


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00-10:30 Low Impact Exercise (A)	2 10:00 Hamrick Shopping Trip, Spartanburg SC 10:30-11:00 Simply Stretching Exercises (DR)	3 10:00-10:30 Low Impact Sit "N" Fit (A) 2:00 Devotional Service with Kane Rollins (A)	4 10:30-11:00 Move & Groove Moderate Exercises (DR) 10:30 Fire Box Johnson Musical Performer (A) Mrs. L. List B'day	5 10:00-10:30 Low Impact Exercise with Objects (A) 2:00 Thomas Fisch Musical Performer	6
7 9:30-Green Point Baptist Church – Sunday School (A) Daylight Saving Time Ends	8 11:00 Musical Performance – Benny Gandy - Pianist (A)	9 10:30-11:00 Functional Exercises (DR)	10 10:00-10:30 Low Impact Sit "N" Fit (A) 2:00 Devotional Service with Kane Rollins (A)	11 10:30-11:00 Energizing Advance Senior Exercises(DR) Veterans Day Remembrance Day (Canada)	12 10:00-10:30 Low Impact Exercise with Objects (A)	13
14	15 10:30-Second Chance Ministry featuring Will Parker - Musical Performance (A)	16 10:30-11:00 Simply Stretching Exercises (DR) 10:30 Wayne Casasanta Musical Pianist- Vocalist (A) 1:00 Food Committee Meeting (DR) Mrs. N. Alberta B'day	17 10:00-10:30 Low Impact Sit "N" Fit (A) 2:00 Devotional Service with Kane Rollins (A)	18 10:00 Ingles Shopping Trip - Inman, SC 10:30 Al Mahan – Musical Performer (A) 10:30 Move & Groove Moderate Exercises (DR)	19 10:00-10:30 Low Impact Exercise with Objects (A) 2:30 Book Group (DR)	20
21	22 10:00-10:30 Low Impact Exercise (A) 2:30 Ingles Shopping Trip - Inman, SC	23 10:30-11:00 Functional Exercises (DR)	24 10:00-10:30 Low Impact Sit "N" Fit (A) 2:00 Devotional Service with Kane Rollins (A)	25 10:30-11:00 Energizing Advance Senior Exercises(DR) Thanksgiving Day	26 10:00-10:30 Low Impact Exercise with Objects (A)	27
28 Hanukkah Begins	29 10:00-10:30 Low Impact Exercise (A) Mrs. M. Redmon B'day	30 10:30-11:00 Simply Stretching Exercises (DR)	<p>INDEPENDENT LIVING</p> <h1>November 2021</h1> 			

Atrium (A) Independent Dining Room (DR) Chapel (C)

***** All Activities & times are subject to change with limited persons required *****