






VALLEY WEST CENTER ACTIVITES NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	
3	4	5	6	7	8	9
8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	8:00 Games/Cards 10:30 Sing-along with Gene V. Hot Cocoa Day	8:00 Word Search 9:00 Walk N Roll Exercise 10:00 Diabetes Information by Cigna	8:00 Socialization 9:00 Crafts 10:00 Medicare information By Aetna	8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring		
10	11	12	13	14	15	16
	Closed for Veteran's Day Holiday	9:30 Games/Cards 10:30 Sing-Along with Gene V. 11:00 Crafting Activity	8:00 Socialization 10:00 Expressive Painting 10:00 Preventive Care by Cigna	8:00 Socialization 10:00 Scams-Attorney General Office 11:00 Site Council	8:00 Socialization 9:00 Stretching Exercise 11:00 Healthy Nutrition Wise Choice	
17	18	19	20	21	22	23
8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	8:00 Games/Cards 10:30 Sing-Along with Gene V. 11:00 Crafting Activity	9:00 Walk N Roll Exercise 10:00 Transportation information by Cigna	8:00 Socialization 10:00 Blood Pressure Checks Birthday Celebration	THANKSGIVING LUNCH 		
24	25	26	27	28	29	30
8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	8:00 Games/Cards 10:30 Sing-Along with Gene V. 11:00 Crafting Activity	8:00 Word Search 9:00 Exercise 10:00 Presentation Hearing Aids by Cigna	Closed for Holiday 	Closed for Holiday 		
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