



November 2023 Skill Building Program Calendar

Please note: your drop-off and pick-up time will be different if you're meeting us at the activity.

Please refer to the activity descriptions document or confirmation page for specific times.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|--|---|-------------------------------------|---|
| 1 | | | 1 | 2 | 3 | 4 |
| | | | TED Talk 6:30 - 7:30 pm | | Bowling Night 5:45 - 8 pm | Name That Tune 12 - 1:30 pm |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | Reading Group 6 - 7 pm | Women's Group: Spa Night 6 - 7:30 pm | | Bingo Night 6 - 7:30 pm | Movie Day: The Marvels 11:30 am - 2:15 pm |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | Monthly Check-In 6 - 7 pm | Family Education Session | | Bowling Night 5:45 - 8 pm | Cooking Class: Thanksgiving Sides 12 - 2 pm |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | Physical Wellness 5:30 - 6:30 pm | Fitness Fun: Yoga 6 - 7 pm | Thanksgiving Day | | Game Day 12 - 1:30 pm |
| 26 | 27 | 28 | 29 | 30 | | |
| | | Technology Skills and Safety 6 - 7 pm | Men's Group 6 - 7 pm | Healthy Relationships 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 leave a message on our activity line: (248) 649-3739 x 100.