



# November 2024

Music  
 Health  
 Outings  
 Fun  
 Inspiration  
 Education  
 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p style="text-align: center;"><b>All Activities are subject to change. Please see daily calendar for updates.</b></p>		
8:00 Breakfast <b>3</b> 10:00♥ Seated Yoga 12:00 Lunch 2:30♣ Jello Cups 3:00♠ Puzzles/Coloring 4:30 Dinner 6:00♠ Hallmark	8:00♦ Breakfast and Chronicles <b>4</b> 9:30♥ Strength Training 10:30♫ Sing w/ Joe at Wolk 12:00 Lunch 1:30♫ Music w/ Allen 2:30♠ Smoothies 3:00♠ Magic Marlin 4:30 Dinner 6:00♠ Series: "Heartland"	8:00♦ Breakfast and Chronicles <b>5</b> 9:30♥ Stretch it out 10:30♫ Music w/ John 12:00 Lunch 1:30♣ Crafting Corner 2:30♠ Fruit Platter 3:00♠ Board Games w/ Wolk 4:30 Dinner 6:00♠ Netflix	8:00♦ Breakfast and Chronicles <b>6</b> 9:30♥ Dancing 10:30♦ "Secret Lives of Orangutans" 12:00 Lunch 1:00♣ Painting Class 2:30♠ Fresh Cookies 3:00♣ Roc Dogs 4:30 Dinner 6:00♠ Movie: "The Little Rascals"	8:00♦ Breakfast and Chronicles <b>7</b> 9:30♥ Seated Yoga 10:30♫ Music w/ Standard Time 12:00 Lunch 1:30♫ Music w/ Donna 2:30♠ Deviled Eggs 3:00♦ Trivia 4:30 Dinner 6:00♠ TCM	8:00♦ Breakfast and Chronicles <b>8</b> 9:30♥ Chair Exercise 10:30♠ Balloon Tennis 12:00 Lunch 1:30♦ Trivia 2:30♠ Hot Cider & Donuts 3:00♠ Puzzles/Coloring 4:30 Dinner 6:00♠ Resident's Choice	8:00 Breakfast <b>2</b> 10:00♥ Stretch it out 12:00 Lunch 2:30♠ Yogurt Cups 3:00♠ Facetime w/ Family 4:30 Dinner 6:00♠ AGT
8:00 Breakfast <b>10</b> 10:00♥ Chair Exercise 12:00 Lunch 1:30♫ Music w/ Allen 2:30♠ Lay's Potato Chips 3:00♥ Balloon Tennis 4:30 Dinner 6:00♠ Hallmark	8:00♦ Breakfast and Chronicles <b>11</b> 9:30♥ Strength Training 10:30♫ Sing w/ Joe at Wolk 12:00☀ Veterans Day Lunch 1:30♫ Music w/ Melinda 2:00♣ Veterans Day Celebration 2:30♠ Patriotic Parfaits 3:00♠ AGT 4:30 Dinner 6:00♠ Series: "Heartland" <b>Veterans' Day</b>	8:00♦ Breakfast and Chronicles <b>12</b> 9:30♥ Move & Groove 10:30♫ Music w/ John 12:00☀ Lunch at the Grill 1:30♫ Music w/ Bonnie 2:30♠ Cheese & Cracker Tray 3:00♠ Bowling 4:30 Dinner 6:00♠ Netflix	8:00♦ Breakfast and Chronicles <b>13</b> 9:30♥ Dancing 10:30♦ "Rising Phoenix" 12:00 Lunch 1:00♣ Painting Class 2:30♠ Fresh Cookies 3:00♠ I Spy 4:30 Dinner 6:00♠ Movie: "Tyson's Run"	8:00♦ Breakfast and Chronicles <b>14</b> 9:30♥ Chair Exercise 10:30♫ Music w/ Standard Time 12:00 Lunch 1:30♫ Music w/ Donna 2:30♠ Assorted Muffins 3:00♦ Trivia 4:30 Dinner 6:00♠ TCM	8:00♦ Breakfast and Chronicles <b>15</b> 9:30♥ Chair Exercise 10:30♠ Balloon Tennis 12:00 Lunch 1:30♦ Discussion 2:30♠ Hot Cider & Donuts 3:00♠ Puzzles/Coloring 4:30 Dinner 6:00♠ Resident's Choice	8:00 Breakfast <b>16</b> 10:00♥ Seated Yoga 12:00 Lunch 2:30♠ NutriGrain Bars 3:00♠ Facetime w/ Family 4:30 Dinner 6:00♠ AGT
