

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2023

**7:30 -11:30** 1  
 Bean Bag Toss  
 Morning Stretch  
 Riddles  
**1:30-5:30**  
 Welcome Nov!  
 In the News  
 Who Am I?

**7:30 -11:30** 2  
 Checkers  
 Sit and Be Fit  
 Weather and News  
**1:30-5:30**  
 Truth or Turkey?  
 Mock Election Day  
 Jazz Music

**7:30 -11:30** 3  
 Checkers  
 Chair Dancing  
 Table Games  
**1:30-5:30**  
 Mad Libs  
 What's in the bag?  
 Price is Right

**\*All** 4  
**activities**  
**subject to**  
**change**

Turn the clocks back  
 Remember to move  
 your clocks  
 back one  
 hour.



AP


**7:30-11:30** 6  
 Spelling quiz  
 Chair Workout  
 Trivia  
**1:30-5:30**  
 Deal or No Deal  
 Horseshoes  
 Puzzles

**7:30-11:30** 7  
 Match game  
 AM Workout  
 Daily News  
**1:30-5:30**  
 Virtual Astronomy  
 Constellation Art  
 Happy Hour

**7:30 -11:30** 8  
 Feel Good Stories  
 Spiritual Time  
 Hymns  
**1:30-5:30**  
 BINGO  
 Jokes and Riddles  
 Rhythm n' Blues

**7:30 -11:30** 9  
 Basketball  
 Morning Exercise  
 Word Scramble  
**1:30-5:30**  
 Travelogue  
 What's in your  
 suitcase?  
 Mad Libs

**7:30-11:30** 10  
 Mind Stretchers  
 Exercise Class  
 Chronicles  
**1:30-5:30**  
 Veterans Day  
 Patriotic Music  
 Trivia



Veterans Day  
 Remembrance Day (Canada)



**7:30 -11:30** 13  
 Balloon Toss  
 Tai Chi  
 Eye Spy  
**1:30-5:30**  
 Creative Writing  
 Connect Four  
 Daily Chronicle

**7:30-11:30** 14  
 Brain IQ  
 Sit and Be Fit  
 Chronicles  
**1:30-5:30**  
 Poetry and Prose  
 Guess Who?  
 Card Games

**7:30-11:30** 15  
 Dominoes  
 Exercise  
 Simon Says  
**1:30-5:30**  
**Thanksgiving**  
**Celebration**  
 Spiritual Time  
 Sketching

**7:30-11:30** 16  
 Card Games  
 Chair Boxing  
 Fact or Fiction  
**1:30-5:30**  
 Day of Gratitude  
 Memories in Making  
 Word Search

**7:30 -11:30** 17  
 Would You Rather?  
 Chair Yoga  
 Turkey Art  
**1:30-5:30**  
 Train Your Brain  
 Finish the Recipe  
 Word Scramble



**7:30 -11:30** 20  
 Newsworthy News  
 Sweatin' to Oldies  
 Soccer  
**1:30-5:30**  
 Virtual Corn Maze  
 This Day in History  
 Wheel of Fortune

**7:30 -11:30** 21  
 Painter's Palette  
 AM Exercise  
 Charades  
**1:30-5:30**  
 Spelling Bee  
 Card games  
 Soup for the Soul

**7:30 -11:30** 22  
 Bean Bag Toss  
 Seated Stretches  
 Riddles  
**1:30-5:30**  
 Turkey Ticklers  
 Thxgiving Scrabble  
 Chronicles

**CLOSED** 23



Thanksgiving Day (US)

**CLOSED** 24



**Breakfast: 25**  
**7:00-9:30am**  
**Lunch:**  
**12:30-1:00pm**  
**Snack:**  
**2:30-3:00pm**



**7:30 -11:30** 27  
 Newsworthy News  
 Sit and be Fit  
 Riddles n' Rhymes  
**1:30-5:30**  
 Coffee Time  
 Checkers  
 Sketch art

**7:30-11:30** 28  
 Toss the Loofah  
 Pictionary  
 Motion n Movement  
**1:30-5:30**  
 Remembering the  
 Peanuts  
 Funny News  
 Finish the Saying

**7:30-11:30** 29  
 Card Games  
 Exercise Class  
 Gospel Music  
**1:30-5:30**  
 Cooking Club  
 Guess Who?  
 Disco Music

**7:30 -11:30** 30  
 Simon Says  
 Stretching  
 Hot Potato  
**1:30-5:30**  
 Sailing the Seas  
 Tricky Trivia  
 Favorite Tunes

'Thank you' is the best prayer that  
 anyone could say. I say that one a lot.  
 Thank you expresses extreme  
 gratitude, humility, understanding.  
 Alice Walker