Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Chair Fitness 10:30 Virtual Mass 11:00 Trivia 1:00 Sunshine Therapy 2:00 Ice Cream Social 3:00 Bingo 6:00 Virtual Museum Daylight Saving Time Ends	2 10:00 Fall Boogie Fitness 10:30 Morning Devotions 1:30 Lifelong Learning: Why Leaves Change Color 2:00 Harvest Bingo 3:00 Arts & Crafts: Fall Leaf Collages 6:00 Fall Documentary (TV)	3 **Election Day** 10:00 Move to the Music & Hydration Challenge 10:30 US President Trivia 11:00 Patriotic Sing-Along 1:00 Nature Walk **2:30 Tropical Serenade with Matt** 3:30 Men's Group: Minigolf 6:00 6:00 Bingo Night	4 **Fall Into Fitness Wednesday** 10:00 Zumba 10:30 Seasonal Gardening 11:00 Walking Club 1:00Travel Club: Fall Adventures **2:00 Baking Group: Cherry Pie** 3:00 Bible Study Group **(Outside)** 6:00 Sunset Walk	5 **Throwback Fun: The 2000s** 10:00 Y2K Move & Groove 10:30 Bingo 1:30 Walking Club **2:30 Get Jiggy! 2000s Dance Party with Rocco** 3:00 Tech Talk: Then and Now 6:00 Karaoke Night	6 **Friday Flavor Adventure** 10 Boogie to the Beat w/ Shay **11:30 Flavor Tour: Taste of New England Fish Market** 1:30 Guess That Aroma? 2:00 Ice Cream Social 3:00 Bingo Mania 6:00 Fall Cinema (TV)	7 10:00 Ballon Volleyball 10:30 Coffee & Flowers 1:30 Spa & Classic (Nail Care) 2:00 **Throwback Arts & Crafts: Friendship Bracelets** 3:00 Puzzles & Colorful Creations 6:00 Movies Memories
8 10:00 Hindi Workout 10:30 Virtual Mass **11:00 Beauty Tips w/ Stacy** 1:00 Sunshine Therapy 2:00 Ice Cream Social 3:00 Bingo 6:00 Bollywood Cinema Diwali (Hindi)	9 10:00 Fall Boogie Fitness 10:30 Lifelong Learning: Today in History 1:30 Walking Club 2:00 Harvest Bingo 3:00 Arts & Crafts: Scrapbooking 6:00 Cozy Fall Night (TV)	10 **Fall into wellness Tuesday** 10:00 Strength & Balance 10:30 Safe or Unsafe? 11:00 Fall Prevention w/ Brook **1:30 Veterans Pinning Ceremony** **2:30 Happy Hearts, Happy Harvest with John Bros** 3:00 Men's Group: US History 6:00 Bingo Night	11 10:00 Zumba 10:30 American Trivia 11:00 Patriotic Crafts 1:30 Veterans Day Parade (Virtual) 2:00 Bingo **3:00 Lady Liberty's Tea Party** 6:00 Movie: Forest Gump (TV) Veterans Day Remembrance Day (Canada)	12 **Throwback Fun: The 2000s** 10:00 Y2K Move & Groove 10:30 Bingo 1:30 Walking Club 2:00 Jewelry Making Fun 2:00 Spa & Classics 3:00 Bowling Tournament 6:00 Karaoke Night	13 **Friday Flavor Adventure** 10 Boogie to the Beat w/ Shay **11:30 Veterans Club: Navy Seal Museum** 1:30 Guess That Aroma? 2:00 Ice Cream Social 3:00 Bingo Mania 6:00 Relaxation	14 10:00 Ballon Volleyball 10:30 **Herbs & Aromas** 11:00 Current events (Fun) **1:30 The Price is Right w/Jill** 2:00 Cornhole Competition 3:00 Puzzles & Colorful Creations 6:00 Movies Memories
