



November 2022 Skill Building Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Reading Group 6 - 7 pm Ted Talk 7:30 - 8:30 pm	3	4 Game Night 6:30 - 8 pm	5 Movie Day: Black Adam 12:30 - 3:30 pm (mask optional)
6	7	8 Physical Wellness 6 - 7 pm	9	10 Healthy Relationships 6 - 7:30 pm	11 Bowling Night 6 - 8 pm (mask optional)	12 Cooking Class: Desserts 12 - 2 pm (mask optional)
13	14 Fitness Fun 5:30 - 6:30 pm	15	16 Men's Group 5 - 6 pm Women's Group 6:30 - 7:30 pm	17 Member Cohort Meetings	18 Bingo Night 6 - 8 pm	19 OMO Social and Nacho Bar 12 - 2 pm (mask optional)
20	21	22 Emotional Wellness 7 - 8 pm	23 OMO Check In 6 - 7 pm	24 Thanksgiving Day	25 Bowling Night 6 - 8 pm (mask optional)	26
27	28 Creative Arts 6 - 7:30 pm	29	30 Deal or No Deal Game 6 - 7:30 pm			

Notes:

Virtual activities are in **black** and in-person activities are in **red**.

Please see the calendar description for activity details and meeting times.

If you need to cancel your attendance at an activity, please call the cancellation line and leave a message: (248) 649-3739 x 100.