

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November		Color Key: Special Events/ Outings Physical Activity Resident Lead Spiritual Social Intellectual Wellness Around the World Purposeful (\$) Requires Money Requires Sing Up			 SPIRIT	1 8:30 This Day In History 9:00 Mini Crossword 9:30 Chair Dancing 10:00 Cup Stacking 10:45 Hot Towels 2:00 Art & Craft 3:00 Music Bingo 3:45 Hot Towels 6:00 Harry Potter
2 8:30 Trivia 10:00 Chair Yoga 10:45 Hot Towels 2:00 Hallway Bowling 3:00 Song of Praise 3:45 Hot Towels 6:00 Color and Unwind	3 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Uno	4 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Ladies Nails 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Bingo	5 8:30 This Day In History 9:00 Cross Word 9:30 Chair Kick Boxing 10:00 Mementos & Memories 10:45 Hot Towels 1:00 Happy Hour 3:00 Horse and Duck Race 3:45 Hot Towels 5:00 Ice Cream	6 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 11:00 Lunch 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	7 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 Scotland Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle	8 8:30 This Day In History 9:00 Mini Crossword 9:30 Chair Dancing 10:00 Cup Stacking 10:45 Hot Towels 2:00 Art & Craft 3:00 Music Bingo 3:45 Hot Towels 6:00 Harry Potter
9 8:30 Trivia 10:00 Chair Yoga 10:45 Hot Towels 2:00 Hallway Bowling 3:00 Song of Praise 3:45 Hot Towels 6:00 Color and Unwind	10 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Uno	11 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Ladies Nails 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Bingo	12 8:30 This Day In History 9:00 Cross Word 9:30 Chair Kick Boxing 10:00 Mementos & Memories 10:45 Hot Towels 1:00 Happy Hour 3:00 Horse and Duck Race 3:45 Hot Towels 5:00 Ice Cream	13 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 11:00 Lunch 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	14 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 Scotland Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle	15 8:30 This Day In History 9:00 Mini Crossword 9:30 Chair Dancing 10:00 Cup Stacking 10:45 Hot Towels 2:00 Art & Craft 3:00 Music Bingo 3:45 Hot Towels 6:00 Harry Potter
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23 8:30 Trivia 10:00 Chair Yoga 10:45 Hot Towels 2:00 Hallway Bowling 3:00 Song of Praise 3:45 Hot Towels 6:00 Color and Unwind	24 8:30 This Day In History 9:00 Sudoku 9:30 Chair Yoga 10:45 Hot Towels 1:00 Tapple 2:00 Ladies Luxe Nails 3:00 Sing Along 3:45 Hot Towels 6:00 Uno	25 8:30 This Day In History 9:00 Chair Strech 9:30 Chair Stretching 10:00 Short Stories 10:45 Hot Towels 1:00 Ladies Nails 2:00 Hallway Bowling 3:45 Hot Towels 6:00 Bingo	26 8:30 This Day In History 9:00 Cross Word 9:30 Chair Kick Boxing 10:00 Mementos & Memories 10:45 Hot Towels 1:00 Happy Hour 3:00 Horse and Duck Race 3:45 Hot Towels 5:00 Ice Cream	27 8:30 This Day In History 9:00 Trivia 9:30 Chair Cardio 10:45 Hot Towels 11:00 Lunch 2:00 Cup Pong 3:00 Ballon Volleyball 3:45 Hot Towels 6:00 Guest the Song	28 8:30 This Day In History 9:00 Crossword 9:30 Chair Yoga 10:00 Scotland Fun Facts 10:45 Hot Towels 1:00 Reminiscing 2:00 Football/ Soccer 3:00 Music Pary 3:45 Hot Towels 6:00 Qwirkle	29 8:30 This Day In History 9:00 Mini Crossword 9:30 Chair Dancing 10:00 Cup Stacking 10:45 Hot Towels 2:00 Art & Craft 3:00 Music Bingo 3:45 Hot Towels 6:00 Harry Potter
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