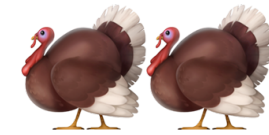


November Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Snack Cart 10:30 🎨 Weekend Coloring 1:15 🎵 Music with Mark Jasper 2:00 🍪 Snack Cart
2 10:30 Sing-along 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	3 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	4 9:00 🏋️ Weights & Blood Pressure 1:30 Scrabble	5 10:0 🧘 Aromatherapy Yoga 10:30 🎨 Arts & Crafts 1:15 BINGO	6 10:00 🧘 Balance/Strength 10:30 🤲 Relaxing Hand Massage 1:15 🎳 Bowling	7 9:00 ✚️ Communion 10:30 🪑 Chair Dancing 11:00 😊 Morning Chat 1:15 BINGO	8 10:00 Snack Cart 10:15 Exercise with Rowena 1:15 Violin with Antonio 🎻 2:00 🍪 Snack Cart
9 10:30 Volleyball 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍪 Snack Cart	10 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	11 🇺🇸 Veterans Day 🇺🇸 10:00 Veterans Day Presentation By A Proud Veteran 10:30. 🎨 Arts & Crafts 1:15 ♠️ Poker Club	12 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramics Class 1:15 BINGO	13 10:00 🧘 Balance/Strength 10:30. 🕯️ Smell and Tell 1:15 🎵 Music w/Julian	14 9:00 ✚️ Communion 10:30 🪑 Chair Dancing 11:00 📰 Current News 1:15 BINGO	15 10:00 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
16 10:30 Cookie Decorating 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	17 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	18 10:00 🪑 Chair Stretching 10:15 😊 Trivia/Quiz 1:00. 🌿 Mapleleaf Spa Day	19 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	20 10:00 🧘 Balance/Strength 10:30 🥄 Food Tasting 1:15 📅 Resident Council Meeting 2:00. 😊 Board Games	21 9:00 ✚️ Communion 10:30 🪑 Chair Dancing 11:00 🦃 Thanksgiving Word Search 1:15 BINGO	22 10:00 Snack Cart 10:30 🥤 Juicing 1:15 Violin with Antonio 🎻 2:00 🍪 Snack Cart
23 10:30 🌸 Flower Arranging 12:00 🍽️ Lunch 1:30 Church Service 2:00 🍪 Snack Cart	24 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	25 10:00 🪑 Chair Stretching 10:30. 🦃 Thanksgiving Games 1:15 🌿 Waterleaf Spa Day	26 10:00 🧘 Aromatherapy Yoga 10:30 🦃 Thanksgiving Trivia/Quiz 1:15 BINGO	27 🦃 Thanksgiving 🦃 10:00 🦃 Television Thanksgiving Parade. Refreshments Provided 1:30 🦃🍵 Thanksgiving Tea Social	28 9:00 ✚️ Communion 10:30 🪑 Chair Dancing 11:00 Memory Lane 1:15 BINGO	29 10:00 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
30 10:30 Volleyball 12:00 🍽️ Lunch 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart		🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸	🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸	🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸	🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸🇺🇸	