

# November 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



## ASSISTED LIVING & MEMORY CARE

					9:00 Sit N Be Fit <i>10:30 Ballroom Dancing</i> 1:00 Coloring w/ Friends <b>2:00 Coffee on the Porch</b> 3:00 Movie w/ Friends 6:00 Music Meditation	10:00 Sit N Be Fit 1:30 Daily Chronicles 2:00 Snacks N Chats 3:00 Word Search 6:00 Classical Music
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<b>Daylight Savings/ Fall Back 3</b> 9:30 Television Church 10:30 Noodle Ball 1:00 Trivia 2:00 Laughs w/ Snacks 3:00 Movie of the Day 6:00 Music for the Soul	9:00 Sit N Be Fit 10:30 Sing A Long 1:30 Daily Devotion <b>2:00 Exploring National Parks (Words in a Word)</b> 3:00 Daily Chronicle 6:00 Relaxing Music	9:00 Sit N Be Fit 10:00 Catholic Service 10:30 Noodle Ball 1:00 Nail Care 3:00 Puzzle Time 6:00 Music Meditation	9:00 Sit N Be Fit 10:00 Balloon Volleyball 1:00 Fall Crafts w/ Friends <b>3:30 Physical Health Talk w/ Sharon</b> 6:00 Music Meditation	9:00 Sit N Be Fit 10:30 Chocolate Pong 12:30 Scenic Tour <b>2:00 Happy Hour w/ Ginger</b> 3:30 Finish the Phrase 6:00 Calming Music	9:00 Sit N Be Fit 10:30 Dancing to the Beat <b>1:00 Exploring National Parks (Yellow Stone Facts)</b> 2:00 Snacks on the Porch 3:00 Trivia w/ Pam 6:00 Music Meditation	10:00 Sit N Be Fit 1:30 Daily Chronicles 2:00 Snacks N Chats 3:00 Crossword 6:00 Classical Music
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9:30 Television Church 9:45 Morning Exercise 1:30 Activity Boxes <b>2:00 Entertainment w/ Ukelele Drifters</b> 3:30 Calming Music	<b>VETERANS DAY</b> 9:00 Sit N Be Fit 10:00 Patriotic Karaoke 1:30 Daily Devotions <b>2:00 Red, White &amp; Blue Snacks</b> 2:30 Flag Painting	9:00 Sit N Be Fit 10:00 Catholic Service <b>1:00 National Mocktail Day</b> <b>2:00 Exploring National Parks (Geyser Science Experiment)</b> 3:00 Nail Care	9:00 Sit N Be Fit 10:30 Chocolate Pong <b>1:00 Bingo Upstairs w/ Cocoa (2 HR)</b> 3:30 Fall Coloring 6:00 Calming Music	<b>PAJAMA DAY</b> 9:00 Sit N Be Fit 10:00 Ring Toss <b>12:30 Movie &amp; Popcorn (A Charlie Brown Thanksgiving)</b> 2:00 Entertainment w/ Dave 3:00 Trivia	9:00 Sit N Be Fit 10:00 Ballroom Dancing <b>1:00 Exploring National Parks (Video Tour)</b> <b>2:00 Happy Hour w/ Tina</b> 3:30 Backyard Refresher 6:00 Sentimental Music	10:00 Sit N Be Fit 1:30 Daily Chronicles 2:00 Snacks N Chats 3:00 Word Search 6:00 Classical Music
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9:30 Television Church 10:30 Noodle Ball 1:00 Trivia 2:00 This Day in History & Snacks 3:00 Movie of the Day 6:00 Music for the Soul	9:00 Sit N Be Fit 10:30 Sing A Long 1:30 Daily Devotion <b>2:00 Exploring National Parks (Walking Apple Pies)</b> 3:00 Painting Owls ( <i>Owl's Day</i> ) 6:00 Relaxing Music	<b>MEN'S DAY</b> 9:00 Sit N Be Fit 10:00 Catholic Service 10:30 Singing w/ Friends <b>1:00 Men's Spa Day</b> 2:00 Snacks & Nature Stories 3:00 Big Kerplunk Game	<b>A Taste of France</b> 9:00 Sit N Be Fit <b>10:00 Snacktivity (National Peanut Butter &amp; Fudge Day)</b> 1:00 Bingo w/ Cocoa 3:30 Balloon Volleyball 6:00 Music Meditation	9:00 Sit N Be Fit <b>10:00 Exploring National Parks (Waterfall Painting)</b> 1:00 Scenic Tour 2:30 Ice Cream & Thanks <b>3:00 National Up, Up &amp; Away Day (Making Hot Air Balloons)</b>	9:00 Sit N Be Fit 10:00 Dancing to the Beat 1:00 Painting Turkeys <b>2:00 Birthday Bash w/ Deo</b> 3:30 Gardening 6:00 Music Meditation	10:00 Sit N Be Fit 1:30 Daily Chronicles 2:00 Snacks N Chats 3:00 Crossword 6:00 Classical Music
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9:30 Television Church 10:30 Noodle Ball 1:00 Trivia 2:00 This Day in History & Snacks 3:00 Movie of the Day 6:00 Music for the Soul	9:00 Sit N Be Fit 10:30 National Parfait Day 1:30 Daily Devotion <b>2:30 Exploring National Parks (String Art)</b> 3:00 Junk Drawer Detective 6:00 Relaxing Music	9:00 Sit N Be Fit 10:00 Catholic Service 10:30 Spa Day <b>10:30 Exploring National Parks (S'mores Puppy Chow)</b> 3:30 This Day in History 6:00 Music Meditation	9:00 Sit N Be Fit <b>10:30 Welcome New Resident Social</b> 12:00 National Pumpkin Pie Day 1:30 Town Hall Meeting <b>2:00 Zumba w/ Zmira</b> 3:30 Trivia	<b>HAPPY THANKSGIVING</b>		9:00 Sit N Be Fit <b>10:30 Tool Talk w/ Miguel</b> 1:00 Pet Therapy <b>2:00 Coloring w/ Friends</b> 3:30 Junk Drawer Detective 6:00 Sentimental Music	10:00 Sit N Be Fit 1:30 Daily Chronicles 2:00 Snacks N Chats 3:00 Word Search 6:00 Classical Music
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