8:00 Breakfast <b>17</b> 10:00♥ Stretch it out 12:00 Lunch 2:30♠ Lorna Doone 3:00♫ Music with Sophie 4:30 Dinner 6:00♠ Hallmark	8:00♦ Breakfast and Chronicles <b>18</b> 9:30♥ Strength Training 10:30♫ Sing w/ Joe at Wolk 12:00 Lunch 1:30♫ Music w/ Allen 2:30♠ Milkshakes 3:00♠ Bingo 4:30 Dinner 6:00♠ Series: "Heartland"	8:00♦ Breakfast and Chronicles <b>19</b> 9:30♥ Seated Yoga 10:30♣ Clay Class 12:00 Lunch 1:30♦ Discussion 2:30♠ Veggie Tray 3:00♠ Board Games w/ Wolk 4:30 Dinner 6:00♠ Netflix	8:00♦ Breakfast and Chronicles <b>20</b> 9:30♥ Dancing 10:30♣ Painting Class 12:00 Lunch 1:30♦ David Orange Talks 2:30♠ Soft Pretzels 3:00♣ Roc Dogs 4:30 Dinner 6:00♠ Movie: "The Prince and Me"	8:00♦ Breakfast and Chronicles <b>21</b> 9:30♥ Stretch it out 10:30♫ Music w/ Standard Time 12:00 Lunch 1:30♫ Music w/ Donna 2:30♠ Popcorn 3:00♦ Trivia 4:30 Dinner 6:00♠ TCM	8:00♦ Breakfast and Chronicles <b>22</b> 9:30♥ Chair Exercise 10:30♠ Balloon Tennis 12:00 Lunch 1:30☀ Bus Ride 2:30♠ Hot Cider & Donuts 3:00♠ Puzzles/Coloring 4:30 Dinner 6:00♠ Resident's Choice	8:00 Breakfast <b>23</b> 10:00♥ Chair Exercise 12:00 Lunch 2:00♫ Side by Side w/ Criss 2:30♠ Fruit Cups 4:30 Dinner 6:00♠ AGT
8:00 Breakfast <b>24</b> 10:00♥ Move & Groove 12:00 Lunch 1:30♫ Music w/ Allen 2:30♠ Cheez Its 3:00♥ Ball Bounce 4:30 Dinner 6:00♠ Hallmark	8:00♦ Breakfast and Chronicles <b>25</b> 9:30♥ Strength Training 10:30♫ Sing w/ Joe at Wolk 12:00 Lunch 1:30♫ Music w/ Melinda 2:30♠ Root Beer Floats 3:00♠ Bingo 4:30 Dinner 6:00♠ Series: "Heartland"	8:00♦ Breakfast and Chronicles <b>26</b> 9:30♥ Chair Exercise 10:30♫ Music w/ Bonnie 12:00☀ Lunch in the GR (Japanese) 1:30♠ Alphabet Game 2:30♠ Fruit Platter 3:30♠ Christian Worship Services 4:30 Dinner 6:00♠ Netflix	8:00♦ Breakfast and Chronicles <b>27</b> 9:30♥ Dancing 10:30♦ "30 for 30" 12:00 Lunch 1:00♣ Painting Class 2:30♠ Fresh Cookies 3:00♠ Bowling 4:30 Dinner 6:00♠ Movie: "Home Team"	8:00♦ Breakfast and Chronicles <b>28</b> 9:30♥ Move & Groove 10:30♠ Thanksgiving Puzzles/Coloring 12:00 Lunch 1:00♦ Thanksgiving Trivia 2:30♠ Assorted Danish 3:00♠ AGT 4:30 Dinner 6:00♠ TCM <b>Thanksgiving Day</b>	8:00♦ Breakfast and Chronicles <b>29</b> 9:30♥ Chair Exercise 10:30♠ Balloon Tennis 12:00 Lunch 1:00♣ Armchair Travels w/ Beth 2:30♠ Hot Cider & Donuts 3:00♠ Puzzles/Coloring 4:30 Dinner 6:00♠ Resident's Choice	8:00 Breakfast <b>30</b> 10:00♥ Stretch it out 12:00 Lunch 2:30♠ Applesauce 3:00♠ Facetime w/ Family 4:30 Dinner 6:00♠ AGT