

Welcome Arms November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1 10:00 YMCA (J) 12:00 Mass @ St James (M) 2:00 Young Adult Adventures @ PPL(M) 2:30 Puzzle Group (J)	
	4 9:30 YMCA (M) 10:30 Coffee Social & Pet Therapy w/ Paulie (J) 1:00 Mystery Matinee @ KPL (J)	5 10:30-12:00 Craft & Chat @ KPL VOTE! Rides Available 3:00 Young Adult Art Class @ TEEG (M)	6 10:00 Coffee Social @ Putnam Dunkin Donuts (J) 12:00 Senior Bingo @ PPL (J) 3:00 Yoga with Sue @ WAU	7 10:00 Game Group @ DAC 2:00 Walk Prince Hill Loop 6:00 Volunteer Orientation @ Brooklyn Cares (J)	8 10:00 Plainfield Pool (M) 11:00 Visit the horses @ Stirrup Fun Stables (J) 2:00 Guided Acrylic Painting @ WAU (M)	
	11 9:30 Zips & Local Shopping (J) 9:30 Aero Diner & Walk @ Mansfield Hollow Dam (M) 1:30 Autumn Craft @WAU (M) 2:30 Walk/Exercise (J)	12 10:00 Creative Writing (J) 2:00 Bingo @ KPL 5:00 Wickware Planetarium (M)	13 10:00 CT Museum of Culture & History and Shady Glen (M) 11:00 Self-Care Group @ DAC DV Guest Speaker (J) 3:00 Yoga with Sue @ WAU	14 10:00 Game Group @ DAC 1:30 Pickle Ball (M) 2:30 Chair Yoga w/ Leila (J)	15 9:30 YMCA (M) 10:00 Plainfield Pool (J) 1:30 Young Adult Adventures(M) 2:00 Crocheting Group (J)	
	18 10:00-12:00 Coffee & Games @ WAU with DMHAS Visit	19 10:00 YMCA (J) 10:00 Morning Stretch & Meditation (M) 2:30 Healthy Baking (J) 3:00 Young Adult Art Class @ TEEG (M)	20 9:30 Brooklyn Dunkin Donuts(J) 11:15 Lunch @ Ellis Tech (M) 1:30 Adult Coloring & Card Making @ KPL (J) 2:00 Rummikub @ PPL (M) 3:00 Yoga with Sue @ WAU	21 10:00 Game Group @ DAC 1:30 Walk @ Phariah Dog Park (M) 2:30 Yoga for Bowlers @ WAU (J)	22 9:30 Breakfast @ George's (J) 10:00 Plainfield Pool 1:30 Bowling @ Webster	
	25 10:00 Plainfield Pool (J) 11:30 Healthy Cooking (M) 1:00 Movie "Uglies" (J) Read the book 1 st (optional) 2:00 Plant Propagation (M)	26 10:00 Painting on Wood (J) 11:00 YMCA (M) 2:30 Walk/Exercise (J) 4:00 Mansfield Movieplex "Wicked" (M)	27 Thanksgiving Coffee & Breakfast @ WAU 1:30 Dominoes (M) 3:00 Yoga with Sue @ WAU	28 	29 	
	KPL = Killingly Public Library DAC = Dayville Office WAU = Wauregan Office PPL = Putnam Public Library		Judy (J) 860-230-5467	Mary (M) 860- 617-4650	Sue (InShape) 860-771-8067	

