

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Hello November

9:30 Morning chair exercise **1**
10:00 DIY door hangers (Halloween)
3:00 Good Time Social
4:30 Movie

10:00 Gratitude Readings **2**
10:30 Gentle Chair Exercise
1:00 Social Time
3:00 Coloring
4:00 Movie

10:00 Nail Art Makeovers **3**
1:30 Social Time
3:00 Bowling
5:00 Movie

Favorite Character Friday **4**
Comedy Movie
9:30 Flower Art
10:30 Catch and Throw
1:30 Basketball
3:00 Social Time
5:00 Movie

:30 Bingo **5**
10:00 Toss the Ball
2:30 Saturday Day Live
3:00 Colorful Creations
5:00 Musical Memories

9:00 Light & Lively Stretches **6**
10:00 Singing Songs of Spirit
1:30 Social Time
2:30 Basketball
3:00 In the News
5:00 Movie Time

10:00 Bingo **7**
10:30 Gentle Chair Exercise
2:30 Musical Memories
3:00 Seasonal Crafts
5:00 Movie

10:00 Arcadia Daily Chronicle **8**
10:30 Colorful Seasonal Day Creations
3:00 Good Time Social
4:30 Movie

9:30 Gentle Chair Exercise **9**
10:00 Painting Group
1:00 Social Time
3:00 Coloring
4:00 Movie.

9:30 Gentle Chair Exercise **10**
10:00 Hand Pampering
3:00 Bowling
5:00 Movie

Favorite Character Friday **11**
Comedy Movie
9:30 Outdoor Workout
10:00 Dessert Crafts
1:30 Basketball
3:00 Social Time
5:00 Movie

9:30 Gentle Chair Exercise **12**
10:30 DIY (Thanksgiving craft)
2:30 Saturday Day Live
3:00 Colorful Creations
5:00 Musical Memories

Daylight Saving Time Ends

Veterans Day
Remembrance Day (Canada)

9:00 Light & Lively Stretches **13**
10:00 Singing Songs of Spirit
1:30 Social Time
2:30 Basketball
3:00 In the News
5:00 Movie Time

10:00 Bingo **14**
10:30 Gentle Chair Exercise
2:30 Musical Memories
3:00 Seasonal Crafts
5:00 Movie

9:30 Morning chair exercise **15**
10:00 DIY door hangers (Thanksgiving)
3:00 Good Time Social
4:30 Movie

9:30 Gentle Chair Exercise **16**
10:00 Ball Toss
1:00 Social Time
3:00 Coloring
4:00 Movie.

9:00 Outdoor Walk **17**
10:00 Hand Pampering
3:00 Bowling
5:00 Movie

Favorite Character Friday **18**
Comedy Movie
9:30 Gentle Chair Exercise
10:00 Paint Group
1:30 Basketball
3:00 Social Time
5:00 Movie

9:30 Morning Workout **19**
10:00 Toss the Ball
2:30 Saturday Day Live
3:00 Colorful Creations
5:00 Musical Memories

9:00 Light & Lively Stretches **20**
10:00 Singing Songs of Spirit
1:30 Social Time
2:30 Basketball
3:00 In the News
5:00 Movie Time

10:00 Bingo **21**
10:30 Gentle Chair Exercise
2:30 Musical Memories
3:00 Seasonal Crafts
5:00 Movie

9:30 Morning chair exercise **22**
10:00 Crafts
3:00 Good Time Social
4:30 Movie

9:30 Outdoor walk **23**
10:00 Ball Toss
1:00 Social Time
3:00 Coloring
4:00 Movie.

9:30 Chair Exercises **24**
10:00 Nail Art Makeovers
1:30 Social Time
3:00 Bowling
5:00 Movie

Favorite Character Friday **25**
Comedy Movie
9:30 Music Workout
10:00 Sensory Crafts
1:30 Basketball
3:00 Social Time
5:00 Movie

9:30 Outdoor Walk **26**
10:30 Toss the Ball
2:30 Saturday Day Live
3:00 Colorful Creations
5:00 Musical Memories

Thanksgiving Day (US)

9:00 Light & Lively Stretches **27**
10:00 Singing Songs of Spirit
1:30 Social Time
2:30 Basketball
3:00 In the News
5:00 Movie Time

10:00 Bingo **28**
10:30 Gentle Chair Exercise
2:30 Musical Memories
3:00 Seasonal Crafts
5:00 Movie

9:30 Morning chair exercise **29**
10:00 DIY door hangers (Halloween)
3:00 Good Time Social
4:30 Movie

9:30 Outdoor walk **30**
10:00 Ball Toss
1:00 Social Time
3:00 Coloring
4:00 Movie.

November 2022

Add a title or monthly theme here.