

November 2023



11/1 Wednesday

10:00 - Chair Exercise! Let's get our day started with body movements
10:30 - Morning Hydration
11:00 - IN2L Match
2:00 - Puzzle Fun
3:00 - Snack & Hydration

11/2 Thursday

National Deviled Egg Day!!
10:00 - Chair Exercise Let's get moving!
10:30 - Morning Hydration
11:00 - Balloon Volley
2:00 - Inside Bowling
3:00 - Snacks & Hydration

11/3 Friday

10:00 - Morning Exercise Let's get motivated!!
10:30 - Morning Hydration
11:00 - Inside Golf
2:00 - Bingo Madness
3:00 - Snacks & Hydration

11/4 Saturday

10:30 - Morning Hydration
11:00 - Balloon Volley
2:00 - Color Me Calm
3:00 - Snack & Hydration

11/5 Sunday

10:30 - Morning Hydration
11:00 - TV Church Service
2:00 - Movie Matinee
3:00 - Snacks & Hydration

11/6 Monday

10:00 - Jump start your week!!
10:30 - Morning Hydration
11:00 - IN2L Story Time
2:00 - Inflation Toss
3:00 - Snacks & Hydration

11/7 Tuesday

10:00 - Morning Movement
10:30 - Morning Hydration
11:00 - Color me calm
2:00 - Puzzle Fun
3:00 - Snacks & Hydration

11/8 Wednesday

10:00 - Let's Get Moving!!
10:30 - Morning Hydration
11:00 - Spelling with Friends
2:00 - Primping and Pampering
3:00 - Snacks & Hydration
5:00 - Town Hall Meeting

11/9 Thursday

9:00 - Hair Day with Kevin
10:30 - Morning Hydration
11:00 - Sing Along with Mr. Roger
2:00 - Balloon Volley
3:00 - Snacks & Hydration

11/10 Friday

National Vanilla Cupcake Day!!
10:00 - Jump start our bodies with movement
10:30 - Morning Hydration
11:00 - Corn Toss Game
2:00 - Bingo Madness
3:00 - Snacks & Hydration

11/11 Saturday

10:30 - Hydration
11:00 - Puzzles with Friends
2:00 - Story Time
3:00 - Snacks & Hydration

11/12 Sunday

10:30 - Morning Hydration
11:00 - TV Worship
2:00 - Movie Time
3:00 - Snacks & Hydration

11/13 Monday

10:00 - Let's get Moving!!
10:30 - Morning Hydration
11:00 - Bowling
2:00 - IN2L Trivia
3:00 - Snacks & Hydration

11/14 Tuesday

10:00 - Jump Start your day with movement!!
10:30 - Morning Hydration
11:00 - Bean Bag Toss
2:00 - IN2L Story Time
3:00 - Snacks & Hydration

11/15 Wednesday

10:00 - Body workout time
10:30 - Morning Hydration
11:00 - Primping and Pampering
2:00 - IN2L Trivia
3:00 - Snacks & Hydration

11/16 Thursday

10:00 - Movement Time
10:30 - Morning Hydration
11:00 - Inflation Toss
2:00 - Puzzle Fun
3:00 - Snacks & Hydration

11/17 Friday

10:00 - Jump start our day!!
10:30 - Morning Hydration
11:00 - Finish the Phrase
2:00 - Bingo Madness
3:00 - Snacks & Hydration

11/18 Saturday

10:30 - Morning Hydration
11:00 - Coloring Time
2:00 - Spelling Bee
3:00 - Snack and Hydration

11/19 Sunday

10:30 - Morning Hydration
11:00 - TV Worship
2:00 - Movie Time
3:00 - Snacks & Hydration

11/20 Monday

Thanksgiving Celebration!!
10:00 - Get your heart pumping!
10:30 - Morning Hydration
11:00 - Bowling
2:00 - Bingo Madness
3:00 - Snacks & Hydration

11/21 Tuesday

National Gingerbread Cookie Day!!
9:00 - Hair Day with Kevin
10:30 - Morning Hydration
11:00 - Balloon Volley
2:00 - Complete the Phrase
3:00 - Snacks & Hydration

11/22 Wednesday

10:00 - It's Body workout time
10:30 - Morning Hydration
11:00 - TV Sunday Service
2:00 - Color Fun
3:00 - Snack and Hydration

11/23 Thursday

Happy Thanksgiving Day!!!
10:00 - Let's get moving
10:30 - Morning Hydration
11:00 - Ballon Volley
2:00 - Story Time on IN2L
3:00 - Snacks & Hydration

11/24 Friday

10:00 - Loosen Up!
10:30 - Morning Hydration
11:00 - Inflation Fun
2:00 - Bingo Madness
3:00 - Snacks & Hydration

11/25 Saturday

10:30 - Morning Hydration
11:00 - IN2L Fun
2:00 - Color Me Calm
3:00 - Snacks and Hydration

11/26 Sunday

10:30 - Morning Hydration
11:00 - TV Worship
2:00 - Movie Time
3:00 - Snacks & Hydration

11/27 Monday

10:00 - Jump start your week!
10:30 - Morning Hydration
11:00 - Ring Toss
2:00 - Sing along with Sue
3:00 - Snacks & Hydration

11/28 Tuesday

10:00 - Move it, Move it! Move it!
10:30 - Morning Hydration
11:00 - Color me calm
2:00 - Movie Time
3:00 - Snacks & Hydration

11/29 Wednesday

10:00 - It's workout time!
10:30 - Morning Hydration
11:00 - IN2L Movies
2:00 - Primp and Pampering
3:00 - Snacks & Hydration

11/30 Thursday

10:00 - Let's get Moving
10:30 - Morning Hydration
11:00 - Puzzle Fun
2:00 - IN2L Trivia
3:00 - Snacks & Hydration

Some activities subject to change

