November 2026 Teitel

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Turn Clocks back **2 p-Church**	**2 YAD EZRA** **12- shields Pizza** **12:00 Chair Fitness-W/G** **2:00 Conversational English w/ Larissa-MR** **3:00 Movie Hour-MPR**	**3 BUS - 9:00-Lets Go Vote Please be downstairs by 8:50am. Must sign up** **12:00 Bus Trip-Meijers after voting** **12:30 MB Fitness Class-MPR** **1:00 Everyday English w/Jeff-MR** **3:00 Brain Teasers-MPR**	**4** **10a Bus Trip-Greek Town Casino** **12:30 Chair Yoga-w/Lindsay-MR** **1:00 Prize Bingo for Fun with Dan the Man-MPR** **2:00 Movie hour-MPR** **3:00-Brain Teasers-MPR**	**5** **10:00 Bus Bank/Dollar Tree** **11:00 Balance in Action-W/G** **1:00 Everyday English –MR** **12:00 Exercise /MB -MPR** **1:00 Scams & Fraud -MPR** **2:00 Thoughtful Thursday-w/Rabbi Polter-W/G**	6 **10:00 exercise by request-YT** 12:30 Chair Fitness-W/G 1:00 Hot Topics-MPR 2:00 Movie Hour-MPR **Shabbatt begins at 5:02pm**	**7 ANNOUNCEMENTS** **Movies at Prentis** **Saturdays @ 6:00pm** **Listings are in the information book located at Teitel mail Desk/Poster board** **Snacks Served** **Shabbat Ends at 6:02pm**
8 **2p-Church** **JEWELRY SALES** **12:00-4:00 Prentis CR** Non-Denominational	**9 10a Exercise-YT** **12: 00 Bus Olive Garden** **12:00 Chair Fitness-W/G** **2:00 Conversational English w/ Larissa-MR** **3:00 Movie Hour-MPR**	**10 10a-Exercise You Tube** **10:00 Bus Trip- Kroger (Marketplace)** **12:30 MB Fitness -MPR** **1:00 Everyday English w/Jeff (MR)** **2:00 Dietary Meeting w/Kelly-TDR** **3:00 Brain Teasers-MPR**	11 **Wear your army gear** **COVILLE BUS** **12:30 Chair Yoga w/Lindsay-MR** **1:00 Remembering our Vets-mpr** **2:00 Movie Hour -MPR** **3:00 Brain Teasers-MPR**	**12 10:00 Bus-Bank/Aldi** 11:00 Balance in Action-W/G Fall Risk Prevention following 12:00 No Chair Fitness today 1:00 Everyday English-MR 2:00-Thoughtful Thursday-W/G	**13 World Kindness Day** **12:30 Chair Fitness W/G** **1.00 Memory Group-Asya MR** **1:00 Hot Topics-MPR** **2:00 Movie Hour-MPR** **3:30 Musical Entertainment** **MELLOW MAN-TDR** **Shabbat begins at 4:54pm**	**14 ANNOUNCEMENTS** **This calendar is subject to change due to circumstances, you will be notified of any changes made as soon as they become available to us.** **Shabatt Ends 5:56pm**
15 2p-Church Services Non-Denominational	**16 YAD EZRA** **10:00 Exercise You Tube-MPR** **12:00 Bus Bad Brads Barbeque Livonia** **12:00 Chair Fitness-W/G** **2:00 Conversational English** **3:00 Movie Hour-MPR**	**17 Exercise YT-MPR** **10:00 Exercise upon request** **10:00 Bus Trip- Walmart** **12:30 MB Fitness MPR** **12:30 Nutrition class w/ Elizabeth** **1:00 Everyday English w/Jeff(MR)** **2:00 Movie Hour-MPR** **3:00 Brain Teasers-MPR**	**18 5 person sign up only** **11:00 Bus Trip COSM** **" THE NUTCRACKER "** **12:30 -Chair Yoga w/Lindsay-MR** **1:00 Hot Topics- MPR** **3:00 Brain Teasers-MPR**	**19** **10:00 Bus -Bank/Grove Mkt** 11:00 Balance in Action-W/G Following Fall Risk Bingo 12:00 Exercise w/MB-MPR **1:00 Everyday English w/Jeff Media Room** 2:00-Thoughtful Thursday W/G	**20** **10:00 exercise by request YT** **12:30 Chair Fitness-WG** **1:00 Hot Topics -MPR** **2:00 Movie Hour-MPR** **Shabbat begins at 4:48:pm**	**21 Announcement** **Transportation available for Oak Park Seniors. You must call 24 hours ahead to use this service. Fair is 3.00 round trip. (248) 691- 7555** **Shabbat Ends 5:51pm**
22 2:00 Church Services Non -Denominational	**23 YAD EZRA** **12:00 Chair Fitness-W/G area** **2:00 Sweet Treats -MPR** **1:00 Café Europa -TDR** **12:00-Bus Nikolas's Southfield/Telegraph**	**24 10a Cornerstone Plaza** **Five Below, Ross, Burlington , Beauty Supply and more…..** **12:30 MB Fitness Class-MPR** **1:00 Everyday English/Jeff (MR)** **2:00 Movie Hour-MPR** **3:00 Brain Teasers**	**25 COVILLE BUS** **12:30 Chair Yoga w/Lindsay-MR** **1:00 AUTUMN LEAVES MUSICAL CONCERT w/ MILA-TDR** **3:00 Brain Teasers-MPR**	**26 OFFICE CLOSED** 	**27** **12:30 Chair Fitness-W/G** **1:00 Hot Topics-MPR** **2:00 Movie Hour-MPR** **Shabbat begins at 4:44pm**	**28 EMERGENCY** **In Case of Emergency, After Hours please call Front office** **248-967-2224** **Shabbat Ends 5:48pm**
29 **2:00 Church Service** Non Denominational -	***30* YAD EZRA** **12:00 Bus trip-Texas Roadhouse-13 Mile Road** **2:00 Chair Fitness (WG)** **2:00 Conversational English w/ Larissa (MR)** **3:00 Movie Hour-MPR**			**EXERCISE DAILY** 		
