


**NOVEMBER 2022 – DIABETES AWARENESS MONTH**

**ESAAA/CAA CENTER MANAGERS: Denise Godwin (757)710-0038(Cell) [dgodwin@esaacaa.org](mailto:dgodwin@esaacaa.org) and Cassandra Bailey (757)710-5932 [cassandra@esaacaa.org](mailto:cassandra@esaacaa.org)  
**CENTER DRIVERS: Van Collins (757)710-0235(Cell) LaWayne Ames (757)710-3468-3926(Cell)****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10-10:30 Devotions/ Sit and Stretch 10:30-11 Lunch 11-12 Facts on Alzheimer 12-1 Pincochle/Mexican Train/Word Search and Puzzles	<b>2</b> 11-12 Arts for Your Mind 1-2 Music with Beethoven	<b>3</b> 10-10:30 Devotion/Sit and Stretch 10:30-11 Lunch 11:30-12:30 Bingo 12-1:00 Basic Computer Training	<b>4</b> 11-12 Let's Talk Foodw/Julia Childs 1-2 Name that Tune!
<b>7</b> 11-12 Let's Travel to Niagara Falls 1-2 Jeopardy to test your Knowledge	<b>8</b> Center Closed Election Day! Go to Vote!	<b>9</b> Trip to Pickett Harbor and Baines Farmers Market	<b>10</b> 10-10:30 Devotions/Sit and Stretch 10:30-11 Lunch 11-12 Recognition of Veterans 12-1:00 What Books Mean to You-Book of the Month	<b>11</b> Center Closed Veteran's Day
<b>14</b> 11-12 Diabetes Awareness Presentation 1-2 Let's Talk Healthy	<b>15</b> Shopping Trip to VA Beach	<b>16</b> 11-12 How to Deal with Grief presentation by Meagan Smith 1-2 Music with Motown	<b>17</b> 10-10:30 Devotions/Sit and Stretch 10:30-11 Thanksgiving lunch/To Be Thankful 11:30-12:30 Blood Pressure Screening by Intrepid 12-1:00 Art and Craft on Thankfulness	<b>18</b> 11-12 Guess Who the Artist Is? 1-2 Name that Cake and Walk
<b>21</b> 11-12 Stepping with the ESAAA/CAA Steppers 1-2 Brain Stimulation- Do you know your States?	<b>22</b> 10-10:30 Devotions/Sit and Stretch 10:30-11 Lunch 11-12 Afternoon Chat on Prevention of Flu 12-1 Environmental Facts	<b>23</b> 11-12 Education with Helen on What Thanksgiving mean?	<b>24</b> Center Closed Thanksgiving Holiday	<b>25</b> Center Closed Thanksgiving Holiday
<b>28</b> 11-12 Stepping with the ESAAA/CAA Steppers 1-2 Money Management for the Holiday	<b>29</b> 10-10:30 Devotions/Sit and Stretch 10:30-11 Lunch 11-12 November Birthday Party 12-1 Bingo	<b>30</b> 11-12 Cooking with Steve 1-2 Do You Know the Song/ Sing A Long with Us	GET ON ZOOM 832 5718 1604 Meeting ID 641984 Passcode	DIAL IN 301-715-8592 832 5718 1604 Meeting ID 641984 Passcode

