

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>HAPPY BIRTHDAY!</i> Sophie S. Nov. 21 Marianne A. Nov. 23		9-9:45- Bookmobile 1 10- Chair Aerobics 3 FL 10:30- Wheel of Fortune 2 FL 2- Glee Club 1 FL 3- All Saints Day 1 FL	SALON OPEN 2 10- Fit as a Fiddle 3 FL 10:30- Resident Meeting 2 FL 2- Bingo 2 FL 3- Thanksgiving Price Is Right 2 FL	3 10- Chair Aerobics 3 FL 11-Small Group Bingo 2 FL 1:30- Wal Mart Shopping 4- Calming Quotes 2 FL 6:30- Bible Study with Bill 2 FL	4 9:45- BP Checks- 1 FL 10:15- Fit as a Fiddle 3 FL 11- Artwork Demonstration 2 FL 3- Happy Hour: Snacks and Movie 2 FL	5 10- Fit as a Fiddle 3 FL 3:30- Chair Aerobics 3 FL <i>(Games, cards, and puzzles available for residents on second floor in game room.)</i>
CHANGE YOUR CLOCKS! 6 9:30- Communion with Bill 2 FL 10- Fit as a Fiddle 3 FL 10:30- David Jeremiah TV Worship (Ch. 363) 2 FL 3:30- Chair Yoga 3 FL <small>Daylight Saving Time Ends</small>	7 10- Fit as a Fiddle 3 FL 10- Manicures 2 FL 2- Weekly Reader with Suzanne 2 FL 3:30- Flip It Cards 2 FL	8 10- Chair Aerobics 3 FL 11:30- Lunch Out: Location TBD 2- Glee Club (Practice for Veterans Day) 1 FL 3- December Calendar Planning 2 FL	9 SALON OPEN 10- Fit as a Fiddle 3 FL 10:30- Decorate for Veterans Day 1 FL 2- Bingo 2 FL 3- Make Gifts for Other Senior Facilities 2 FL	10 10- Chair Aerobics 3 FL 11-Small Group Bingo 2 FL 1:30- Wal Mart Shopping 4- Military Acronyms 1 FL 6:30- Bible Study with Bill 2 FL	11 9:30- BP Checks- 1 FL 10- Fit as a Fiddle 3 FL 10:30- Veterans Day Program 1 FL 3- Happy Hour: Movie "Casablanca" 2 FL <small>Veterans Day Remembrance Day (Canada)</small>	12 10- Fit as a Fiddle 3 FL 11 and 1 - Family Thanksgiving Buffet 3:30- Chair Aerobics 3 FL <i>(Games, cards, and puzzles available on second floor.)</i>
13 9:30- Communion with Bill 2 FL 10- Fit as a Fiddle 3 FL 10:30- David Jeremiah TV Worship (Ch. 363) 2 FL 3:30- Chair Yoga 3 FL	14 10- Fit as a Fiddle 3 FL 10- Manicures 2 FL 2- Weekly Reader with Suzanne 2 FL 3:30 – Pictionary 2 FL	15 10- Chair Aerobics 3 FL 10:30- The Royal Life 2 FL 1 Presbyterian Church 2 FL 2- Glee Club 1 FL 3:30- Netflix: "The Crown" 2 FL	26 SALON OPEN 10- Fit as a Fiddle 3 FL 10:30- Paint Wooden Crafts (Gifts?) 2 FL 2- Bingo 2 FL 3- Armchair Travel: London 2 FL	17 10- Chair Aerobics 3 FL 11-Small Group Bingo 2 FL 1:30- Wal Mart Shopping 4- Sing Along Songs 2 FL 6:30- Bible Study with Bill 2 FL	18 9:45- BP Checks- 1 FL 10:15 - Fit as a Fiddle 3 FL 11- Trivia 1 FL 1 Uno Cards 2 FL 3- Elvis Singer 2 FL	19 10- Fit as a Fiddle 3 FL 3:30- Chair Aerobics 3 FL <i>(Games, cards, and puzzles available for residents on second floor in game room.)</i>
20 9:30- Communion with Bill 2 FL 10- Fit as a Fiddle 3 FL 10:30- David Jeremiah TV Worship (Ch. 363) 2 FL 3:30- Chair Yoga 3 FL	21 10- Fit as a Fiddle 3 FL 10- Manicures 2 FL 2- Weekly Reader with Suzanne 2 FL 3:30- National Rose Day: Make Cards 2 FL	22 8:15- Podiatrist 10- Chair Aerobics 3 FL 11-Small Group Bingo 2 FL 2- Glee Club 1 FL 3:30- Read Joe Sexton's Book 2 FL	23 SALON OPEN 10- Fit as a Fiddle 3 FL 10:30- Coloring (on paper and online) 2 FL 2- Bingo 2 FL 3:30- Thankful Board 1 FL	24 THANKSGIVING 9-Noon- Macy's Thanksgiving Day Parade on NBC 10- Chair Aerobics 3 FL 6:30- Bible Study with Bill 2 FL <small>Thanksgiving Day (US)</small>	25 10- Fit as a Fiddle 3 FL 2- Afternoon Movie 2 FL 3:30- Chair Yoga 3 FL	26 10- Fit as a Fiddle 3 FL 3:30- Chair Aerobics 3 FL <i>(Games, cards, and puzzles available for residents on second floor in game room.)</i>
27 9:30- Communion with Bill 2 FL 10- Fit as a Fiddle 3 FL 10:30- David Jeremiah TV Worship (Ch. 363) 2 FL 3:30- Chair Yoga 3 FL	28 10- Fit as a Fiddle 3 FL 10- Manicures 2 FL 2- Weekly Reader with Suzanne 2 FL 3:30- Wheel of Fortune 2 FL	29 9-9:45- Bookmobile 10- Chair Aerobics 3 FL 10:30- Puzzles 2 FL 2- Glee Club 1 FL 3:30- Read Joe Sexton's Book 2 FL	30 SALON OPEN 10- Fit as a Fiddle 3 FL 10:30- Guess the Dog 2 FL 2- Bingo 2 FL 3:15- Cornhole 2 FL	<div> <div>November 2022</div> <div>Monthly Theme: Gratitude/ Giving Thanks</div> </div>		