



November

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Rights: 1.) Your right to vote and learn about laws in your community. 2.) Your right to say yes or no to being part of a study or experiment.				1. Halloween Party
4. 1.) Social skills 2.) Health & Nutrition Cooking Club Around the World Open M	5. 1.) Self-esteem 2.) Food labels Newsletter Cleveland Clinic ReStore	6. Art w/Beth 1.) Friendship basics 2.) Exercising Choir	7. 1.) Conflict Resolutions 2.) Sleep Sign language <u>Adult Adapted Art</u> YMCA	8. Smoothie King Pizza/Bowling
11. 1.) Identifying stress 2.) Customer service Cooking Club Around the World Open M	12. 1.) Managing stress 2.) Customer service attitudes Newsletter Cleveland Clinic ReStore	13. 1.) Effects of stress 2.) How to deal with difficult costumers Choir Brightstar	14. 1.) Successful strategies to keep positive attitude under stress 2.) Customer service excellence Sign language <u>Adult Fitness Fun Class</u> Access	15.) Subway-Group 1 Ollie's-Group 2 Food Bank
18. 1.) Expressing emotions 2.) Healthy alternatives in decision making Cooking Club Around the World Open M	19. 1.) Responsible behavior 2.) Unhealthy alternatives in decision making Newsletter Cleveland Clinic ReStore	20. 1.) Expressing emotions in different situations 2.) Effectiveness of health Choir	21. 1.) Pt.2 Expressing emotions in different situations 2.) Health & Wellness terminology Sign language <u>Adult Fitness Fun Class</u> YMCA	22.) Subway-Group 2 Ollie's-Group 1
25. 1.) Methods to control impulses 2.) Assistance with health-related decisions Cooking Club Around the World Open M	26. 1.) Positive attitude 2.) Influences of your environment Newsletter Cleveland Clinic ReStore	27.) Thanksgiving Feast Everyone is welcome. Family, friends and SSA's.	28.) WE'RE CLOSED!	29.) CLOSED FOR BLACK FRIDAY

All events that involve money are voluntary. Other opportunities will be available for those who choose not to attend.

Group 1: Trevor, Ronni, Kaitlin, Kristen, Jonathan, Kieran, Andrew, Ty, Xavier, Larry

November Outings

Ollie's~. With a whopping 342 stores in 25 states, be prepared for a great bargain.

Please bring between \$5 to \$15 for this trip.

Subway~ Subway is the world's largest fast food chain. With nearly 44,000 restaurants in 110 countries, it has more locations than McDonald's.

Please bring between \$5-\$10 for this trip.

Cooking Club

4th-Thanksgiving food prep

11th- National Ice cream Sundae Day.

18th-Stuffing

25th- Mashed potatoes and crisp desserts



New Volunteer Opportunities

In our Best program, we've gotten the pleasure of adding additional volunteer opportunities.

YMCA-light housekeeping clean gym equipment, gardening, answer phones, filing and customer service.

Coming Soon: Salvation Army- (Patterson Park) our group will be helping serve hot lunch to the community.



CCNEO will be providing a Thanksgiving Feast November 27, 2019.

Please join us, as we come together and reflect on all that we are thankful for. All family, friends, and SSA'S are welcome!

Come enjoy some good food with some great friends.

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