Lakeshore

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	3 10:00 Exercise w/Christine 11:30 Lunch 12:00 Book Club	4 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo **Oakstreet Health**	5 10:00 Thankful Thursday 11:30 Lunch 12:30 Matter of Balance	6 10:00 IG School 11:30 Lunch 12:00 Social Hour
9 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	10 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Book Club **Famous Dave's**	11 Center Closed in observance of Veteran's day	12 10:00 Thankful Thursday 11:30 Lunch 12:30 Matter of Balance	13 10:00 IG School 11:30 Lunch 12:00 Social Hour
16 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	**17** 10:00 Exercise w/ Christine **11:30 Lunch** 12:00 Book Club **Build A Bouquet**	18 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo **Special Event**	19 10:00 Thankful Thursday **Turkey Bowl**	20 10:00 Movie 11:30 Lunch 12:00 Chef Kellee
23 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club **Walmart**	24 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Book Club	25 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo	26 	**27** **Center Closed**
30 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	**Please remember to make meal reservations and transportation changes by Tuesday afternoon**			