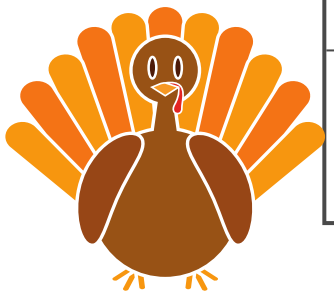
NOVEMBER

Senior Wellness Challenge 65+



2026

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Make Thank You Cards for Veterans 12:30–1:30 pm Community Room BYOL	4	5	6	7
8	9	10 H20 Wear Trunk Show Community Room	11 Tech Support with Volunteer Mason 3:30–5:00 pm Lobby	12 Thanksgiving Recipes Exchange! Bring a Sample 12:30–1:30 pm BYOL	13 "Gut-Brain Connection" Dr. Andrew Hunt 1:00–2:00 pm Community Room	14
15	16	17 Turkey Bingo 12:30–1:30 pm Community Room BYOL	18 Tech Support with Volunteer Mason 3:30–5:00 pm Lobby	19 Debbie Burnet– Reflexology and Pressure Points 12:30–1:30 pm Community Room BYOL	20	21
22	23	24	25	26 YMCA CLOSED Happy Thanksgiving!	27	28
29	30					

November Prize: Warming Mat for Food (31.6" x 15")