



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November 2017</h1> <h2>Memory Lane</h2> <h3>Arcadia Gardens Retirement Hotel</h3>			9:30 Exercise <b>1</b> 10:00 Mystery Bus Tour 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise <b>2</b> 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	<u><b>Favorite character Friday / popcorn &amp; a Summer movie</b></u> <b>3</b>  9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Planting Flowers In Our Garden	9:30 Bowling <b>4</b> 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
:00 Light & Lively Stretches <b>5</b> 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle <b>6</b> 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Fall Crafts 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle <b>7</b> 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Garden social 4:00 Chair Basketball Fun	9:30 Exercise <b>8</b> 10:30 Gentle Tai Chi 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise <b>9</b> 10:00 Bead Making 10:30 Accordion with Helen 11:30 August Crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie	<u><b>Favorite character Friday / popcorn &amp; a Disney movie</b></u> <b>10</b> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Chalk Art In Our Garden	9:30 Bowling <b>11</b> 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations  <div>Veterans Day (US) Remembrance Day (Canada)</div>
:00 Light & Lively Stretches <b>12</b> 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle <b>13</b> 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle <b>14</b> 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Garden social 4:00 Chair Basketball Fun	9:30 Exercise <b>15</b> 10:0 Mystery Bus Tour 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise <b>16</b> 10:00 Bead Making 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Air Balloon Tennis 6:00 Movie	<u><b>Wear Green Friday/Nature Walk in Garden</b></u> <b>17</b> 9:30 Movin' n Groovin' 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Planting Flowers In Our Garden	9:30 Bowling <b>18</b> 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing
9:00 Light & Lively Stretches <b>19</b> 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle <b>20</b> 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Scripture Reading 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle <b>21</b> 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Garden social 4:00 Chair Basketball Fun	9:30 Exercise <b>22</b> 10:30 Gentle Tai Chi 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise <b>23</b> 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Fall Art 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie  <div>Thanksgiving Day (US)</div>	<u><b>Wear Yellow or Orange Friday</b></u> <b>24</b> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 In Our Garden	9:30 Air Balloon Tennis <b>25</b> 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing
9:00 Light & Lively Stretches <b>26</b> 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle <b>27</b> 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle <b>28</b> 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Garden social 4:00 Chair Basketball Fun	9:30 Exercise <b>29</b> 10:30 Gentle Tai Chi 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise <b>30</b> 10:00 Bead Making 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Air Balloon Tennis 6:00 Movie	 <p><i>Thankful and grateful today &amp; every day Happy Thanksgiving</i></p> 