

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>Daylight Saving Time Ends</p>	<p>2</p> <p>11:00 AM Wake and Shake Hot topic</p>  <p>How To Beat The <b>HOLIDAY BLUES</b></p>	<p>3</p>	<p>4</p> <p>11:00 AM Wake and Shake Hot topic Expectation vs. Apperceptions</p> 	<p>5</p>	<p>6</p> <p><b>All group will be conducted through Zoom. Meeting ID:863 827 1003 Password: Foundation</b></p>	<p>7</p>
<p>8</p>	<p>9</p> <p>11:00 AM Wake and Shake Hot topic Setting Goals (1 goal and 2 step)</p> 	<p>10</p>	<p>11</p> <p>11:00 AM Wake and Shake Hot topic Setting Goals (1 goal and 2 step)</p>  <p>Remembrance Day (Canada)</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>11:00 AM Wake and Shake Hot topic</p> 	<p>17</p>	<p>18</p> <p>11:00 AM Wake and Shake Hot topic Random Trivia</p> 	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>11:00 AM Wake and Shake Hot topic Ice Breaker Food of Thought Joke of the day</p> 	<p>24</p>	<p>25</p> <p>11:00 AM Wake and Shake Hot topic Thanksgiving Arts &amp; Craft Giving Thanks What are you thankful for?</p>	<p>26</p>  <p>Thanksgiving Day (US)</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>11:00 AM Wake and Shake Hot topic The art of your mind Basket giveaway Raffle</p> 	 <p><b>November 2020</b> All group will be conducted through Zoom. Meeting ID:863 827 1003 Password: Foundation</p> <p><i>Thankful, Grateful, flavorful</i></p>				