

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**



**Location Keys**

Cozy Cafe                      CC  
 Dining Room                      D  
 Library                      B  
 Lobby                      L

- ♥ Emotional
- 🌿 Environmental
- ⊗ Physical
- 🏠 Purposeful
- 👥 Social
- 🦋 Spiritual
- 🧩 Intellectual

**Resident Birthdays**

Bonnie G.	11/2	Bernice T.	11/18
Sheila O.	11/6	Judith F.	11/21
Irene K.	11/8	Eileen C.	11/30
Merryl F.	11/13	Cynthia K.	11/30
Aurita G.	11/16		

**Daylight Saving Time Begins** 5

**Go Fig-ure Day**

10:00 ♥ Positive/ Inspirational Quotes of the day  
 10:00 ♥ Songs of Inspiration  
 11:00 🦋 Catholic Communion Service  
 1:00 🎲 Bingo  
 2:00 🍷 Taste Testing: Fig  
 3:00 🧩 Wordle  
 6:00 🎬 Evening Cinema

**Hoops Day** 6

10:00 🧩 This Day In History  
 10:30 ⊗ Sing & Swing  
 11:00 🏠 Bayada Wellness Chat  
 1:00 ⊗ A Friendly Game of Basketball  
 2:00 🍷 Slam "Dunk": Cookies & Milk  
 3:00 🧩 Sudoku  
 6:00 🎬 Evening Bingo

**Election Day** 7

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Zumba w/ Ariella  
 11:00 🧩 Cranium Crunches  
 1:00 ♥ Recycle, Reuse, Reduce: Scarecrow Bottle Craft  
 2:00 🌿 Outing: Wal-Mart [L]  
 2:30 🎲 High Low Game  
 3:00 ⊗ At The Races  
 6:00 🦋 Bible Study

**World Kindness Day** 13

10:00 🧩 This Day In History  
 10:30 ⊗ Sing & Swing  
 11:00 ♥ Strange State Laws  
 1:00 🧩 Jeopardy  
 2:00 ♥ Kindness Candy Treats & Cards  
 3:00 🦋 Catholic Mass w/ Father  
 3:30 🏠 Hospitality Meeting  
 6:00 🎬 Evening Bingo

**Say "Cheese" Day** 20

10:00 🧩 This Day In History  
 10:30 ⊗ Sing & Swing  
 11:00 🧩 Did You Know?  
 1:00 ♥ A Picture Is Worth A Thousand Words  
 2:00 🍷 Cheese & "Wine" Pairing  
 3:00 ♥ Photo Shoot: Smile For The Camera  
 6:00 🎬 Evening Bingo

**Full Moon** 27

10:00 🧩 This Day In History  
 10:30 ⊗ Sing & Swing  
 11:00 ♥ Stars of Yesterday  
 1:00 🏠 Bingo Buyout  
 3:30 🎲 High Low Game  
 6:00 🎬 Evening Bingo

**Dr. Christiaan Barnard's Birthday** 8

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Yoga  
 11:00 ♥ Stories of Hope  
 1:00 ♥ Heart Craft  
 2:00 🍷 Heart Healthy Tips & Snacks  
 3:00 ♥ Gratitude Garland  
 6:00 🎬 Evening Karaoke

**Mum's The Word Day** 15

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Yoga  
 11:00 🧩 Finishing Lines  
 1:00 ♥ Autumn Artwork  
 2:00 ♥ Drama Club  
 3:00 ⊗ Bean Bag Toss  
 6:00 🎬 Evening Bingo

**Tie One On Day: The Apron** 22

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Yoga  
 11:00 🧩 Truth or Turkey Trivia  
 1:00 🏠 Baking w/ Ariella: Pumpkin Cookies [CC]  
 2:00 🧩 Thankful Word Minig  
 3:00 🧩 The Price Is Right: Thanksgiving Edition  
 6:00 🎬 Evening Bingo

**Birthdays Celebration** 29

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Yoga  
 11:00 ♥ Famous November Birthdays  
 1:00 🏠 Food Committee Meeting w/ Francis  
 1:30 ♥ Comedy Corner  
 2:00 🍷 Let Them Eat Cake: Birthday Celebration  
 3:00 ♥ Loretta Jackson (Musical Encounters) Performs [L]  
 6:00 🎬 Evening Bingo w/ Ms. Susie

**Mason Jar Day** 30

10:00 🧩 This Day In History  
 10:15 ⊗ Seated Exercise  
 10:45 🦋 Catholic Service  
 1:00 ♥ Echoes of Nature [L]  
 2:00 🧩 Word Games [L]  
 3:00 🧩 Bet You Didn't Know.... [L]

**National Cinnamon Day** 1

**Welcome November**

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Yoga  
 11:00 🧩 It Happened In November  
 1:00 🏠 Resident Council Meeting  
 2:00 🍷 A Taste of Cinnamon  
 3:00 🏠 Knitting/Crochet Club [B]  
 3:00 🧩 Welcome November Trivia  
 6:00 🎬 Evening Bingo