15 10:00 Chair Fitness 10:30 Virtual Mass 11:00 Trivia 1:00 Sunshine Therapy 2:00 Ice Cream Social 3:00 Bingo 6:00 Documentary: Wonders of the World (TV)	16 10:00Fall Boogie Fitness 10:30 Word Builders: Fall Words **1:30 Veteran Memorial Park** 2:00 Harvest Bingo 3:00 Arts & Crafts: Fall Centerpieces 6:00 Fall Documentary (TV)	17 **Fall into wellness Tuesday** 10:00 Strength & Balance **10:30 Health Talk w/ Brook** 11:00 Book Lovers: Short Story 1:00 Nature Walk **2:00 Happy Hearts, Happy Harvest Welcome Party** 3:00 Serenity & Scents 6:00 Bingo Night	18 10:00 Zumba 10:30 Seasonal Gardening 11:00 Walking Club 1:00 Book Club: Story Time 2:00 Creative Expression Painting 3:00 Bible Study Group **(Outside)** 6:00 Sunset Walk	19 **International Men's Day** 10:00 Football & Groove 10:30 Bowling Tournament 1:30 Walking Club **2:30 Brews & Banter: The Gentlemen's Social** 3:30 Garage Talk & Trivia 6:00 Classic Muscle Cars Documentary (tv)	20 **Friday Flavor Adventure** 10 Boogie to the Beat w/ Shay **11:30 Flavor Tour: Southern Pigs & Cattle** 1:30 Guess That Aroma? 2:00 Ice Cream Social 3:00 Bingo Mania 6:00 Fall Cinema (TV)	21 10:00 Ballon Volleyball 10:00 Gardening 11:00 Holiday Crafts 1:30 The Price is Right 2:00 Music and Bowling 3:00 Puzzles & Colorful Creations 6:00 Movies Memories
22 10:00 Chair Fitness 10:30 Virtual Mass 11:00 Trivia 1:00 Sunshine Therapy 2:00 Ice Cream Social 3:00 Bingo 6:00 Virtual Concert	23 **Happy Birthday Bonnie & Theresa** 10:00Fall Boogie Fitness **11:30 Autumn Waterfront Picnic** 1:30 Walking Club 2:00 Harvest Bingo 3:00 County Music and Bites 6:00 Fall Documentary (TV)	24 **Thankful Tuesday** 10:00 Strength & Balance 10:30 Gratitude Writers' Club 1:30 Porch Talk: Family Traditions **2:30 Cozy Café with Linda C** 3:30 Men's Group: Tools & Trades 6:00 Bingo Night	25 10:00 Zumba 10:30 Baking Club: Banana Muffin 11:00 Walking Club 1:00Travel Club: Fall Adventures 2:00 **Throwback Fashion Show** 3:00 Bible Study Group **(Outside)** 6:00 Sunset Walk (Outside)	26 **Happy Thanksgiving Day** 10:00 Y2K Move & Groove 10:30 Turkey Bingo **12:00 Thanksgiving Lunch** 1:30 Walking Club 2:30 Tech Talk: Then and Now 3:00 Bowling Tournament 6:00 Karaoke Night Thanksgiving Day (U.S.)	27 **Friday Flavor Adventure** 10 Boogie to the Beat w/ Shay **11:30 Flavor Tour: Burger Daddy** 1:30 Guess That Aroma? **2:00 Birthday Bash with Jim & Elizabeth!** 3:00 Bingo Mania 6:00 Fall Cinema (TV)	28 10:00 Ballon Volleyball 10:30 **Herbs & Aromas** 11:00 Jewelry Making Fun 1:30 The Price is Right 2:00 Cornhole Competition 3:00 Puzzles & Colorful Creations 6:00 Movies Memories
29 10:00 Chair Fitness 10:30 Virtual Mass 11:00 Trivia 1:00 Sunshine Therapy 2:00 Ice Cream Social 3:00 Broadway Musical 6:00 Virtual Concert	30 10:00 Fall into Fitness: Chair Stretches 10:30 Lifelong Learning: Why Leaves Change Color 1:30 Walking Club 2:00 Harvest Bingo 3:00 Holiday Crafts 6:00 Fall Documentary (TV)					