Monday	Tuesday	Wednesday	Thursday	Friday
2 KICK N BE FIT SPIRITUAL CONNECTION- MUSIC THERAPY	3 YOGA MOVEMENT MUSIC/ MARY MOVIE CLUB	4 MOVE THE BONES OUTING: GARDENS BROOKSIDE CELLO CONCERT	5 YOGA MOVEMENT OUTING: DOLLAR STORE ART: PAINTING	6 SIT N BE FIT BINGO BLAST BEATS OF BRAZIL
9 MOVE THE BONES SPIRITUAL CONNECTION- MUSIC THERAPY	10 YOGA MOVEMENT THE SOUND OF INDIA THIS N THAT	11 KICK N BE FIT OUTING: HUNT FOR PINECONES CELLO CONCERT	12 YOGA MOVEMENT OUTING: NASA ART: GRATITUDE CARDS	13 LET'S MOVE BINGO BONANZA GOLDEN AGE OF AVIATION
16 SIT N BE FIT SPIRITUAL CONNECTION-IRIS- MUSIC THERAPY	17 YOGA MOVEMENT MUSIC/ MARY FINISH THE SAYING	18 LET'S MOVE OUTING: RAILROAD MUSEUM CELLO CONCERT	19 YOGA MOVEMENT OUTING: WALMART ART: CARDS THANKSGIVING	20 KICK N BE FIT BINGO BLAST WORLD OF JELLY FISH
23 LET'S MOVE SPIRITUAL CONNECTION MUSIC THERAPY	24 YOGA MOVEMENT THE TUNES OF TOBAGO TRINIDAD	25 SIT N BE FIT OUTING SANDY SPRING MUSEUM CELLO CONCERT	26 HOLIDAY HAPPY THANKSGIVING	27 HOLIDAY
30 KICK N BE FIT SPIRITUAL CONNECTION MUSIC THERAPY				

November 2026

RK HIGHLIGHTS SUBJECT TO CHANGE



5460 RUTH KEETON WAY COLUMBIA, MD 21044 (410) 964-9616 WINTERGROWTHINC.ORG