



Sunday

Monday

Tuesday

Wednesday






Thursday

Friday

Saturday

# November 2024

## Health & Wellness

**Dimensions of**  
**Wellness**  
**Physical**  
  
**Mental/**  
**Emotional**  
  
**Spiritual**  
  
**Social**  
  
**Intellectual**  
  
**Environmental**  


					<p>9 Senior's strength 10 Flexibility 11 Silver sneakers 130 Standing balance 230 Senior's strength/ Flexibility</p> <p><small>Diwali (Hindu)</small></p>	<p>1 2</p> <p><i>Live your life and forget your age!</i></p>
<p>9 Senior's strength 10 Pelvic Floor Exercise Program (sign up REQ.) 11 Parkinson's Program 130 Standing balance 230 Hand massage in the Garden Room</p>	<p>4 9 Flexibility 11 Silver sneakers 130 Reiki Appointments 230 One on Ones</p>	<p>5 9 Senior's strength 1030 Resident Meeting 11 Parkinson's Program 130 Standing balance</p>	<p>6 9 Flexibility 10 Slips, Trips and Falls Presentation 1030-12 Tele Rehab 130 Standing Balance 230 Hand massage in the Garden Room</p>	<p>7 9 Senior's strength 10 Daycare Visit 130 Standing balance 230 Senior's strength/ Flexibility</p>	<p>8</p> <p><b>Lymphatic Massage with Geca. See Raileigh to book your appointment!</b></p>	
<p><b>STAT</b></p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>11 9 Flexibility 11 Out of office, SS cancelled 130 Yin Yoga 230 One on Ones</p>	<p>12 9 Senior's strength 10 Pelvic Floor Exercise Program (sign up REQ.) 11 Parkinson's Program 130 Standing balance</p>	<p>13 9 Flexibility 1030-12 Tele Rehab (sign up REQ.) 130 Standing Balance 230 Hand massage in the Garden Room</p>	<p>14 9 Senior's strength 10 Flexibility 11 Christmas Farmers Market 130 Standing balance 230 Senior's strength/ Flexibility</p>	<p>15</p> <p><i>Age is something that does not matter... unless you are cheese!</i></p>	<p>16</p>
<p>9 Senior's strength 10 Pelvic Floor Exercise Program (sign up REQ.) 11 Parkinson's Program 130 Standing balance 230 Hand massage in the Garden Room</p>	<p>18 9 Flexibility 10 Death Café 130 Yin Yoga 230 One on Ones</p>	<p>19 9 Senior's strength 10 Pelvic Floor Exercise Program (sign up REQ.) 11 Parkinson's Program 130 Standing balance</p>	<p>20 9 Flexibility 1030-12 Tele Rehab (sign up REQ.) 130 Standing Balance 230 Hand massage in the Garden Room</p>	<p>21 9 Senior's strength 10 Daycare Visit 130 Standing balance 230 Senior's strength/ Flexibility</p>	<p>22</p> <p><i>Age is not 'lost youth' but a new stage of opportunity and strength!</i></p>	<p>23</p>
<p>9 Senior's strength 10 Pelvic Floor Exercise Program (sign up REQ.) 11 Parkinson's Program 130 Standing balance 230 Hand massage in the Garden Room</p>	<p>25 9 Flexibility 11 Silver sneakers 130 Yin Yoga 230 One on Ones</p>	<p>26 9 Senior's strength 10 Pelvic Floor Exercise Program (sign up REQ.) 11 Parkinson's Program 130 Standing balance</p>	<p>27 9 Flexibility 1030-12 Tele Rehab (sign up REQ.) 130 Standing Balance 230 Hand massage in the Garden Room</p>	<p>28 9 Senior's strength 10 Flexibility 11 Silver sneakers 130 Standing balance 230 Senior's strength/ Flexibility</p>	<p>29</p> <p><i>Life and aging are the greatest gifts that we could possibly ever have!</i></p>	<p>30</p>

\*\*\*Calendar is subject to change\*\*\*

Thanksgiving Day