

# NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mindful Monday	2 Importance of Personal Hygiene	3 Virtual Trips -Zoo	4 Benefits of Technology	5 Fit/Fun Friday Aerobics	6
7	8 American Sign Language	9 Email & Text etiquette	10 Virtual Trips -Museums	11 Pedestrian Safety	12 Fit/Fun Friday Country Line Dancing	13
14	15 All about Sports	16 Cooking class- Pizza Bagels	17 Virtual Trips -Europe	18 Hot Jobs	19 Fit/Fun Friday Yoga	20
21	22 Gratitude Journaling	23 Thanksgiving Trivia	24 Virtual Trips -Asia	25 Happy Thanksgiving No class	26 No Class	27
28	29 Poetry & Rhymes	30 Preparing a Cover Letter				