| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>9:30 Sit & Stretch<br>10:00 Music by Time Meyer<br>2:00 Color for Relaxation<br>6:00 Read Aloud Chicken Soup for the Soul<br>Daylight Saving Time Ends | **2**<br>9:30 Sing & Stretch<br>10:00 UNO Card Game<br>1:00 Watercolor Art<br>2:30 Hot Coco Social<br>6:00 Sounds of Nature | **3**<br>9:30 Strength & Stretch<br>10:00 Who/What/ Where Guessing Game<br>1:00 BINGO<br>2:45 Pound Class<br>6:00 Nature Video: The Grand Canyon | **4**<br>9:30 Scarves & Stretch<br>10:00 Art Studio<br>10:45 Healing Massage<br>1:30 Balloon Volleyball<br>2:30 Name That Tune<br>6:00 Peaceful Puzzling | **5**<br>9:30 Breathe & Stretch<br>10:00 Painting<br>10:45 Word Game: Word Unscramble<br>2:00 November Birthdays Celebration<br>6:00 Hand Massages | **6**<br>9:30 Stretch & Stand<br>10:30 Travel Brief<br>1:30 Noodle Ball<br>2:00 Fancy Nail Friday<br>6:00 Movie Night | **7**<br>9:30 Walking & Rolling<br>10:00 Seated Bowling<br>1:00 Sticker Art<br>2:00 Documentary<br>6:00 Aromatherapy & Tea |
| **8**<br>9:30 Sit & Stretch<br>10:30 Worship Service<br>2:00 Color for Relaxation<br>6:00 Read Aloud Chicken Soup for the Soul<br>Diwali (Hindi) | **9**<br>9:30 Sing & Stretch<br>10:00 Crazy 8's Cards<br>1:00 Watercolor Art<br>2:00 Monday Dance Party<br>3:00 Hot Apple Cider<br>6:00 Soft Sunset Music | **10**<br>9:30 Strength & Stretch<br>10:00 Reminisce<br>1:00 BINGO<br>2:30 Ring Toss<br>6:00 Nature Video: Yellowstone | **11**<br>9:30 Scarves & Stretch<br>10:00 Veterans Day Special Event<br>1:30 Balloon Volleyball<br>2:30 Name That Tune<br>6:00 Peaceful Puzzling<br>Veterans Day<br>Remembrance Day (Canada) | **12**<br>9:30 Breathe & Stretch<br>10:00 Sing Along<br>10:45 Word Game: Fill in the Blank<br>2:00 Happy Hour Social<br>6:00 Hand Massages | **13**<br>9:30 Stretch & Stand<br>10:30 Picture This Game<br>1:00 Pet Therapy with Erin<br>2:00 Fancy Nail Friday<br>6:00 Movie Night | **14**<br>9:30 Walking & Rolling<br>10:00 Seated Bowling<br>1:00 Sticker Art<br>2:00 Documentary<br>6:00 Aromatherapy & Tea |
| **15**<br>9:30 Sit & Stretch<br>10:30 Worship Service<br>2:00 Color for Relaxation<br>6:00 Read Aloud Chicken Soup for the Soul | **16**<br>9:30 Sing & Stretch<br>10:00 Go Fish!<br>1:00 Watercolor Art<br>2:00 Monday Dance Party<br>3:00 Spiked Coffee Social<br>6:00 Soft Jazz Music | **17**<br>9:30 Strength & Stretch<br>10:00 Who/What/ Where Guessing Game<br>1:00 BINGO<br>2:45 Pound Class<br>6:00 Nature Video: Mammoth Cave | **18**<br>9:30 Scarves & Stretch<br>10:00 Art Studio<br>10:45 Healing Massage<br>1:30 Balloon Volleyball<br>2:30 Name That Tune<br>6:00 Peaceful Puzzling | **19**<br>9:30 Breathe & Stretch<br>10:00 Painting<br>10:45 Word Game: Ryme Time<br>2:00 Happy Hour Social<br>6:00 Hand Massages | **20**<br>9:30 Stretch & Stand<br>10:30 Short Story<br>1:00 Noodle Ball<br>2:00 Fancy Nail Friday<br>6:00 Movie Night | **21**<br>9:30 Walking & Rolling<br>10:00 Seated Bowling<br>1:00 Sticker Art<br>2:00 Documentary<br>6:00 Aromatherapy & Tea |
| **22**<br>9:30 Sit & Stretch<br>10:30 Worship Service<br>2:00 Color for Relaxation<br>6:00 Read Aloud Chicken Soup for the Soul | **23**<br>9:30 Sing & Stretch<br>10:00 Share Solitaire<br>1:00 Watercolor Art<br>2:00 Monday Dance Party<br>3:00 London Fog Tea Social<br>6:00 Classical Music | **24**<br>9:30 Strength & Stretch<br>10:00 Reminisce<br>1:00 BINGO<br>2:30 Ring Toss<br>6:00 Nature Video: Crater Lake | **25**<br>9:30 Scarves & Stretch<br>10:00 Art Studio<br>10:45 Healing Massage<br>1:30 Balloon Volleyball<br>2:30 Name That Tune<br>6:00 Peaceful Puzzling | **26**<br>9:30 Breathe & Stretch<br>10:00 Sing Along<br>10:45 Word Game: Word Mining<br>2:00 Happy Hour Social<br>6:00 Hand Massages<br>Thanksgiving Day (U.S) | **27**<br>9:30 Stretch & Stand<br>10:30 Junk Drawer Detective<br>1:00 Pet Therapy with Erin<br>2:00 Fancy Nail Friday<br>6:00 Movie Night | **28**<br>9:30 Walking & Rolling<br>10:00 Seated Bowling<br>1:00 Sticker Art<br>2:00 Documentary<br>6:00 Aromatherapy & Tea |
| **29**<br>9:30 Sit & Stretch<br>10:30 Worship Service<br>2:00 Color for Relaxation<br>6:00 Read Aloud Chicken Soup for the Soul | **30**<br>9:30 Sing & Stretch<br>10:00 Dice Match<br>1:00 Watercolor Art<br>2:00 Monday Dance Party<br>3:00 Warm Milk & Cookies Social<br>6:00 Soft Oldies Music |  | | | | |

All Activities are subject to change. Color Key: Black – 1st Floor MC / Blue – 2nd Floor MC / Red – Outside of MC/EC / Green – Both Floors