

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# NOVEMBER 2024

## Personal Care Activities Calendar

					<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Musical Trivia-L</li> <li>●10:30am Guided Meditation-SR</li> <li>●1:30pm Walking Club -L</li> <li>●2:00pm Word Games-L</li> <li>●2:00pm Yoga with Brian-GR</li> <li>●3:00p Afternoon Social-L</li> <li>●3:30pm Book Club Reading-SR</li> <li>●3:30pm Catch Phrase-L</li> </ul>	<ul style="list-style-type: none"> <li>●9:30am Daily Chronicle Review</li> <li>●10:30am Morning Stretch-L</li> <li>●11:00am Morning Trivia-L</li> <li>●1:00pm Movie-TH</li> <li>●1:30pm Bingo-L</li> <li>●3:15pm Social and Word Games-L</li> </ul>
<ul style="list-style-type: none"> <li>●9:30am Talk and Toss-L</li> <li>●10:30am Music Therapy w/Nancy-L</li> <li>●1:30pm Word Games-L</li> <li>●2:30pm Iced Tea Social-L</li> <li>●3:00pm Book Club Reading-L</li> </ul> <p>Daylight Saving Time Ends</p>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Today in History-L</li> <li>●1:30pm Walking Club-L</li> <li>●1:30pm Word Games-L</li> <li>●1:30pm Crochet Club-AR</li> <li>●2:30pm Entertainer "Jerry Trecrease" ML</li> <li>●7:00pm Rosary Club-GR</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Daily Chronicle Review</li> <li>●10:45am Word Game-L</li> <li>●1:30pm Meet me at Moma-SR</li> <li>●3:00pm Sweet Tooth Social-L</li> <li>●3:30pm Scattergories-L</li> <li>●3:30pm Mini Manicures-NL</li> <li>●6:00pm Evening Reflection-SR</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Talk and Toss-L</li> <li>●10:30am Memory Lane-SR</li> <li>●12:00pm Lunch Club: Hoagies-L</li> <li>●2:00pm Jeopardy-L</li> <li>●3:00pm Apple Cider Social-L</li> <li>●3:30pm Person of the Week-L</li> <li>●6:00pm Evening Meditation-NL</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Baking Club-AR</li> <li>●11:00am Current Events-SR</li> <li>●1:30pm Gardening Club-P</li> <li>●1:30pm Arts &amp; Crafts- NL</li> <li>●1:30pm Chair Dancing-L</li> <li>●3:00pm NA Wine and Cheese Happy Hour -L</li> <li>●3:30pm Name that Tune-L</li> <li>●6:00pm 1:1's with Maryann</li> </ul>	<p>Diwali (Hindu)</p> <ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Musical Trivia-L</li> <li>●10:30am Guided Meditation-SR</li> <li>●1:30pm Walking Club -L</li> <li>●2:00pm Word Games-L</li> <li>●2:00pm Yoga with Brian-GR</li> <li>●3:00p Afternoon Social-L</li> <li>●3:00pm Shabbat Service-GR Program-ML</li> <li>●3:30pm Color and Relax-NL</li> </ul>	<ul style="list-style-type: none"> <li>●9:30am Daily Chronicle Review</li> <li>●10:30am Finish the Line-L</li> <li>●1:00pm Movie-TH</li> <li>●1:30pm Stretch it out-L</li> <li>●2:00pm Meet me at Moma-L</li> <li>●3:15pm Social and Word Games-L</li> </ul>
<ul style="list-style-type: none"> <li>●9:30am Talk and Toss-L</li> <li>●10:30am Music Therapy w/Nancy-L</li> <li>●1:30pm Word Games-L</li> <li>●2:30pm Iced Tea Social-L</li> <li>●3:00pm Book Club Reading-L</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am American Trivia-L</li> <li>●1:30pm Crochet Club-GR</li> <li>●1:30pm Color and Relaxation-NL</li> <li>●3:00pm Entertainer "Kat Rivers"-ML</li> <li>●3:00pm Afternoon Social-L</li> <li>●3:30pm Word Games-L</li> <li>●7:00pm Rosary Club-GR</li> </ul> <p>Veterans Day Remembrance Day (Canada)</p>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Daily Chronicle Review</li> <li>●10:45am Bingo-L</li> <li>●1:30pm Generosity Project: Casseroles -GR</li> <li>●2:00pm Mini Manicures-NL</li> <li>●3:00pm Sweet Tooth Social-L</li> <li>●3:00pm Lecture-TH</li> <li>●3:30pm Pottery Class-NL</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Talk and Toss-L</li> <li>●10:30am Memory Lane-SR</li> <li>●12:00pm Lunch Club: Roast Beef Sliders- NL</li> <li>●1:30pm Shake it Out-NL</li> <li>●2:00pm Jeopardy-SR</li> <li>●2:00pm Veterans Support and Benefits-TH</li> <li>●3:00pm Apple Cider Social-L</li> <li>●3:30pm Poetry Corner-L</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●11:00am Current Events-SR</li> <li>●11:30am Lunch at Springfield Diner-L</li> <li>●1:30pm Pottery Class-NL</li> <li>●3:00pm Mass-TH</li> <li>●3:00pm NA Wine and Cheese Happy Hour-L</li> <li>●3:30pm Cranium Crunches-L</li> <li>●3:00pm Flower Arranging-GR</li> </ul>	<ul style="list-style-type: none"> <li>●9:15am MFL Exercise-L</li> <li>●10:30am Musical Trivia-L</li> <li>●10:30am Guided Meditation-SR</li> <li>●1:30pm Walking Club -L</li> <li>●2:00pm Support Group-L</li> <li>●2:00pm Yoga with Brian-GR</li> <li>●3:00p Afternoon Social-L</li> <li>●3:00pm Presentation: Deep Space Exploration-TH</li> <li>●3:30pm Catch Phrase-L</li> </ul>	<ul style="list-style-type: none"> <li>●9:30am Daily Chronicle Review</li> <li>●10:30am Morning Stretch-L</li> <li>●11:00am Morning Trivia-L</li> <li>●1:00pm Movie-TH</li> <li>●1:30pm Bingo-L</li> <li>●3:15pm Social and Word Games-L</li> </ul>
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\*Calendar is subject to change, please refer to the daily sheet for any updates.