercise 10:30 Loteria	25 8:30 Sewing 9:30 Show & Tell 10:30 Poker	26 8:30 Breakfast Burrito Day 9:30 Exercise 10:30 Bingo	27 Closed for Holiday 	28 Closed for Holiday 	29	30
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