

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Exercise: Cardio 1 Boxing 10:45 November Jeopardy 1:30 Music & Manicures	9:30 Exercise: Seated 2 Strengthening with Weights/Bands 10:45 Rummikub 1:30 Music & Manicures	9:45 Van Ride #1 – Big Lots 1:30 Van Ride #2 – Big Lots	9:30 Exercise: Seated 4 Strengthening with Weights/Bands 10:45 Air Dry Clay Turkey Craft 1:30 BINGO 2:45 Giant Crossword	9:45 Van Ride #1 – Scenic Drive 1:30 Van Ride #2 – Scenic Drive
10:00 Televised Catholic Mass (Channel 8) Independent Puzzles, Games, and Movies are Available Daylight Savings Time Ends	10:30 Reminiscence Therapy 7 Group in-person with Soheila 1:30/3:00 Reminiscence Therapy Group via phone with Soheila Independent Puzzles, Games, and Movies are Available	9:30 Exercise: Yoga 8 10:00 Communion with Deacon Bill 1:30 November Pick-a- Letter	9:30 Exercise: Seated 9 Strengthening with Weights/Bands 10:45 Operation Shoebox – Care Package for Troops 1:30 Veteran’s Day Trivia	9:45 Van Ride #1 – 10 Coffee & Treats at Williston Coffee Shop 1:30 Van Ride #2 – Coffee & Treats at Williston Coffee Shop	9:30 Exercise: Seated 11 Strengthening with Weights/Bands 10:45 Bocce 1:30 Veteran’s Day Tribute Gathering Veteran’s Day	Independent Puzzles, Games, and Movies are Available
10:00 Televised Catholic Mass (Channel 8) Independent Puzzles, Games, and Movies are Available	9:30 Exercise: Seated 14 Strengthening with Weights/Bands 10:45 Autumn Leaf-Stained Glass 1:30 Apple Bobbing	9:30 Exercise: Cardio 15 Boxing 10:45 Name That Thanksgiving Spice 1:30 Culinary: Sugar-Free No-Bake Cookies	9:30 Exercise: Seated 16 Strengthening with Weights/Bands 10:45 Scented Apple Coasters 1:30 Resident Council Meeting	9:30 Exercise: Yoga 17 11:30 Outing: Lunch at Barnyard Pizza 2:00 Balloon Darts	9:30 Exercise: Seated 18 Strengthening with Weights/Bands 10:45 Thank You Cards 1:30 BINGO 2:45 Giant Crossword	10:00 Televised Catholic Mass (Channel 8) Independent Puzzles, Games, and Movies are Available
9:30 Exercise: Cardio 20 Boxing 11:30 Outing: Lunch at Barnyard Pizza 2:00 Thanksgiving Short Story	9:30 Exercise: Seated 21 Strengthening with Weights/Bands 10:45 Thanksgiving Trivia 1:30 Dried Fruit & Cinnamon Garlands	10:00 Communion with 22 Deacon Bill Independent Puzzles, Games, and Movies are Available	9:30 Exercise: Seated 23 Strengthening with Weights/Bands 10:45 Flower Arranging for Centerpieces 1:30 Thanksgiving Social	24 Thanksgiving Celebration Details to be posted Thanksgiving	25 Independent Puzzles, Games, and Movies are Available	26 Independent Puzzles, Games, and Movies are Available
10:00 Televised Catholic Mass (Channel 8) Independent Puzzles, Games, and Movies are Available	9:30 Exercise: Seated 28 Strengthening with Weights/Bands 10:45 Holiday Door Decor 1:30 Milk Container Bird Feeder & Houses	9:30 Exercise: Cardio 29 Boxing 10:45 Pumpkin Bowling 1:30 Culinary: Bread & Dip	9:30 Exercise: Seated 30 Strengthening with Weights/Bands 10:45 Holiday Card Making 1:30 Balloon Volleyball			

