
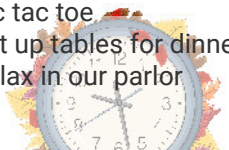


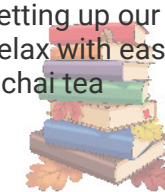

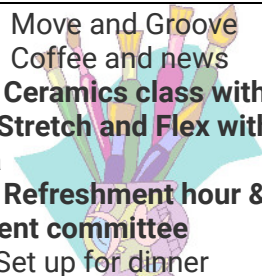
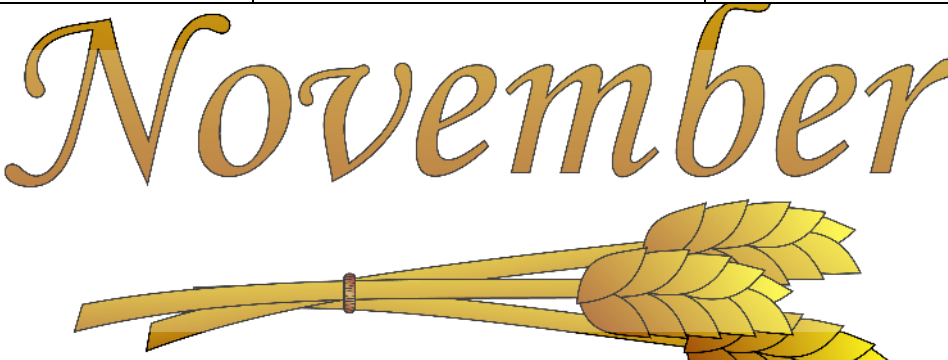


