

November 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUBJECT TO CHANGE

There is an appointment sheet for nail care on the ACTIVITY OFFICE window. Each spot is 15 minutes. If you require fingers and toes this will be 30 minutes and please mark off 2 time slots.

<p style="text-align: right;">1</p> <p>10 Standing Balance 11 Silver Sneakers 1 Remembrance Day Craft with Lynn 2:30 Nail Care 4 Catholic Services</p>	<p style="text-align: right;">2</p> <p>1:30 Chair Yoga 2:30 Words That Start With N</p>
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3	4	5	6	7	8	9
<p>1:30 Silver Sneakers 2:30 Connect 4</p>	<p>10 Standing Balance 11 Shuffleboard 1 Bingo with 50/50 3 Coffee and Conversation 3:45 Tele Rehab Check In</p>	<p>10 Hand Strength with Flexibility 11 Resident Meeting 1 Tenant and Personal Liability Protection and Personal Cyber Threat Insurance Presentation 2:30 Hand Massage 3:45 Tele Rehab Check In</p>	<p>10 Senior Strength (Bands) 11 Silver Sneakers 1 Remembrance Day Craft with Lynn 2:30 Billiards 6-8 Letter Writing Club with Cassie</p>	<p>10 Hand Strength with Flexibility 11 Nail Care 1 Golden Rewards Pop-Up Shop 2:30 Happy Hour with Cribbage 3:45 Tele Rehab Check In</p>	<p>10 Standing Balance 11 Silver Sneakers 1 Remembrance Day Craft with Lynn 2:30 Tele Rehab 2:30 JW Bible study 4 Catholic Services</p>	<p>1:30 Drum Fit 2:30 Words in a Word</p>
10	11	12	13	14	15	16
<p>1:30 Silver Sneakers 2 Pet Visit with Blue</p>	<p style="text-align: center; color: purple;">No Admin Staff on Site</p> <p style="text-align: center;">Remembrance Day</p>	<p>10 Hand Strength with Flexibility 11 Uptown Errands 1 Library Club 2:30 Hand Massage 3:45 Tele Rehab Check In</p>	<p>10 Senior Strength (Weights) 11:30 Lunch Out at the Bighorn 2 Ice Cream Social 3:45 Tele Rehab Check In</p>	<p>10 Hand Strength with Flexibility 11 Nail Care 1 Tourism Center VR Dinosaur Experience 2:30 Happy Hour with Yahtzee 3:45 Tele Rehab Check In</p>	<p>10 Farewell Party for Karen 1 Mindful Movement with Kelly 2:30 Tele Rehab 2:30 JW Bible study 4 Catholic Services</p>	<p>1:30 Axe Throwing 2:30 Giant Jenga</p>
17	18	19	20	21	22	23
<p>1:30 Silver Sneakers 2:30 Board Games- Residents Choice</p>	<p>10 Standing Balance 11 Name that Tune/ Sing Along 1 Bingo with 50/50 3 Coffee and Conversation 3:45 Tele Rehab Check In</p>	<p>10 Hand Strength with Flexibility 11 Uptown Errands 1 Library Club 2:30 Hand Massage 3:45 Tele Rehab Check In</p>	<p style="color: red;"><i>Happy Birthday Jim!</i></p> <p>10 Senior Strength (Joint Rotation) 11 Silver Sneakers 1 Friends and Food 2:30 Billiard 6-8 Letter Writing Club with Cassie</p>	<p style="color: red;"><i>Happy Birthday Mary!</i></p> <p>10 Hand Strength with Flexibility 11 Nail Care 2:30 Happy Hour with Pass The Canvas 3:45 Tele Rehab Check In</p>	<p>10 Standing Balance 11 Silver Sneakers 1 Crochet Club 2:30 Tele Rehab 2:30 JW Bible study 4 Catholic Services</p>	<p>1:30 Ladder Ball 2:30 Wheel of Fortune</p>
24	25	26	27	28	29	30
<p>1:30 Silver Sneakers 2:30 Darts</p>	<p>10 Standing Balance 11 Let's Go for a Drive 1 Bingo with 50/50 3 Coffee and Conversation 3:45 Tele Rehab Check In</p>	<p>10 Hand Strength with Flexibility 11 Uptown Errands 1 Library Club 2:30 Hand Massage 3:45 Tele Rehab Check In</p>	<p style="text-align: center; color: orange; font-weight: bold;">Fall Festival</p> <p>11:30 Residents Come to the Dining Room 1:30 Music by Dahlia Wakefield 3:45 Tele Rehab Check In</p>	<p>10 Hand Strength with Flexibility 11 Nail Care 1:30 Pet Visit with Coco 2:30 Happy Hour with Cribbage 3:45 Tele Rehab Check In</p>	<p>10 Standing Balance 11 Silver Sneakers 1 Acrylic Painting with Beth 2:30 Tele Rehab 2:30 JW Bible study 4 Catholic Services</p>	<p>1:30 Corn Hole 2:30 Word Association Game</p>