| [◄ Oct 2018](https://www.wincalendar.com/Holiday-Calendar/October-2018%22%20%5Co%20%22October%202018) | **November 2018** | [Dec 2018 ►](https://www.wincalendar.com/Holiday-Calendar/December-2018) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1Am stretching 8:30amUnit meeting 9am/1PmStrength and Cardio 12:30Career Builders 1:30 | 2 Am stretching 8:30amUnit meeting 9am/1PmChair exercise 12:30 **Sports arena 4-7** | 3  |
| 4  | 5 Am stretching 8:30amUnit Meeting 9am/1pmYMCA Splashtastic 11:30amMeditation 12:30pm House Meeting 1:30pm | 6 Supervision 8am Unit meeting 9am/1PmDance Video 12:30pmDiabetes Presentation 3-4pw/ Theresa Knowles | 7 AM Stretching 8:30AMUnit meeting 9am/1PmWalk Fit 12:30 Education meeting at 1:30 | 8 Am stretching 8:30amUnit meeting 9am/1PmStrength and Cardio 12:30Career Builders 1:30 | 9 Am stretching 8:30amUnit meeting 9am/1PmChair exercise 12:30 **Talent show 4-7** | 10  |
| 11  | 12 Am stretching 8:30amUnit Meeting 9am/1pmYMCA Splashtastic 11:30amMeditation 12:30pm House Meeting 1:30pm | 13 Supervision 8am Unit meeting 9am/1PmDance Video 12:30pm | 14 AM Stretching 8:30AMUnit meeting 9am/1PmWalk Fit 12:30 Education meeting at 1:30 | 15 Am stretching 8:30amUnit meeting 9am/1PmStrength and Cardio 12:30Career Builders 1:30 | 16 Am stretching 8:30amUnit meeting 9am/1PmChair exercise 12:30SAD Presentation w/ Trip 1:30 **Paint night 4-7** | 17  |
| 18  | 19 Am stretching 8:30amUnit Meeting 9am/1pmYMCA Splashtastic 11:30amMeditation 12:30pm House Meeting 1:30pm | 20 Supervision 8am Unit meeting 9am/1PmDance Video 12:30pm | 21 AM Stretching 8:30AMUnit meeting 9am/1PmWalk Fit 12:30 Education meeting at 1:30 | 22 **Thanksgiving breakfast 8-10****Happy Thanksgiving** | 23 Black Friday closed regular hours**Open social 1-4** | 24  |
| 25  | 26 Am stretching 8:30amUnit Meeting 9am/1pmYMCA Splashtastic 11:30amMeditation 12:30pm House Meeting 1:30pm | 27 Supervision 8am Unit meeting 9am/1PmDance Video 12:30pm | 28 AM Stretching 8:30AMUnit meeting 9am/1PmWalk Fit 12:30 Education meeting at 1:30 | 29 Am stretching 8:30amUnit meeting 9am/1PmStrength and Cardio 12:30Career Builders 1:30 | 30 Am stretching 8:30amUnit meeting 9am/1PmChair exercise 12:30 Inspiration Instant w/ Claire Davitt 1:30**Game night hot cocoa bar 4-7** |  |