

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

			Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social	1 10:15 Chair Tai Chi & Qigong 11:00 Card Games & Coloring 2:00 Balloon Toss 4:00 Music with "Dan the Man" 7:30 Boston Bruins VS. Toronto Maple Leafs (TV Ch.36) Happy Birthday Larry	2 10:00 Painting with Leonie 2:00 Lets Get Crafty: Autum Craft 4:00 Sunroom Social Happy Birthday Jean Clough	3 10:00 "The Rosary" (TV Ch. 138) 2:00 BINGO 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) 7:00 Boston Bruins VS. Detroit Red Wings (TV Ch.38)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 11:00 Music with Dawana Hammers 1:00 Game Day: NE Patriots VS. Washington Commanders (TV Ch.6) 2:00 BINGO 3:00 Let's Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	5 10:15 Seated Mindful Meditation 11:00 Words Starting with Letter "N" 2:00 Movie Monday: Just Getting Started 4:00 Sunroom Social 8:00 Boston Bruins VS. Dallas Stars (TV Ch.38)	6 10:15 DrumFIT 11:30 Lunch Outing: Seafood Sam's 2:00 Higher Roller Dice Game 4:00 Sunroom Social Happy Birthday Ted & Jaqueline	7 Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social	8 10:15 Chair Tai Chi & Qigong 11:00 Scrabble 2:00 Reiki with Susan Lee Nolan 3:00 Meet the Doctors- Veritas Direct Care 4:00 Sunroom Social 7:00 Boston Bruins VS. NY Islanders (TV Ch.38)	9 10:15 Morning Mingle with Coffee and Donuts to Celebrate our Vets! 11:00 BINGO 2:00 Lets Get Crafty: Autum Craft 4:00 Sunroom Social	10 10:00 "The Rosary" (TV Ch. 138) 2:00 BINGO 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) 7:00 Boston Bruins VS. Montreal Canadiens (TV Ch.38) Veterans Day Remembrance Day (Canada)
9:00 Sunday Morning (TV Ch.4) 9:30 Game Day: NE Patriots VS. Indianapolis Colts (TV Ch. 5) 10:00 Catholic Mass (TV Ch.138) 2:00 BINGO 3:00 Let's Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	12 10:15 Seated Mindful Meditation 11:00 Word within a Word 2:00 Movie Monday: A Beautiful Day in the Neighborhood 4:00 Sunroom Social	13 10:00 Veterans Coffee 10:15 DrumFIT 11:00 Higher Roller Dice Game 2:00 Documentary: Celebrating the History & Traditions of Thanksgiving w Dave Stotts 4:00 Sunroom Social 7:00 Boston Bruins VS. Buffalo Sabers (TV Ch.38)	14 Hair Salon and Manicure Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social Happy Birthday Maria	15 10:15 Chair Tai Chi & Qigong 11:00 Putt Putt Golf 2:00 Balloon Toss 4:00 Sunroom Social	16 10:15 Seated Weight Training 11:00 BINGO 2:00 Lets Get Crafty: Autum Craft 4:00 Sunroom Social Happy Birthday Pandy	17 10:00 "The Rosary" (TV Ch. 138) 2:00 BINGO 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) 7:00 Boston Bruins VS. Montreal Canadiens (TV Ch.38)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 2:00 BINGO 3:00 Let's Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	19 10:15 Seated Mindful Meditation 11:00 Year of Invention Game 2:00 Movie Monday: The Pink Panther 4:00 Sunroom Social 7:00 Boston Bruins VS. Tampa Bay Lightning (TV Ch.38) Happy Birthday Carmela	20 10:15 DrumFIT 11:00 Higher Roller Dice Game 2:00 Documentary: The Real Story of Thanksgiving 4:00 Sunroom Social Happy Birthday Ryan	21 Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social 7:00 Boston Bruins VS. Florida Panthers (TV Ch.39)	22 9:00 The 97th Annual Macy's Day Parade (TV Ch. 10) 12:30 Traditional Thanksgiving Dinner Happy Thanksgiving! Thanksgiving Day (US)	23 10:15 Seated Weight Training 11:00 BINGO 1:00 Boston Bruins VS. Detroit Red Wings (TV Ch.38) 2:00 Lets Get Crafty: Beading 4:00 Sunroom Social	24 10:00 "The Rosary" (TV Ch. 138) 1:00 Boston Bruins VS. NY Rangers (TV Ch.38) 2:00 BINGO 3:00 Specialty Cheese Tasting from Around the World with Paula 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 1:00 Game Day: NE Patriots VS. NY Giants (TV Ch.6) 2:00 BINGO 3:00 Let's Stretch 4:00 Lighting of the Littlest Christmas Tree 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	26 10:15 Seated Mindful Meditation 11:00 Word within a Word 2:00 Movie Monday: Breakfast at Tiffany's 4:00 Lighting of the Giants 7:00 Boston Bruins VS. Columbus Blue Jackets (TV Ch.38) Happy Birthday Janet	27 10:15 DrumFIT 11:00 Higher Roller Dice Game 2:00 Armchair Travel: Autumn in Rural America 4:00 Sunroom Social Resident Meeting	28 Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social Happy Birthday Judy	29 10:15 Chair Tai Chi & Qigong 11:00 Interfaith Service with Evelyn 2:00 Chair Zumba 4:00 Sunroom Social 7:00 Boston Bruins VS. San Jose Sharks (TV Ch.38) Happy Birthday Mikayla & Melissa & Madison		