



Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Virtual Stretch & Strengthen	9-10 Walking Group 12:00 Lunch	12:00 Lunch	9-10 Walking Group 12:00 Lunch	12:00 Lunch

Everyday 9am to 3:45pm Enjoy Fitness Center; Cards & Games; Pool & The Little Lending Library!

<p>CRAFT WORKSHOPS!</p> <ul style="list-style-type: none"> *Quilting Workshop *Holiday Card Making *Jewelry w/a Twist *Make & Take Mosaics 		<p>1 9:30 Knit & Crochet 9:30 Silver Sneakers 11:00 EnhanceFitness</p>	<p>2 10:00 Weaving 10:45 Tech Talk 12:45 Bingo 12:45 Men's Group 1:00 Sewing Circle</p>	<p>3 9:30 Meditation 10:45 News & Views 1:00 Pinochle/Cards</p>
<p>6 11:00 Gentle Yoga 12:30 Grab & Go Meals 1:00 EnhanceFitness 1-3:30 Quilting Workshop</p>	<p>7 Election Day Penn Nursing Students VOTE 12:30 Sketch & Draw 12:30 Ceramics 12:30 Next Chapter 1:40 Music I Love</p>	<p>8 9:30 Knit & Crochet 9:30 Silver Sneakers 11:00 EnhanceFitness 1-3 Holiday Card Making Workshop!</p>	<p>9 10:00 Weaving 10:45 Tech Talk 12:45 Bingo 12:45 Men's Group 1:00 Sewing Circle</p>	<p>10 9:30 Meditation 10:45 News & Views 1:00 Pinochle/Cards</p>
<p>13 11:00 Gentle Yoga 12:30 Grab & Go Meals 1:00 EnhanceFitness 1-3:30 Quilting Workshop</p>	<p>13 Penn Nursing Students 9:30 <i>Advisory Council</i> 12:30 Sketch & Draw 12:30 Ceramics 12:30 Next Chapter 1:40 Music I Love</p>	<p>15 9:30 Knit & Crochet 9:30 Silver Sneakers 11:00 EnhanceFitness 12:30 BTC Nutrition Pres. Kitchen Safety - Free Thermometer Giveaway 12:45 Jewelry w/Twist!</p>	<p>16 10:00 Weaving 10:45 Tech Talk 12:45 Bingo 12:45 Men's Group 1:00 Sewing Circle 1:30 Lit Lovers <i>(Virtual)</i> Odessey Two <i>By: ArthurClark</i></p>	<p>17 9:30 Meditation 10:45 News & Views 1:00 Pinochle/Cards</p>
<p>20 11:00 Gentle Yoga 12:30 Grab & Go Meals 1:00 EnhanceFitness 1-3:30 Quilting Workshop</p>	<p>21 12:00 Thanksgiving Holiday Meal No Ceramics today 12:30 Sketch & Draw 12:30 Next Chapter 1:40 Music I Love</p>	<p>22 9:30 Knit & Crochet 9:30 Silver Sneakers 11:00 EnhanceFitness</p>	<p>23 Journey's Way Closed</p>	<p>24 Journey's Way Closed for Thanksgiving Holiday</p>
<p>27 11:00 Gentle Yoga 12:30 Grab & Go Meals 1:00 EnhanceFitness 1-3:30 Quilting Workshop</p>	<p>28 12:30 Sketch & Draw 12:30 Ceramics 12:30 Next Chapter 1:40 Music I Love</p>	<p>29 9:30 Knit & Crochet 9:30 Silver Sneakers 11:00 EnhanceFitness 12:45 Make & Take Mosaic Class</p>	<p>30 10:00 Weaving 12:45 Bingo 12:45 Men's Group 1:00 Sewing Circle</p>	<p>Coming in December!</p> <ul style="list-style-type: none"> *Holiday Gift Basket Raffle *Sharing our Holiday Traditions 12/21 Christmas Holiday Meal