

November

Virtual Social Activities

Theme: Self-Care



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2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Armchair Travel: Mexico @3pm	3 Word Association Game @1pm	4 Short Lecture + discussion: How is your sleep? @1pm	5	6 Chat with Tai Chi Instructor Colin Young @11am	7
8	9 Origami: Paper Folding Craft AND Day of the Dead craft @1pm	10 Tea and Trivia @1pm	11 Techy Tutorial: General iphone/ipad tips @1pm	12 Know Your Community: Demystifying Residences with Kate Coulter @1pm	13 Guided Meditation: Part 1 @10am	14
15	16 Creative Drawing Exercises: For all levels @1pm	17 Armchair Travel: Rwanda @1pm	18 Short Lecture + discussion: Less Stuff, More Happiness @1pm	19 Be Yourself BINGO @1pm	20 Psychologist Corrie Sirota: Creating a Positive Reality @1pm	21
22	23 Book Club @2:30pm	24 Singalong @1pm	25 Annual General Meeting @1pm	26 Broadway! Part 3 @1pm	27 Guided Meditation: Part 2 @10am	28
29	30					

- We request that you SIGN-UP for the activities in blue through the website: www.ddoclub55.com
- Please go to the *Registration* tab, *Social Activities*, and check off the virtual events you wish to attend.