

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2024

Activities Are Subject To Change

						9:30- Morning Uplifts <b>1</b> 10:00 – Daily Chronicles 10:30 – National Geographics 11:00- Coloring Fest 1:00- Relaxation Station 2:00- Snack and Chat 3:30- <b>Happy Hour</b>	10:00 - Weekend Workout <b>2</b> 11:00 - Coloring w/ Friends 1:00 - Variety Puzzle Play 2:00 – Daily Chronicles 3:30 - Open Recreation 4:30 - Saturday Cinema
10:00 - Hand Massages <b>3</b> 11:00 - Sunday Worship Sing Alongs 1:00 - Sunday Uplifts Social 3:30 – <b>Sing-A-Long</b> <b>With James Coates</b>  <b>National Sandwich Day</b>  <small>Daylight Saving Time Ends</small>	9:30- Muscle Monday’s <b>4</b> 10:30- Daily Chronicle’s 11:00- Creative Corner 1:00- Relaxation Station 2:00- Manicure Massage Monday’s 4:00- <b>Pet Therapy</b>	9:30- Toe Tapping Tuesday <b>5</b> 10:00- National Geographic 11:00- Snack and Chat 1:00- Relaxation Station 2:00- Word Games 3:00- “Chicken Soup for the Soul” Open Discussion	9:30- Workout Wednesdays <b>6</b> 10:00- Daily Chronicle’s 11:00- Snacks in the Garden <b>Peanut Butter Lovers Month</b> 1:00- Relaxation Station 2:30- Bingo 3:30- <b>National Nacho Day</b>	9:30- Garden Upkeep <b>7</b> 10:00- National Geographic 11:00- Fun with Flowers 1:30- Relaxation Station 2:30- Crossword Trivia 3:30- Movie Cinema	9:30- Morning Uplifts <b>8</b> 10:00 – Daily Chronicles 10:30 – National Geographics 11:00- Coloring Fest 1:00- Relaxation Station 2:00- Snack and Chat 3:30- <b>Happy Hour</b> <b>National Cappuccino Day</b>	<small>Diwali (Hindu)</small>	10:00 - Weekend Workout <b>9</b> 11:00 - Coloring w/ Friends 1:00 - Variety Puzzle Play 2:00 – Daily Chronicles 3:30 - Open Recreation 4:30 - Saturday Cinema
10:00 - Hand Massages <b>10</b> 11:00 - Sunday Worship Sing Alongs 1:00 - Sunday Uplifts Social Hour 3:30 – Spiritual Coloring 4:30 -Movie Maitinee	9:30- Muscle Monday’s <b>11</b> 10:30- Daily Chronicle’s 11:00- Creative Corner 1:00- Relaxation Station 2:00- Manicure Massage Monday’s 4:00- <b>Honor Veterans Day</b>  <small>Veterans Day Remembrance Day (Canada)</small>	9:30- Toe Tapping Tuesday <b>12</b> 10:00- National Geographic 11:00- Snack and Chat 1:00- Relaxation Station 2:00- Word Games 3:00- <b>National Pizza Day</b>	9:30- Workout Wednesdays <b>13</b> 10:00- Daily Chronicle’s 11:00- Snacks in the Garden 1:00- Relaxation Station 2:30- Bingo 3:30- <b>Sing-A-Long</b>	9:30- Garden Upkeep <b>14</b> 10:00- National Geographic 11:00- Fun with Flowers 1:30- Relaxation Station 2:30- Crossword Trivia 3:30- Movie Cinema <b>Lunch Bunch</b>	9:30- Morning Uplifts <b>15</b> 10:00 – Daily Chronicles 10:30 – National Geographics 11:00- Coloring Fest 1:00- Relaxation Station 2:00- Snack and Chat 3:30- <b>Happy Hour</b>		10:00 - Weekend Workout <b>16</b> 11:00 - Coloring w/ Friends 1:00 - Variety Puzzle Play 2:00 – Daily Chronicles 3:30 - Open Recreation 4:30 - Saturday Cinema
10:00 - Hand Massages <b>17</b> 11:00 - Sunday Worship Sing Alongs 1:00 - Sunday Uplifts Social Hour 3:30 – Spiritual Coloring 4:30 -Movie Maitinee	9:30- Muscle Monday’s <b>18</b> 10:30- Daily Chronicle’s 11:00- Creative Corner 1:00- Relaxation Station 2:00- Manicure Massage Monday’s 4:00- <b>Pet Therapy</b>	9:30- Toe Tapping Tuesday <b>19</b> 10:00- National Geographic 11:00- Snack and Chat 1:00- Relaxation Station 2:00- <b>Baking Sensation</b> 3:00- “Chicken Soup for the Soul” Open Discussion	9:30- Workout Wednesdays <b>20</b> 10:00- Daily Chronicle’s 11:00- Snacks in the Garden 1:00- Relaxation Station 2:00- <b>Coastal Bell Singers</b> 3:30- Dear Santa Letter	9:30- Garden Upkeep <b>21</b> 10:00- National Geographic 11:00- Fun with Flowers 1:30- Relaxation Station 2:30- Crossword Trivia 3:30- Movie Cinema <b>Family Night 4p-6p</b> <b>Thanksgiving Dinner</b>	9:30- Morning Uplifts <b>22</b> 10:00 – Daily Chronicles 10:30 – National Geographics 11:00- Coloring Fest 1:00- Relaxation Station 2:00- Snack and Chat 3:30- <b>Happy Hour</b>		10:00 - Weekend Workout <b>23</b> 11:00 - Coloring w/ Friends 1:00 - Variety Puzzle Play 2:00 – Daily Chronicles 3:30 - Open Recreation 4:30 - Saturday Cinema
10:00 - Hand Massages <b>24</b> 11:00 - Sunday Worship Sing Alongs 1:00 - Sunday Uplifts Social Hour 3:30 – Spiritual Coloring 4:30 -Movie Maitinee	9:30- Muscle Monday’s <b>25</b> 10:30- Daily Chronicle’s 11:00- Creative Corner 1:00- Relaxation Station 2:00- Manicure Massage Monday’s 4:00- <b>Pet Therapy</b>	9:30- Toe Tapping Tuesday <b>26</b> 10:00- National Geographic 11:00- Snack and Chat 1:00- Relaxation Station 2:00- Word Games 3:00- “Chicken Soup for the Soul” Open Discussion	9:30- Workout Wednesdays <b>27</b> 10:00- Daily Chronicle’s 11:00- Snacks in the Garden 1:00- Relaxation Station 2:30- Bingo 3:30- <b>Sing-A-Long</b>	9:30- Garden Upkeep <b>28</b> 10:00- National Geographic 11:00- Fun with Flowers 1:30- Relaxation Station 2:30- Crossword Trivia 3:30- Movie Cinema <b>Banana Pudding Month</b>	9:30- Morning Uplifts <b>29</b> 10:00 – Daily Chronicles 10:30 – National Geographics 11:00- Coloring Fest 1:00- Relaxation Station 2:00- Snack and Chat 3:30- <b>Happy Hour</b>	<small>Thanksgiving Day</small>	10:00 - Weekend Workout <b>30</b> 11:00 - Coloring w/ Friends 1:00 - Variety Puzzle Play 2:00 – Daily Chronicles 3:30 - Open Recreation 4:30 - Saturday Cinema