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change</p> 		<p>10:00 Exercise to music 11:00 Coffee and chat 2:00 Montessori bingo 3:00 Categories & word games 4:00 Set up the dining room 6:00 Relaxing music & chamomile tea</p>	<p>10:00 Stretch & Flex with Gloria 11:00 Coffee and chat 11:30 Preparing for lunch 2:00 Singing and dancing with Jammin Jim 3:00 Refreshment hour & chat 4:00 Set up our dining room 6:00 Relaxation with friends</p>	<p>10:00 Stretch and Breathe 11:00 A cup of Joe with friends 11:30 Lunch room preparation 1:30 Keyboard by Jeri 2:00 We are all chefs! 3:00 Household chores 4:00 Dinner room preparations 6:00 Relax with aromatherapy and smooth jazz</p>	<p>10:00 Morning stretch 11:00 A hot cup of coffee & chat 11:30 Setting our lunch tables 1:30 Color my world 2:00 Stretch and Flex with Gloria 2:30 Refreshment hour! 4:00 Set up our dining room 6:00 Relax in our living room</p>	<p>10:00 Wake up sunshine! Move it! 11:00 Coffee with friends 11:30 Set up our dining room for lunch 2:00 Card games 3:00 Refresh me 4:00 Set up our dining room for dinner 6:00 Relax with aromatherapy</p>
<p>Turn clocks back 1 hour 10:00 Sunday social 11:00 Inspirational quotes 11:30 Set up our lunch dining room 2:00 Worship with the Gaithers 3:00 Tic tac toe 4:00 Set up tables for dinner 6:00 Relax in our parlor</p>  <p>Daylight Saving Time Ends</p>	<p>10:00 Wake & stretch 11:00 Coffee & chat 11:30 Color my world 2:00 Stretch & Flex w/Gloria 2:30 Come to our Tea Party! 4:00 Setting up our dinner table 6:00 Relax with easy listening music and lavender tea</p> 	<p>ELECTION DAY 10:00 Stretch and Breathe 11:00 Hot cocoa coffee & chat 11:30 Prepare tables for lunch 2:00 Reading club led by Mike 2:30 Election day news 3:00 Deborah shares our Charity news! 3:30 Refreshments 4:00 Set up for dinner 6:00 Aromatherapy and music</p>	<p>10:00 Stretch & Flex with Gloria 11:00 Coffee and current events 11:30 Lunch preparation 2:00 Dance moves! 3:00 Refreshments served by Sibylle! 3:30 Search for treasure 4:00 Set up for dinner 6:00 Relaxing in our Parlor</p>	<p>10:00 Morning stretch 11:00 Coffee with friends 11:30 Set up our lunch tables 1:30 Keyboard by Jeri 2:00 Creating healthy smoothies 3:00 Bowling lessons with Mike 4:00 Set up for dinner 6:00 Relaxation</p>	<p>10:00 Wake up and move 11:00 A cup of Joe and a Veteran's day discussion led by Reagh 2:00 Stretch and Flex with Gloria 2:30 A video presented by Reagh</p>  <p>Veterans Day Remembrance Day (Canada)</p>	<p>10:00 Stretch and Breathe 11:00 Friends gather in the parlor 11:30 Set up our dining room for lunch 2:00 Color our world 4:00 Set the tables for dinner 6:00 Relax with smooth jazz</p>
<p>10:00 Sunday social 11:00 Reading an inspirational story 11:30 Set up our lunch dining room 2:00 Worship with the Gaithers 3:00 Ring toss 4:00 Set up for dinner 6:00 Relax with soft music and aromatherapy</p>	<p>10:00 Move it to music 11:00 Coffee with friends 11:30 Setting up our lunch tables 2:00 Stretch & Flex with Gloria 2:30 Refreshment hour 4:00 Setting the tables for dinner 6:00 Relaxation in our parlor</p>	<p>10:00 Stretch & Breathe 11:00 Coffee with friends 11:30 Setting up lunch tables 2:30 Baking for our friends 3:00 Reading group w/ friends 4:00 Setting up our dining room 6:00 Relax with easy smooth jazz and chai tea</p> 	<p>10:00 Stretch & Flex with Gloria 11:00 Coffee and news 11:30 Set up our lunch tables 2:00 Jammin out to Jammin Jim 3:00 Refreshment hour and planning our next event 4:00 Set up for dinner 6:00 Zen moments</p>	<p>10:00 Wake & shake! 11:00 Coffee on the patio 11:30 Lunch room preparation 1:30 Keyboard by Jeri 2:00 Today in history 2:30 We create our own music!! 3:00 Refreshment 4:00 Dining room preparation 6:00 Easy listening music and aromatherapy</p>	<p>10:00 Move it! 11:00 Coffee and chat 2:00 Stretch and Flex with Gloria 2:30 Refreshment hour and coloring for a cause 4:00 Set up our dining room 6:00 Relax with friends</p>	<p>10:30 Coffee and news 11:30 Set up our lunch dining room 2:00 Bingo 3:00 Refresh me 4:00 Set up our dining room</p>
<p>10:00 Sunday social 11:00 Reading inspirational stories 11:30 Set up our lunch dining room 2:00 Worship with the Gaithers 3:00 Ring Toss 4:00 Set up for dinner 6:00 Relax in our parlor with a comedy and chamomile tea</p>	<p>10:00 Stretch up and stretch down! 11:00 Coffee and a card game 11:30 Setting our lunch tables 2:00 Stretch and Flex with Gloria 2:30 Refreshment hour and word games 4:00 Set up for our dining room 6:00 Aromatherapy and lavender tea</p>	<p>10:00 Stretch & Breathe 11:00 Coffee and chat 11:30 Setting up our lunch table 2:00 Montessori Bingo 3:00 Sharing occupational stories 4:00 Dinner table set up 6:00 Relax in our parlor with herbal tea and shortbread</p>	<p>10:00 Stretch & Flex with Gloria 11:00 A nosh with Coffee 11:30 Lunch table preparation 2:00 Happy November birthday with Jammin Jim 3:00 Refreshment hour 4:00 Table set up for dinner 6:00 Aromatherapy & relaxation</p>	<p>9:00 Thanksgiving day Parade 10:00 Coffee with thankful praise! 11:30 Setting up our Thanksgiving lunch tables 2:00 Arts/crafts 3:00 Healthy snack creations 4:00 Setting our dinner tables 6:00 Thankful moments</p>  <p>Thanksgiving Day (US)</p>	<p>10:00 Exercise and sing! 11:00 Coffee and event planning 11:30 Lunch preparation 2:00 Stretch and Flex with Gloria 2:30 David McAbee strolling guitar for our soul 3:00 Refreshments 4:00 Setting our dinner tables 6:00 Relaxation and pamper me</p>	<p>10:00 Stretch and Breathe 11:00 Sing a long to the oldies 2:00 Bingo 3:00 Refresh me 4:00 Set up our dining room</p>
<p>10:00 Sunday social 11:00 Reading inspirational quotes 11:30 Set up our lunch dining room 2:00 Worship with the Gaithers 3:00 Tic tac toe 4:00 Set up for dinner 6:00 Relax with herbal tea</p>	<p>10:00 Move and Groove 11:00 Coffee and news 1:30 Ceramics class with Deb 3:00 Stretch and Flex with Gloria 2:30 Refreshment hour & Resident committee 4:00 Set up for dinner 6:00 Zen moments</p> 	<p>10:00 Exercise to music 11:00 Coffee and brainstorming our Holiday events 11:30 Setting up our lunch table 2:00 Ring toss and tic tac toe 3:00 Let's do a little dance 4:00 Set up for dinner 6:00 Relax and enjoy some chamomile tea</p>	<p>10:00 Stretch & Flex with Gloria 11:00 Coffee and Reminisce 11:30 Lunch table preparation 2:00 Bowling with Mike 2:30 Refreshment hour 4:00 Dinner preparation 6:00 Zen moments</p>	 <h1>November</h1>		