

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



5
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Ball Hockey
12:00 Sunday Service
1:30 Bingo
2:00 Hydration Station
3:30 Board Games
5:30 Resident Choice

6
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Parachute
1:30 Table Talk: November
2:30 Hydration Station
3:00 Music: 80's Tunes
3:30 Moving and Grooving
5:30 Monday Night Movie

7
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise w/Paxxon
1:30 Bag Toss
2:30 Hydration Station
3:00 Cranium Challenges
4:00 UNO
5:30 Resident Choice

8
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Word Find:
1:30 Bingo
2:30 Hydration Station
3:00 Trivia
3:30 Moving and Grooving:
Scarf Stretches
5:30 Puzzles

9
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise with Paxxon
1:30 Table Talk: What is
your favorite Thanksgiving
meal?
2:30 Hydration Station
3:00 Root Beer Float Social
5:30 Resident Choice

10
10:00 News Break
11:30 Bingo
1:30 Moving and Grooving:
Upper body Stretches.
2:00 Veterans Pinning with
Journey Care
2:30 Hydration Station
3:00 Table Talk
3:30 Cranium Challenges
5:30 Board Games

11
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Balloon Hockey
1:30 Spa Time Nails and
Hand Massages
2:30 Hydration Station
3:00 November Trivia
5:30 Resident Choice

Veterans Day
Remembrance Day (Canada)

12
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Balloon Tennis
12:00 Sunday Service
1:30 Bingo
2:00 Hydration Station
3:30 Creation Station
5:30 Resident Choice

Diwali (Hindi)

13
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Community Circle:
Ball Toss
2:30 November Trivia
2:30 Hydration Station
3:00 Music: Frank Sinatra
3:30 Moving and Grooving
5:30 Monday Night Movie

14
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise w/Paxxon
1:30 Parachute
2:30 Hydration Station
3:00 Cranium Challenges
4:00 Yahtzee
5:30 Resident Choice

15
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Parachute
1:30 Bingo
2:30 Hydration Station
3:00 Trivia
3:30 Moving and Grooving:
Chicken Dance
5:30 Puzzles

16
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise with Paxxon
1:30 Table Talk: What was
your favorite Vacation
2:30 Hydration Station
3:00 Root Beer Float Social
5:30 Resident Choice

17
10:00 News Break
11:30 Bingo
1:30 Moving and Grooving:
lower body Stretches.
2:00 Tic Tac Toe
2:30 Hydration Station
3:00 Table Talk
3:30 Cranium Challenges
5:30 Board Games

18
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Parachute
1:30 Spa Time Nails and
Hand Massages
2:30 Hydration Station
3:00 November Trivia
5:30 Resident Choice

19
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Bag Toss
12:00 Sunday Service
1:30 Bingo
2:00 Hydration Station
3:30 Thanksgiving Count
Down
5:30 Resident Choice

20
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Fall Paintings
1:30 Reminiscing: Family
Events
2:30 Hydration Station
3:00 Music: 50's Tunes
3:30 Moving and Grooving
5:30 Monday Night Movie

21
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise w/Paxxon
1:30 Table Games
2:30 Hydration Station
3:00 Cranium Challenges
4:00 Ring Toss
5:30 Resident Choice

22
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Find the Patterns
1:30 Bingo
2:30 Hydration Station
3:00 Trivia
3:30 Moving and Grooving:
Balloon Volley
5:30 Puzzles

23
10:00 Morning Meditation
11:00 Daily Chronicles
11:30 Thanksgiving painting
1:30 Table Talk: What are
you Thankful for?
2:30 Hydration Station
3:00 Root Beer Float Social
5:30 Resident Choice

Thanksgiving Day (US)

24
10:00 News Break
11:00 Daily Chronicles
11:30 Bingo
1:30 Moving and Grooving:
Upper body Stretches.
2:30 Hydration Station
3:00 Our Careers:
Reminiscing
3:30 Cranium Challenges
5:30 Board Games

25
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Circle Game
1:30 Spa Time Nails and
Hand Massages
2:30 Hydration Station
3:00 November Trivia
5:30 Resident Choice

26
10:00 Sittercise with Silvia
10:30 Daily Chronicles
11:00 Parachute
12:00 Sunday Service
1:30 Bingo
2:00 Hydration Station
3:30 Art Station
5:30 Resident Choice

27
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Creation Station
1:30 Table Talk: Favorite
Pies
2:30 Hydration Station
3:00 Pumpkin Pie Social
3:30 Moving and Grooving
5:30 Monday Night Movie

28
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise w/Paxxon
1:30 Bingo
2:30 Hydration Station
2:00 Ruby Dee Swing Band
3:00 Cranium Challenges
4:00 Cooking corner: Rice
Krispy Treats
5:30 Resident Choice

29
10:00 Morning Stretches
11:00 Daily Chronicles
11:30 Parachute
1:30 Bingo
2:30 Hydration Station
3:00 Trivia
3:30 Moving and Grooving:
Balloon Volley
5:30 Puzzles

30
10:00 Morning Meditation
11:00 Daily Chronicles
11:45 Exercise with Paxxon
1:30 Table Talk: How do
you prepare for the
holidays?
2:30 Hydration Station
3:00 Root Beer Float Social
5:30 Resident Choice



Type the name, address, and other information about your community/company here.