

**CHARLESWOOD  
ADULT DAY  
CLUB  
NOVEMBER 2018**

10:00 - 10:30  
Morning Coffee Muffins

10:45 - 11:15  
Theme News and Views

11:15 - 12:00  
Physical Fitness

12:00 - 12:20  
Walk a Lap

12:20 - 1:00  
Recreation

1:00 - 1:45  
Lunch

1:45 - 2:15  
Rest and Relaxation

2:15 - 3:15  
Mental Fitness Programs

3:15 - 3:30  
Sharing Circle and Refreshments

3:30  
Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CELEBRATING KINDNESS IN NOVEMBER</b>				
			<b>HALLOWEEN 1</b> A.M. SCARY CATEGORIES P.M. BOOLING	<b>HALLOWEEN 2</b> A.M. SCARY CATEGORIES P.M. BOOLING
<b>REMEMBRANCE DAY 5</b> A.M. REMEMBRANCE SERVICE P.M. BOCCE	<b>REMEMBRANCE DAY 6</b> A.M. REMEMBRANCE SERVICE P.M. BOCCE	<b>REMEMBRANCE DAY 8</b> A.M. REMEMBRANCE SERVICE P.M. BOCCE	<b>REMEMBRANCE DAY 9</b> A.M. REMEMBRANCE SERVICE P.M. BOCCE 	<b>REMEMBRANCE DAY 9</b> A.M. REMEMBRANCE SERVICE P.M. BOCCE
<b>NO DAY CLUB 12</b> 	<b>KINDNESS WEEK 13</b> A.M. KINDNESS KOLLECTION P.M. THEME DICE	<b>KINDNESS WEEK 14</b> A.M. KINDNESS KOLLECTION P.M. THEME DICE	<b>KINDNESS WEEK 15</b> A.M. KINDNESS KOLLECTION P.M. THEME DICE	<b>KINDNESS WEEK 16</b> A.M. KINDNESS KOLLECTION P.M. THEME DICE
<b>CHRISTMAS CARDS 19</b> A.M. NOODLE BALL P.M. MAKE CARDS	<b>CHRISTMAS CARDS 20</b> A.M. NOODLE BALL P.M. MAKE CARDS	<b>CHRISTMAS CARDS 21</b> A.M. NOODLE BALL P.M. MAKE CARDS	<b>CHRISTMAS CARDS 22</b> A.M. NOODLE BALL P.M. MAKE CARDS	<b>CHRISTMAS CARDS 23</b> A.M. NOODLE BALL P.M. MAKE CARDS 
<b>DECKING THE HALLS 26</b> A.M. CATEGORIES P.M. BALLOON VOLLEYBALL	<b>DECKING THE HALLS 27</b> A.M. CATEGORIES P.M. BALLOON VOLLEYBALL	<b>DECKING THE HALLS 28</b> A.M. CATEGORIES  P.M. BALLOON VOLLEYBALL	<b>DECKING THE HALLS 29</b> A.M. CATEGORIES P.M. BALLOON VOLLEYBALL	<b>DECKING THE HALLS 30</b> A.M. CATEGORIES P.M. BALLOON VOLLEYBALL