
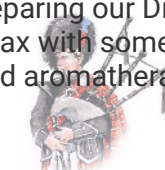




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		10:00 Chair Yoga <b>1</b> 10:30 Trivia with pictures 11:00 Refresh me 11:30 Set up our dining room for lunch 2:00 Bingo led by Trish 3:00 A game of concentration 4:00 Set up our dining room for dinner 6:00 Relax with music	10:00 Exercise with Deb <b>2</b> 10:30 Match the President 11:00 Refresh me 11:30 Set up our dining room for lunch 2:00 Thanksgiving craft 3:00 Reading group led by Diana 4:00 Set up our dining room for dinner 6:00 Aromatherapy & smooth jazz	10:00 Wake and Shake!! <b>3</b> 10:30 Roll the dice and say it twice! 11:00 Refresh me 11:30 Set up our dining room for lunch 2:00 Bowling with Steve 3:00 Bullseye 4:00 Set up our dining room for dinner 6:00 Zen moments	10:00 Stretch & Breathe <b>4</b> 10:30 Coffee with a view 11:00 Nature inspired chat 11:30 Set up our dining room for lunch 2:00 Take me out to the ballgame 3:00 Ice cream social in the Ice cream parlor 4:00 Clean up and set up the dining room 6:00 Relax with chamomile tea and soft music	10:00 Saturday social <b>5</b> 10:30 A cup of Joe 11:00 Inspirational quote of the day by Trish 11:30 Set up our dining room for lunch 2:00 A nice competitive game of Bingo! 3:00 Refreshments 4:00 Set up our dining room for dinner 6:00 Aromatherapy and soft music	
<b>Turn clocks back 1 hour</b> <b>6</b> 10:00 Sunday gathering 11:00 Refresh me 11:30 Set up the dining room for lunch 2:00 Worship with the Gaithers 3:00 Afternoon stretch then bowling! 3:30 Refreshments 4:00 Set up our dining room for dinner 6:00 Relax with a good movie  Daylight Saving Time Ends	10:00 Morning exercise with Emily and Deb <b>7</b> 10:30 Trish shares an inspirational quote over coffee 11:00 Bill goes over the afternoon activity 11:30 Set up our dining room for lunch 2:00 Crafty people talk turkey! 3:00 Personalizing our craft 4:00 Set up our dining room for dinner 6:00 Aromatherapy & soft music	10:00 Exercise with noodles <b>8</b> 10:30 Election day recap! 11:00 Refresh me 11:30 Set up the dining room for lunch 2:00 Tic tac toe and ring toss 3:00 Word games 4:00 Set up our dining room for dinner 6:00 Chill out with friends in the living room.  <b>ELECTION DAY</b>	10:00 Chair exercise <b>9</b> 10:30 Card games - gin rummy with Trish 11:00 Refresh me 11:30 Set up our dining room for lunch <b>2:00 Dance and Sing with Jammin Jim</b> 4:00 Set up our dining room for dinner 6:00 Relax with a comedy	10:00 Exercise with Deb <b>10</b> 10:30 Categories 11:00 Refresh me 2:00 Creating our Cornucopia 3:00 Share your favorite Thanksgiving memories 4:00 Set up our dining room for dinner 6:00 Zen moments	10:00 Chair Exercise <b>11</b> 10:30 A salute to our Veterans 11:00 Refresh me 2:00 A Veteran's Day celebration 4:00 Set up our dining room for dinner 6:00 Relax with friends  Veterans Day Remembrance Day (Canada)	10:00 Saturday social <b>12</b> 10:30 A cup of coffee please! 11:00 Inspirational quote of the day by Trish 11:30 Set up our dining room for lunch 2:00 A nice competitive game of Bingo! 3:00 Refreshments 4:00 Set up our dining room for dinner 6:00 Relax in our Parlor	
10:00 Sunday gathering <b>13</b> 11:00 Refresh me 11:30 Set up the dining room for lunch 2:00 Worship with the Gaithers 3:00 Afternoon stretch then bowling! 3:30 Refreshments 4:00 Set up the dining room for dinner 6:00 Relax with friends in the parlor and watch a comedy	10:00 Stretch and breathe <b>14</b> 10:30 Exercise your mind with thought provoking questions 11:00 A cup of Joe 11:30 Set up our dining room for lunch 2:00 Write a note, postcard or letter 3:00 Word in a word 4:00 Set up our dining room for dinner 6:00 Chamomile tea and aromatherapy	10:00 Scarf exercise <b>15</b> 10:30 Word games for a prize 11:00 Refresh me 11:30 Set up the dining room for lunch 2:00 Arts/crafts 3:00 Reading group 4:00 Set up our dining room for dinner 6:00 Aromatherapy and soft music	10:00 Noodle exercise <b>16</b> 10:30 Use your Noodle! 