

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
| <b>In-Person Activities in Purple</b>                            | <b>Therapeutic Aquatics and Games (NRC)</b><br>Norwood Recreation Center<br>2039 Sherman Ave, 45212   | <b>Art of the Needle (OBL)</b><br>Oakley Branch Library<br>4033 Gilmore Ave, 45209<br><br><b>(MVL)</b><br>Madisonville Library<br>4910 Whetsel Ave 45227 | <b>1</b><br>9:30 Morning Calm<br>10:00 Boom Move<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:00 Ideas in Philosophy<br><b>2:00 Everyday Technology: Smartphone Basics Guide Training</b><br>5:30 Chair Yoga | <b>2</b><br><b>10:30 Rummikub (NRC)</b><br><b>12:30 Euchre (NRC)</b>  | <b>3</b><br>9:30 Morning Calm<br>1:30 OWL ASL  | <b>4</b><br>8:30 Chair Aerobics<br>10:00 Tai Chi Flow +   |
|  |   |  | <b>5</b>   | <b>6</b><br>9:30 Morning Calm<br>9:30 Chair Yoga<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:30 Chair Yoga & Meditation<br>12:00 Twilight Zone | <b>7</b><br>9:30 Morning Calm<br><b>11:00 Art of the Needle (MVL)</b><br><br><b>Election Day</b> | <b>8</b><br>9:30 Morning Calm<br>10:00 Boom Move<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:00 Ideas in Philosophy<br><b>2:00 Everyday Technology: Smartphone Basics Guide Training</b><br>5:30 Boom Move |
| <b>12</b>  | <b>13</b><br>9:30 Chair Yoga<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:30 Chair Yoga & Meditation<br>12:00 Twilight Zone<br><br><b>MUST RSVP for 11/29 M25M Luncheon</b> | <b>14</b><br><b>9:00 European Perspective News Hour</b><br><b>11:00 Art of the Needle (OBL)</b><br><b>3:30 What is the UNESCO?</b>                       | <b>15</b><br>9:30 Morning Calm<br>10:00 Boom Move<br><b>10:30 Therapeutic Aquatics (NRC)</b><br><br><b>4:00 – 7:00 PM Hard Cider Making Tour and Tastings Fundraiser Northwood Cider Company</b>                 | <b>16</b><br><b>10:30 Rummikub (NRC)</b><br><b>12:30 Euchre (NRC)</b>   | <b>17</b><br>9:30 Morning Calm<br>1:30 OWL ASL   | <b>18</b><br>8:30 Chair Aerobics<br>10:00 Tai Chi Flow +  |
| <b>19</b>  | <b>20</b><br>9:30 Chair Yoga<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:30 Chair Yoga & Meditation<br>12:00 Twilight Zone   | <b>21</b><br>9:30 Morning Calm<br><b>11:00 Art of the Needle (OBL)</b><br><b>3:30 UNESCO: Kathmandu Valley, Nepal</b><br><br><b>RSVP for 11/26</b>       | <b>22</b><br>9:30 Morning Calm<br>10:00 Boom Move<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:00 Ideas in Philosophy<br>5:30 Virtual Walk   | <b>23</b><br><br><b>10:00 Thanksgiving Gratitude Meditation</b>   | <b>24</b><br>9:30 Morning Calm<br>1:30 OWL ASL   | <b>25</b><br>8:30 Chair Aerobics<br>10:00 Tai Chi Flow +  |
| <b>26</b><br><b>2:00 – 5:00 Maple Knolls WMKV Big Band Dance</b> | <b>27</b><br>9:30 Chair Yoga<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:30 Chair Yoga & Meditation<br>12:00 Twilight Zone   | <b>28</b><br>9:30 Morning Calm<br><b>11:00 Art of the Needle (OBL)- Holiday Card Making</b><br><b>3:30 UNESCO: Machu Picchu, Peru</b>                    | <b>29</b><br>9:30 Morning Calm<br><b>10:00 Matthew 25 Volunteer</b><br><b>11:30 M25M Volunteer Luncheon</b><br>10:00 Boom Move<br><b>10:30 Therapeutic Aquatics (NRC)</b><br>11:00 Ideas in Philosophy           | <b>30</b><br><b>10:30 Rummikub (NRC)</b><br><b>12:30 Euchre (NRC)</b>   | <b>Everyday Technology (PRL)</b><br><br>Pleasant Ridge Library<br>6233 Montgomery Rd 45213       | <br>EngAging Seniors<br><b>Green require a RSVP</b>  |