

# Fire Keepers Elder Center

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>**ALL ACTIVITIES SUBJECT TO CHANGE **MUST HAVE 4 SIGNED UP FOR AN ACTIVITY **POOL, SNOOKER, PUZZLES, BOARD/CARD GAMES AVAILABLE</b>		1 10:15am- Stay Healthy, Stay Strong 11am- Air Fryer Demonstration (2 Air Fryers given away) 2:30pm Language	2 10am- Chair Exercises with Diabetes Prevention	3	4
5	6 10:15am- Stay Healthy, Stay Strong	7 10am- Chair Exercises with Diabetes Prevention  12pm- Healing Through Arts- Tribal Victim Services	8 10:15am- Stay Healthy, Stay Strong  2:30pm- Language	9 10am- Chair Exercises with Diabetes Prevention  10am-Bowling	10 <b>NATION CLOSED</b> Veteran's Day	11
12	13 9am- Turkey Hand Out (See Flyer)  10:15am- Stay Healthy, Stay Strong	14 10am- Chair Exercises with Diabetes Prevention  12pm- Healing Through Arts- Tribal Victim Services	15 10:15am- Stay Healthy, Stay Strong  2:30pm- Language	16 10am- Chair Exercises with Diabetes Prevention  11am- Community Thanksgiving Dinner	17 9am-Thrift Shopping	18
19	20 10:15am- Stay Healthy, Stay Strong	21 10am- Chair Exercises with Diabetes Prevention  12pm- Healing Through Arts- Tribal Victim Services	22 <b>Closed at 12</b> Thanksgiving Holiday Observed	23 <b>Closed</b> Thanksgiving  <b>Happy Thanksgiving!!</b>	24 <b>Closed</b> Native American Heritage Day	25
26	27 10am- Sac-N-Fox Bingo 10:15am- Stay Healthy, Stay Strong	28 10am- Chair Exercises with Diabetes Prevention  12pm- Healing Through Arts- Tribal Victim Services	29 10:15am- Stay Healthy, Stay Strong  2:30pm- Language	30 Alzheimer's Association AD8 Screening (MUST BE SCHEDULED)		

ELDER CENTER PHONE NUMBER: 785.966.0053