

# Motivate Lake County "Connections" Virtual Programming Calendar: November 2020

MotivateLakeCounty.com/Events | 440-478-5640 | Register@MotivateLakeCounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9 - Let's Get Moving: Exercise Class</b> 10 - Exercise Class: Tai Chi 12 - Music Bingo 1 - Let's Play Cards <b>2 - Current Events Discussion Group</b> <b>3 - Get Smart: Presentation (Healthier at Home: Breathing Problems)</b>	<b>9 - Mental Caffeine: Brain Games (Boggle)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: Pictionary</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Taboo</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 12 - Music Bingo 1 - Virtual Trip <b>2 - Line Dancing</b> <b>3 - Stress Less: Progressive Relaxation</b>	<b>9 - Mental Caffeine: Brain Games (Jeopardy)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: Bingo</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Name That Tune</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 11 - Name That Tune 1 - Puzzles with Friends <b>2 - Ask an Expert: Health Commissioner</b> <b>3 - Caregivers Unite: Memory Cafe</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>9 - Let's Get Moving: Exercise Class</b> 10 - Exercise Class: Tai Chi 12 - Music Bingo 1 - Let's Play Cards <b>2 - Current Events Discussion Group</b> <b>3 - Get Smart: Presentation (Holiday Healthy Eating)</b>	<b>9 - Mental Caffeine: Brain Games (Newspaper Games)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: Trivia</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Jeopardy</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 12 - Music Bingo 1 - Virtual Trip <b>2 - Line Dancing</b> <b>3 - Stress Less: Guided Meditation</b>	<b>9 - Mental Caffeine: Brain Games (Family Feud)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: 60's Music Bingo</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Wheel of Fortune</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 11 - Name That Tune 1 - Puzzles with Friends <b>2 - Ask an Expert: Dietitian</b> <b>3 - Caregivers Unite: Memory Cafe</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9 - Let's Get Moving: Exercise Class</b> 10 - Exercise Class: Tai Chi 12 - Music Bingo 1 - Let's Play Cards <b>2 - Current Events Discussion Group</b> <b>3 - Get Smart: Presentation (Healthier at Home: Pain)</b>	<b>9 - Mental Caffeine: Brain Games (Name That Tune)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: Pictionary</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Newspaper Games</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 12 - Music Bingo 1 - Virtual Trip <b>2 - Line Dancing</b> <b>3 - Stress Less: Progressive Relaxation</b>	<b>9 - Mental Caffeine: Brain Games (Puzzles/Riddles)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: Bingo</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Boggle</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 11 - Name That Tune 1 - Puzzles with Friends <b>2 - Ask an Expert: Technology</b> <b>3 - Caregivers Unite: Memory Cafe</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>9 - Let's Get Moving: Exercise Class</b> 10 - Exercise Class: Tai Chi 12 - Music Bingo 1 - Let's Play Cards <b>2 - Current Events Discussion Group</b> <b>3 - Get Smart: Presentation (Online Shopping)</b>	<b>9 - Mental Caffeine: Brain Games (Taboo)</b> 10 - Exercise Class 12 - Trivia <b>2 - Game Time: Trivia</b> <b>3 - Balance Exercise Class</b> <b>7 - Mental Break: Family Feud</b>	<b>9 - Let's Get Moving: Exercise Class</b> 10 - Chair Exercises 12 - Music Bingo 1 - Virtual Trip <b>2 - Line Dancing</b> <b>3 - Stress Less: Guided Meditation</b>	<b>Thanksgiving Day</b>	<b>No Programming</b>
<b>30</b>	<b>MLC CONNECTIONS FOUNDING PARTNERS</b>		<b>MLC CONNECTIONS OFFERED IN COLLABORATION WITH</b>	
<b>9 - Let's Get Moving: Exercise Class</b> 10 - Exercise Class: Tai Chi 12 - Music Bingo 1 - Let's Play Cards <b>2 - Current Events Discussion Group</b> <b>3 - Get Smart: Presentation (Ways to Virtually Connect w/Family)</b>	  		Eastlake Senior Center   Kirtland Senior Center   Mentor Senior Center Perry Senior Center   Wickliffe Senior Center   Willoughby Senior Center Fairhill Partners   Lake County Council on Aging	

Events in Bold - Adults 60+ Only