

NOVEMBER

you get what you give

2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|---|
| 31 | 1 10:30 Morning Coffee and paper 11-Balloon Toss Up 11:30 Body Focus 1-Fox Exercise 3- Crossword 6- Movie | 2 Election Day 10:30 Social 11-Chair Dancing 11:30 Crossword 1-Exercise 3- Word Games 6-Movie | 3 10:30 Morning Stretch 11 Motivation Moves 11:30 Body Focus 1:30 Crosswords 3- Wine Down 6- Movie | 4 10:30 Coffee And... 11- Motivation Moves 11:30 Body Focus 1:30 Bingo 3-Crossword 6- Movie | 5 10:30 Morning Salutations 11- Chair Dancing 11:30 Weight Up 1:30 Trivia 3- Wheel Of Fortune 6- Movie | 6 10:30 Yoga Stretch 11- Rhythm & Flow 11:30 Balloon Toss 1:30 Casino 3- Happy Hour 6- Movie |
| 7 Daylight Saving Time 10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Boscoe 3- Bingo 6-Movie | 8 10:30 Current Events 11- Group Social 11:30 Controlled Breathing 1- Fox Exercise Class 3- Word Games 6-Movie | 9 10:30 Yoga Stretch 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Wii Golf 3- Bingo 6- Movie | 10 10:30 Morning Mindfulness 11-Coffee and ... 11:30 Balloon Toss 1:30 History Trivia 3-Wine Down 6-Movie | 11 Veterans Day 10:30 Sit & Be Fit 11- Motivation Moves 11:30 Body Focus 1- Fox Exercise 3- Bingo 6- Movie | 12 10:30 Morning Coffee and paper 11-Balloon Toss Up 11:30 Body Focus 1-Monopoly 3- Crossword 6- Movie | 13 10:30 Morning Salutations 11- Chair Dancing 11:30 Weight Up 1:30 Trivia 3- Happy Hour 6- Movie |
| 14 10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Bingo 3- Hangman | 15 10:30 Sit & Be Fit 11- Yoga 11:30 Body Focus 1- Fox Exercise 2:30 Jay Daniels 6- Movie | 16 10:30 Morning Salutations 11- Chair Dancing 11:30 Weight Up 1:30 Trivia 3- Wheel Of Fortune 6- Movie | 17 10:30 Current Events 11- Group Social 11:30 Controlled Breathing 1:30 Bingo 3- Wine Down 6-Movie | 18 10:30 Yoga Stretch 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Wii Golf 3- Bingo 6- Movie | 19 10:30 Morning Mindfulness 11-Coffee and ... 11:30 Balloon Toss Up 1:30 History Trivia 3-Wii Trivia 6-Movie | 20 10:30 Morning Coffee and paper 11-Balloon Toss Up 11:30 Body Focus 1-Monopoly 3- Happy Hour 6- Movie |
| 21 10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Scrabble 3- Card games | 22 10:30 Yoga Stretch 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1-Fox Exercise 2:30 Nancy Wildma 6- Movie | 23 10:30 Sit & Be Fit 11- Motivation Moves 11:30 Body Focus 1:30 Scrabble 3- Bingo 6- Movie | 24 10:30 Morning Mindfulness 11-Coffee and ... 11:30 Balloon Toss Up 1:30 History Trivia 3-Wine Down 6-Movie | 25 Thanksgiving 10- Coffee and.. 10:30 Body Focus 11- Balloon Toss 1:30 Bingo 3-Crossword 6-Movie | 26 10:30 Current Events 11- Group Social 11:30 Controlled Breathing 1- Fox Exercise Class 3- Word Games | 27 10:30 Morning Salutations 11- Chair Dancing 11:30 Bingo 1:30 Trivia 3- Happy Hour 6- Movie |
| 28 10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Jeopardy 3- Pool 6- Movie | 29 10:30 Sit & Be Fit 11- Motivation Stretch 11:30 Body Focus 1- Fox Exercise 3- Bingo 6- Movie | 30 10:30 Current Events 11- Group Social 11:30 Controlled Breathing 1:30 Word Search 3- Word Games 6-Movie | 1 | 2 | 3 | 4 |