







November 2020



Mon	Tue	Wed	Thu	Fri
2 Write a list of 10 things you are most thankful for.	3 Start your day with some gentle stretching and deep breaths.	4 Check on a friend or family member.	5 Pick a page from the Activity Packet on our website.	6 Find a new recipe you can use in this year's Thanksgiving feast.
9 Do a puzzle. JIGSAWEXPLORER.COM	10 Get moving! Check out our exercise classes posted on Facebook.	11 	12 Make a peanut butter pinecone bird feeder. Watch tutorial on our Facebook page.	13 Fall Photos at the Oconee Senior Center. Call for an appt. 706-769-3979 
16 Did you know this month is the prime time to plant perennials? Check our Facebook page for more info.	17 Treat yourself to a pumpkin spice coffee. Add some whip cream just because you can!	18 Let's celebrate! Drive by the center and receive a Thanksgiving treat. 10am-11am	19 Invite someone to come sit for a spell. Find a sunny spot and share a glass of sweet tea or lemonade.	20 Plan a hike with friends or family. A day trip to the mountains would be great over the weekend.
23 Start cooking for Thursday! Don't forget to include a Pumpkin Pie! 	24 Get active! Take a walk around the block or do some chair exercises.	25 Do some leaf rubbings. Check our Facebook page for a tutorial. Would be great to do with the grandkids over the holiday.	26  Happy Thanksgiving! Eat lots of turkey & pie!	27 Start your Christmas gifts. Buy some, make some and bake some. 
30 Pick a page from the Activity Packet on our website.				

COVID-19 SAFETY TIPS

- *Wear a mask.**
- *Practice social distancing. Stay 6 feet apart.**
- *Disinfect surfaces around your home.**
- *Wash hands for 20 seconds with soap and water.**
- *Sneeze and cough into tissue. Throw away tissue.**
- *Stay at home when you can.**