November

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 • Church Services • MOD Activity (Art) • Puzzles with Friends • Outdoor Walk & Hydration • Travel the World	**2** • "I got a feeling" workout • Smoothies • Trivia • Hydration • Manicure Monday • Social Time with friends	**3** • Hydration • Movie Matinee • Trivia • Snack and Hydration • Karaoke	**4** • Hydration • Movie Matinee • Hydration • Pumpkin Pong • Movie Night	**5** • Cha Cha Slide • Hydration • Thirsty Thursday • Trivia • Movie Night	**6** • Music and Movement Electric Slide • Fruit and Water • Science Men Group • Ice Cream Social • Movie Night	**7** • Coffee and News • MOD activity Workout • Social hour with friends • Hydration • Scenic view
8 • Church Services • MOD Activity (Sorting) • Garden walk/ Hydration • Trivia • Exploring cities around the world	**9** • Morning Yoga & Music • Hydration • Make your own trail mix • Manicure Monday • Relaxation and Leisure	**10** • Coffee and tea with JoEllen • Movie Matinee in the theater • Puzzles with Friends • Guided Tour	**11** • Hydration • Movie Matinee • B and B with Noel • Arrange the flowers Woman's group • Outdoor Walk	**12** • Seated Leg Workout • Smoothies • Thirsty Thursday • Karaoke • Movie night	**13** • Hydration • Trivia • Harvest Bean Bag toss • Ice Cream social • Movie Night	**14** • Coffee and News • MOD Activity Bingo • Music and Movement • Hydration • Movie Night
15 • Church services • MOD LED Balloon toss • Outdoor walk/ Hydration • Family Feud • Relaxation and Leisure	**16** • Exercise with Rashmi • Refresh and Recharge • Name that tune 2000's • Parfaits • Manicure Monday • Movie Night	**17** • Hot cocoa with Kevin • Movie Matinee in the Theater • Music and Movement • Snack and Hydration • Socialize with friends	**18** • Hydration • Movie Matinee • Flavorful sips • Color Table Cloth • Travel the world	**19** • Hydration • Generation disco • Thankful Stones (ART) Thirsty Thursday Dirty soda • Movie Night	**20** • **Family Luncheon**	**21** • Coffee and News • MOD activity Sing Along • Puzzles with Friends • Hydration • Relaxation and Lesisure
22 • Church Services • MOD Led Karaoke • Garden Walk/ Hydration • Name that tune • Scenic train ride	**23** • Music and Movement • Green Juice • Then and now 2000's • Manicure Monday • Relaxing Music	**24** • Hydration • Movie Matinee in the theater • Memory Game • Snack and Hydration Tea and Converasation	**25** • Hot tea &conversation • Guided Breathing • Memory game • B and B with Noel • Wellness Wednesday with Melissa	**26** • Scenic Bus Ride • Fruit infused water • Finish the Phrase • Thirsty Thursday • Movie night	**27** • Warm apple cider • Morning color walk • Fall Bingo • Ice Cream Social • Travel the world	**28** • Coffee and News • MOD activity ART • Finish the Phrase • Outdoor Walk • Travel the World
29 • Church Services • MOD LED word search • Garden Walk • Hyrdration • Travel the World	**30** • Balloon toss • Flavor your water bar • Music and Movement • Manicure Monday • Sing along • Social time with Friends					