**World Freedom Day** 9

10:00 🧩 This Day In History  
 10:15 ⊗ Seated Exercise  
 10:45 🦋 Catholic Service  
 1:00 ♥ China Painting w/ Teri Koenig  
 2:00 🍷 Pre-Veterans Day Recognition  
 3:00 🧩 Freedom Word Games  
 3:00 🏠 Knitting/Crochet Club [B]  
 6:00 🎬 Evening Bingo w/ Ms. Susie

**Dutch American Heritage Day** 16

10:00 🧩 This Day In History  
 10:30 ⊗ Seated Exercise  
 11:00 🧩 Cranium Crunches  
 11:30 🍷 Harvest Luncheon [D]  
 1:00 🧩 DUTCH-categories  
 2:00 🍷 A Taste of The Netherlands  
 3:00 ♥ Armchair Travels: The Netherlands  
 3:00 🏠 Knitting/Crochet Club [B]  
 6:00 🎬 Evening Bingo w/ Ms. Susie

**Thanksgiving** 23

9:00 ♥ Macy's Day Parade on NBC  
 9:00 🧩 Thanksgiving Packets  
 11:30 🍷 Thanksgiving Luncheon [D]  
 12:30 🏠 Football Game: Green Bay Packers vs. Detroit Lions on FOX  
 3:00 ♥ Holiday Color Art  
 4:30 🍷 Football Game: Washington Commanders vs. Dallas Cowboys on CBS  
 6:00 🍷 Table Games, Puzzles, Cards  
 8:20 🏠 Football Game: San Francisco 49ers vs. Seattle Seahawks on NBC

**Leftovers Friday** 24

10:00 🧩 This Day In History  
 10:30 ♥ Friday Funnies/Fun Facts  
 11:00 ⊗ Tai Chi w/ Linda Kalb  
 1:00 🧩 Break The Code  
 2:00 🍷 Leftover Snacks Social  
 3:00 ♥ Music Appreciation & Mini Manicures  
 6:00 🎬 Evening Bingo w/ Ms. Beverly

**Sandwich Day** 3

10:00 🧩 This Day In History  
 10:30 ⊗ Stretch & Meditation  
 11:00 ♥ Friday Funnies/Fun Facts  
 1:00 ♥ Larry & Tony Perform [L]  
 2:00 🍷 Mini Sandwich Creations  
 3:00 ♥ Music Appreciation & Mini Manicures  
 6:00 🎬 Evening Bingo w/ Ms. Beverly

**Vanilla Cupcake Day** 10

10:00 🧩 This Day In History  
 10:30 ♥ Friday Funnies/Fun Facts  
 11:00 ⊗ Tai Chi w/ Linda Kalb  
 1:00 ♥ Baking w/ Ariella: The Classic Vanilla Cupcake [CC]  
 2:00 🍷 Very Vanilla Social  
 3:00 ♥ Music Appreciation & Mini Manicures  
 6:00 🎬 Evening Bingo w/ Ms. Beverly

**Homemade Bread Day** 17

10:00 🧩 This Day In History  
 10:30 ⊗ Stretch & Meditation  
 11:00 ♥ Friday Funnies/Fun Facts  
 1:00 ♥ Baking w/ Ariella: Pumpkin Quick Bread & Homemade Butter [CC]  
 2:00 🍷 Enjoy The Fruits of Your Labor: Pumpkin Bread & Butter [CC]  
 3:00 ♥ Music Appreciation & Mini Manicures  
 6:00 🎬 Evening Bingo w/ Ms. Beverly

**Bull's-Eye Day** 18

1:00 🏠 Living Longer & Stronger Through Nutrition & Wellness  
 1:00 ⊗ Target Practice [L]  
 2:00 🍷 Group Crossword Puzzle [L]  
 3:00 🎲 Bingo  
 3:45 ♥ Peabody Harmony Project [L]  
 6:00 ♥ Evening Cinema

**Got Milk? Day** 25

1:00 ⊗ Tic Tac  
 Putt Golf  
 2:00 🍷 Milk "Tasting" & Cookies  
 3:00 🎲 Bingo  
 6:00 ♥ Evening Cinema

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**Puttin' On The Ritz Day** 21

10:00 🧩 This Day In History  
 10:30 ⊗ Chair Zumba w/ Ariella  
 11:00 🧩 Thanksgiving A to Z  
 1:00 🧩 Thanksgiving Humor/Trivia  
 2:00 🌿 Outing: Library [L]  
 2:00 🍷 Puttin' On The Ritz Crackers Social  
 3:00 🍷 Turkey Foot Dominoes  
 6:00 🦋 Bible Study

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All activities are subject to change. Please check the whiteboard outside the Activity Room daily.