

November 2025

Lunch included - please call ahead 24 hours
 in advance so we can ensure everyone can
 eat. 304-233-2350 x 106

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 - 12:30 LUNCH	4 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 - 12:30 LUNCH	5 10:30 - 11:30 Cardio Drumming 11:30 - 12:30 LUNCH	6 10:30 - 11:30 Chair Yoga 12:00 - 1:00 Try This Thursday 11:30 - 12:30 LUNCH	7 12:00 - 1:30 Game Day 12:00 - 1:00 Book Club 11:30 - 12:30 LUNCH	8
9	10 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 - 12:30 LUNCH	11  CLOSED	12 10:30 - 11:30 Cardio Drumming 11:30 - 12:30 LUNCH	13 10:30 - 11:30 Chair Yoga 12:00 - 1:00 Try This Thursday 11:30 - 12:30 LUNCH	14 12:00 - 1:30 Game Day 11 - 1 Veteran Luncheon 11:30 - 12:30 LUNCH	15
16	17 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 - 12:30 LUNCH	18 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 - 12:30 LUNCH	19 10:30 - 11:30 Cardio Drumming 11:30 - 12:30 LUNCH	20 10:30 - 11:30 Chair Yoga 12:00 - 1:00 Blood Pressure with Nurse Jeanna 11:30 - 12:30 LUNCH	21 12:00 - 1:30 Game Day **Cancelled** Staff Training 11:30 - 12:30 LUNCH	22
23 30	24 10:30 - 11:30 Monday Social Time 12:00 - 1:30 Bunco 11:30 - 12:30 LUNCH	25 10:30 - 11:30 Crochet 12:00 to 1:00 Line Dancing 11:30 - 12:30 LUNCH	26 10:30 - 11:30 Cardio Drumming 11:30 - 12:30 LUNCH	27  CLOSED	28 CLOSED 	29