

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1>November</h1> 				<p>1</p> <p>1:30 Leisure Club - <i>Autumn Mason Jar Craft @ PHMH</i></p>	<p>2</p> <p>10:45 Road to Healthy Living @ PHMH 1:00 Bowling</p>	<p>3</p> <p>Sandwich Day</p>
<p>4</p> <p>Peanut Butter Lovers Month</p>	<p>5</p> <p>10:30 Walking @ Y 2:30 Health & Wellness - <i>Recycling</i></p>	<p>6</p> <p>10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind</p>	<p>7</p> <p>10 - 11:30 Creative Circles @ Augustana Church</p>	<p>8</p> <p>1:30 Leisure Club - <i>GF Library</i></p>	<p>9</p> <p>10:45 Road to Healthy Living @ PHMH 1:00 Bowling</p>	<p>10</p> <p>Forget Me Not Day</p>  <p>November 10th.</p>
<p>11</p> 	<p>12</p> <p>10:30 Walking @ Y 2:30 Health & Wellness - <i>Great American Smokeout - Why you should quit</i></p>	<p>13</p> <p>10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind</p>	<p>14</p> <p>World Diabetes Day</p>	<p>15</p> <p>1:30 Leisure Club - <i>Scrapbooking @ PHMH</i></p>	<p>16</p> <p>Noon Thanksgiving Birthday Club</p>	<p>17</p> <p>Homemade Bread Day</p> 
<p>18</p> <p>National Epilepsy Month</p>	<p>19</p> <p>10:30 Walking @ Y <i>2:30 Health & Wellness - The Food Groups</i> 5 Movie Night</p>	<p>20</p> <p>10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind</p>	<p>21</p> <p>10 - 11:30 Creative Circles @ Augustana Church</p>	<p>22</p> <p>PHMH Closed</p> 	<p>23</p> <p>PHMH Closed</p> 	<p>24</p> <p>Did you know? Potatoes were not part of the first Thanksgiving meal, Irish immigrants had not yet brought them over to North America.</p>
<p>25</p> <p>Turkey Trivia: Wild turkeys can fly 55 mph & run 25 mph</p>	<p>26</p> <p>10:30 Walking @ Y 2:30 Health & Wellness - <i>Mystery Topic</i></p>	<p>27</p> <p>9:00 Client Advisory Board 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind</p>	<p>28</p> <p>Red Planet Day commemorates the launch of the Spacecraft Mariner 4 on 11/28/1964.</p>	<p>29</p> <p>1:30 Leisure Club - <i>Piñata, Pico & Pineapples Party @ PHMH</i></p>	<p>30</p> <p>10:45 Road to Healthy Living @ PHMH 1:00 Bowling</p>	 <p>2018 Activities</p>