

November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Dining</p> <p>Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 4:30 P.M. Evening Refreshments 7:00 P.M.</p>	<p>Program Locations: If unmarked, Town Square (TS) CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen</p>				<p>1 10:00 Lower Body Focus 11:00 Pictionary <i>11:00 Classic Sounds DR</i> 1:30 Chip Ames 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>2 10:00 Morning Exercise 11:00 Television Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>
<p>3 Daylight Savings 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Kick Through 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>4 10:00 Using Weights 11:00 Find the Word 1:30 Basketball 2:00 Java Music 3:00 Watercolors 3:30 Fast Facts: Harvest <i>6:00 Travelogues: The Midwest</i></p>	<p>5 Election Day 10:00 Cardio 10:30 Balance <i>10:30 Sensory Screens</i> 11:00 Buried Treasure 1:30 Cooking with Jen CCK 2:00 Bocce 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>6 10:00 Stretch & Shape 11:00 Sounds Like 1:30 Zoom In 2:00 Gratitude Tree 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>7 10:00 Dance to Fitness 11:00 20 Questions 1:30 ZUMBA 1:30 ALZ Community Walk 3:00 Activity Tables 6:00 Movement with Shay</p>	<p>8 10:00 Lower Body Focus 11:00 Proverbs <i>11:00 Classic Sounds DR</i> 1:30 Honoring our Veterans 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>9 ALZ Walk in Hartford 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>
<p>10 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Kick Through 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>11 Veteran's Day 10:00 Using Weights 11:00 Memory Tray 1:30 Basketball 2:00 Java Music 3:00 Zen Tangles 3:30 Fast Facts: States <i>6:00 Travelogues: National Parks</i></p>	<p>12 10:00 Cardio 10:30 Balance <i>10:30 Sensory Screens</i> 11:00 Jeopardy 1:30 Cooking with Jen CCK 2:00 We Eat! 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>13 World Kindess Day 10:00 Stretch & Shape 11:00 Dad Jokes 1:30 Larry Batter 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>14 Pickle Day 10:00 Dance to Fitness 11:00 Word Ladder 1:30 Table Cards 2:00 Cornhole 3:00 Activity Tables 6:00 Movement with Shay</p>	<p>15 10:00 Lower Body Focus 11:00 Name Five <i>11:00 Classic Sounds DR</i> 1:30 EVENT 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>16 10:00 Morning Exercise 11:00 Television Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>
<p>17 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Kick Through 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>18 10:00 Using Weights 11:00 Spell It 1:30 Basketball 2:00 Java Music 3:00 Watercolors 3:30 Fast Facts: Actors <i>6:00 Travelogues: Hollywood</i></p>	<p>19 10:00 Cardio 10:30 Balance <i>10:30 Sensory Screens</i> 11:00 Pass the Hat 1:30 Cooking with Jen CCK 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>20 10:00 Stretch & Shape 11:00 Scattergories 1:30 What I Know About You 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>21 10:00 Dance to Fitness 11:00 Fill in The Blank 1:30 ZUMBA 2:00 I Know About You 3:00 Activity Tables 5:00 Support Group 6:00 Movement with Shay</p>	<p>22 10:00 Lower Body Focus on C&B <i>11:00 Classic Sounds DR</i> 12:00 Thanksgiving Luncheon 2:00 Finish the Phrases 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>23 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>
<p>24 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Kick Through 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>25 10:00 Using Weights 11:00 Rhymes With 1:30 Basketball 2:00 Java Music 3:00 Table Toppers 3:30 Fast Facts: Maple Syrup <i>6:00 Travelogues: Canada</i></p>	<p>26 10:00 Cardio 10:30 Balance <i>10:30 Sensory Screens</i> 11:00 Spell It! 1:30 Cooking with Jen CCK 2:00 Card Race 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>27 10:00 Stretch & Shape 11:00 THANKFUL Words 1:30 ZUMBA 2:00 Quirkle 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>28 Thanksgiving 10:00 Dance to Fitness 11:00 Name that Tune 1:30 Junk Draw 3:00 Activity Tables 6:00 Movement with Shay</p>	<p>29 10:00 Lower Body Focus 11:00 Brain Games <i>11:00 Classic Sounds DR</i> 1:30 Mickey Wyllys 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>30 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>

All programming is subject to change to suit the needs of the community and our residents.