11:00 Refresh me! 11:30 Set up our dining room for lunch 2:00 Smoothie creations <b>3:00 Resident Committee - Our Sanctuary charity news</b> 4:00 Set up our dining room for dinner 6:00 Relax with friends	10:00 Char yoga <b>17</b> 10:30 Mind games 11:00 Refresh me 2:00 Favorite stuffing recipes - Stuffing or Dressing? 3:00 How can we create a recipe book? 4:00 Set up our dining room for dinner 6:00 Chamomile tea and aromatherapy	10:00 Scarf movement <b>18</b> 10:30 Holiday traditions 11:00 Refresh me 2:00 Bowling tournament - Team Steve and Team Trish 3:00 Refreshments 4:00 Set up our dining room for dinner 6:00 Easy listening 60's in the parlor	<b>10:00 Set up for music!</b> <b>19</b> <b>10:30 Diana entertains us!</b> 1:30 Tidy up our parlor 2:00 Saturday Bingo 3:00 Refreshments 4:00 Set up our dining room for dinner 6:00 Relax in the living room	
10:00 Sunday social <b>20</b> 11:00 Refresh me 11:30 Set up the dining room for lunch 2:00 Worship with the Gaithers 3:00 Afternoon stretch then Bowling! 3:30 Refreshments 4:00 Set up the dining room for dinner 6:00 Aromatherapy and 60's soft music	<b>10:15 Ceramics Class with Deb</b> <b>21</b> 11:30 Set up our Dining room 1:30 After lunch stretch 2:00 Bingo tournament 3:00 Refreshments 4:00 Set up our dining room for dinner 6:00 Relax with friends a spot of lavender tea.	10:00 Stretch & breathe <b>22</b> 10:30 An update about your charity 11:00 Refresh me 11:30 Set up the dining room for lunch <b>2:00 We are great cooks!!! Our favorite Stuffing/Dressing recipe</b> 3:00 Sharing our entree of stuffing 4:00 Set up our dining room for dinner 6:00 Chamomile tea and relaxation 	10:00 Exercise like a Scot!! <b>23</b> 10:30 A trip to Scotland!! 11:00 Homemade shortbread 1:30 Set up our music hall! <b>2:00 Diana entertains us!</b> 4:00 Preparing our Dining room 6:00 Relax with some soft music and aromatherapy 	9:00 The Macy's Thanksgiving Day Parade!!! <b>24</b> 10:00 Coffee with friends 11:00 Favorite Parade floats then and now 11:30 Set up our dining room for our Thank ful lunch 2:00 Thanksgiving movie and snacks 4:00 Set up our dining room for dinner 6:00 Relax after our busy day  Thanksgiving Day (US)	10:00 Exercise- football toss <b>25</b> 10:30 Do you have a favorite NFL or NCAA football team? 11:00 Refresh me 11:30 Set up our dining room for lunch <b>1:30 David McAbee strolling guitar for our soul</b> 2:00 Trivia about everything Football 3:00 Word game - Touchdown 4:00 Set up our dining room for dinner 6:00 Relax in our Parlor	10:00 Saturday Social <b>26</b> 10:30 What saturday cartoons were your favorites? 11:00 Refreshments 11:30 Set up our dining room for lunch 2:00 Saturday Bingo 3:00 Refreshments 4:00 Set up our dining room for dinner 6:00 Relax with a holiday movie	
10:00 Sunday social <b>27</b> 11:00 Refresh me 11:30 Set up the dining room for lunch 2:00 Worship with the Gaithers 3:00 Afternoon stretch then bowling! 3:30 Refreshments 4:00 Set up the dining room for dinner 6:00 Aromatherapy and smooth jazz	10:00 Exercise in nature <b>28</b> 10:30 I spy..... 11:00 Coffee with a view 11:30 Set up our dining room for lunch 1:30 After lunch stretch 2:00 Bingo tournament 3:00 Refreshments 4:00 Set up our dining room for dinner	10:00 Noodle ball exercise <b>29</b> 10:30 Finish the line 11:00 Coffee and a nosh 11:30 Set up our dining room for lunch <b>2:00 Planning our holiday event</b> 3:00 Trish reads us an inspirational quote 4:00 Set up our dining room for dinner 6:00 Soft music, aromatherapy and a comedy	10:00 Stretch and Breathe <b>30</b> 10:30 Sing a long to the oldies 11:30 Set up our dining room for lunch <b>2:00 Birthday Party - Dance and Sing with Jammin Jim</b> 4:00 Set up our dining room for dinner 6:00 Relax in our parlor with soft music	<b>Activities are subject to change</b>			 <b>November 2022</b> 