| [◄ Oct 2018](https://www.wincalendar.com/Holiday-Calendar/October-2018" \o "October 2018) | **November 2018** | | | | | [Dec 2018 ►](https://www.wincalendar.com/Holiday-Calendar/December-2018) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1  Am stretching 8:30am  Unit meeting 9am/1Pm  Strength and Cardio 12:30  Career Builders 1:30 | 2  Am stretching 8:30am  Unit meeting 9am/1Pm  Chair exercise 12:30  **Sports arena 4-7** | 3 |
| 4 | 5 Am stretching 8:30am  Unit Meeting 9am/1pm  YMCA Splashtastic 11:30am  Meditation 12:30pm  House Meeting 1:30pm | 6 Supervision 8am  Unit meeting 9am/1Pm  Dance Video 12:30pm  Diabetes Presentation 3-4p  w/ Theresa Knowles | 7 AM Stretching 8:30AM  Unit meeting 9am/1Pm  Walk Fit 12:30  Education meeting at 1:30 | 8  Am stretching 8:30am  Unit meeting 9am/1Pm  Strength and Cardio 12:30  Career Builders 1:30 | 9 Am stretching 8:30am  Unit meeting 9am/1Pm  Chair exercise 12:30  **Talent show 4-7** | 10 |
| 11 | 12 Am stretching 8:30am  Unit Meeting 9am/1pm  YMCA Splashtastic 11:30am  Meditation 12:30pm  House Meeting 1:30pm | 13 Supervision 8am  Unit meeting 9am/1Pm  Dance Video 12:30pm | 14  AM Stretching 8:30AM  Unit meeting 9am/1Pm  Walk Fit 12:30  Education meeting at 1:30 | 15  Am stretching 8:30am  Unit meeting 9am/1Pm  Strength and Cardio 12:30  Career Builders 1:30 | 16 Am stretching 8:30am  Unit meeting 9am/1Pm  Chair exercise 12:30  SAD Presentation w/ Trip 1:30  **Paint night 4-7** | 17 |
| 18 | 19 Am stretching 8:30am  Unit Meeting 9am/1pm  YMCA Splashtastic 11:30am  Meditation 12:30pm  House Meeting 1:30pm | 20 Supervision 8am  Unit meeting 9am/1Pm  Dance Video 12:30pm | 21  AM Stretching 8:30AM  Unit meeting 9am/1Pm  Walk 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 8:30am  Unit Meeting 9am/1pm  YMCA Splashtastic 11:30am  Meditation 12:30pm  House Meeting 1:30pm | 27  Supervision 8am  Unit meeting 9am/1Pm  Dance Video 12:30pm | 28  AM Stretching 8:30AM  Unit meeting 9am/1Pm  Walk Fit 12:30  Education meeting at 1:30 | 29  Am stretching 8:30am  Unit meeting 9am/1Pm  Strength and Cardio 12:30  Career Builders 1:30 | 30 Am stretching 8:30am  Unit meeting 9am/1Pm  Chair exercise 12:30  Inspiration Instant w/ Claire Davitt 1:30  **Game night hot cocoa bar 4-7** |  |