



Independent Living Center of Seward Alaska

*November 2022*



**Call the office if you need a ride!!!!**

Sun

Mon

Tue

Wed

Thu

Fri

Sat

T.R.A.I.L.S. activities are for people of all abilities.

		1	2 <u>Ceramics</u> <u>4-7pm</u>	3	4 <u>Arts &amp; Crafts</u> <u>1-3pm</u> <u>ONT</u>	5 <u>Ceramics</u> <u>4-7pm</u>
6 <u>Fall back reset</u> <u>your clocks</u>	7	8	9 <u>Ceramics</u> <u>4-7pm</u>	10	11	12 <u>Ceramics</u> <u>4-7pm</u>
13	14	15	16 <u>Ceramics</u> <u>4-7pm</u>	17	18 <u>Arts &amp; Crafts</u> <u>1-3pm</u> <u>Bingo @ The Senior Center</u>	19 <u>Ceramics</u> <u>4-7pm</u>
20	21	22 <u>Cook out at the</u> <u>Two Lakes behind</u> <u>AVTEC 2nd Ave</u> <u>from 10-2pm</u>	23 <u>Ceramics</u> <u>4-7pm</u>	24 <u>Happy</u> <u>Thanksgiving</u>	25	26 <u>Ceramics</u> <u>4-7pm</u>
27	28	29	30 <u>Ceramics</u> <u>4-7pm</u>			

**Please call Barbara @ (907) 224-8711 for more information.**