

November Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Snack Cart 10:30 Thanksgiving Arts &Crafts 12:00 Lunch 1:30 Armchair Travel 2:00 Snack Cart	2 9:45 Morning Stretch **10:15 Music w/Michael** 1:15 BINGO	3 Election Day 9:00 Weights & Blood Pressure 1:30 Board Games	4 10:00 Aromatherapy Yoga 10:30 Ceramics Class 1:15 BINGO	5 10:00 Balance/Strength 10:30 Relaxing Hand Masssage 1:00. Baking Cookies	6 9:00 Communion 10:30 Chair Dancing 11:00 Morning Chat 1:15 BINGO	7 10:00 Snack Cart 10:00 **Exercise with Rowena** 12:00 Lunch 1:30 Afternoon Movie 2:00 Snack Cart
8 10:00 Snack Cart 10:30 Volleyball 12:00 Lunch 1:30 Church Service 2:00 Snack Cart	9 9:45 Morning Stretch **10:15 Music w/Alfredo** 1:15 BINGO	10 10:00 Chair Stretching 10:15 Ball Toss 10:30 Gratitude Tree 1:15 Poker Club	11 Veteran's Day *10:00 Veteran Day Presentation by Proud Veterans* 10:30 Arts & Crafts 1:15 BINGO	12 10:00 Balance/Strength 10:30 Hot Chocolate Social **1:15 Music with Julian**	13 9:00 Communion 10:00 Trivia/Quiz 1:15 BINGO	14 10:00 Snack Cart 10:00 Weekend Coloring 12:00 Lunch **1:15 Violin with Antonio** 2:00 Snack Cart
15 10:00 Snack Cart 10:30 Cookie Decorating 12:00 Lunch 1:30 Sing-along 2:00 Snack Cart	16 9:45 Morning Stretch **10:15 Music w/Michael** 1:15 BINGO	17 10:00 Chair Stretching 10:15. Ball Toss 10:30 Smell & Tell 1:00 Mapleleaf Spa Day	18 10:00 Aromatherapy Yoga 10:30 Ceramics Class 1:15 BINGO	19 10:00 Balance/Strength 10:30 Food Tasting 11:00 Resident Council Meeting 1:15 Board Games	20 9:00 Communion 10:30 Chair Dancing 11:00. Thanksgiving Word Search 1:15 BINGO	21 10:00 Snack Cart 10:30 Juicing 12:00 Lunch 1:30 Afternoon Movie 2:00 Snack Cart
22 10:00 Snack Cart 10:30 Flower Arranging 12:00 Lunch 1:30 Church Service 2:00 Snack Cart	23 9:45 Morning Stretch **10:15 Music w/Alfredo** 1:15 BINGO	24 10:00 Chair Stretching 10:15 Ball Toss 10:30 Thanksgiving Games 1:00. Waterleaf Spa Day	25 10:00 Aromatherapy Yoga 10:30 Thanksgiving Trivia Quiz 1:15 BINGO (door prizes)	26 Thanksgiving 10:00 TV Thanksgiving Parade with Refreshments 12:00 Lunch 1:30 Thanksgiving Tea Social	27 9:00 Communion 10:30 Chair Dancing 11:00 Memory Lane 1:15 BINGO	28 10:00 Snack Cart 10:30 Weekend Coloring 12:00 Lunch 1:15 **Violin with Antonio** 2:00 Snack Cart
29 10:00 Snack Cart 10:30 Volleyball 12:00 Lunch 1:30 Church Service 2:00 Snack Cart	30 9:45 Morning Stretch 10:30 Playing Your Favorite Songs 1:15 BINGO					



