

| SUNDAY                                                                                                                                                                                                                                          | MONDAY                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                           | SATURDAY                                                                                                                                                                                                                                                                       |
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| <b>Honoring Veterans</b>                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                            |                                                                                                                                                                                                        | <b>Happy Thanksgiving</b>                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                |
| <b>9:30am: Sunday Stretch Fitness Class</b><br>10am: Daily Chronicles<br>11am: Sunday Worship<br>1:00pm: Scenic Drive<br>2:00pm - iN2L - Trivia<br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>3</b>  | 9:30am: Morning Fitness: Move & Groove<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br>2:00pm - <b>(WU) Creating Cornbread</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>5:15pm - Monday Night Football <b>4</b>                                           | 9:30am: Morning Fitness: Fit & Flex<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br>1:00pm: VR - Nature Exploration<br>2:00pm - <b>Happy Hour **</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>5</b>                             | 9:30am: Morning Fitness: Breathwork<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - The Price is Right<br>1:00pm: Floral Designing<br>2:00pm - Short Stories/ Brain Games<br>3:00pm - <b>(WU) Line Dancing</b><br>4:00pm - VR - Let's Travel<br>5:30pm - Cornhole Toss <b>6</b>          | 9:30am: Morning Fitness: Sit & Stretch<br>10am: Daily Chronicles<br>11am: Noodle-cise<br>1:00pm: <b>iN2L</b> - DID You Know?<br>2:00pm - <b>(WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - This Day In History<br>6:30pm - Sensory and Reminiscence <b>7</b>                       | 9:30am: Chair Zumba<br>10:00am: Reminiscing - <b>iN2L</b><br>11:00am: <b>(WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>5:30pm - Friday Night Matinee <b>1</b>  | 9:30am: Morning Fitness: Yoga<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - Water Color Painting<br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lakeside Stroll<br>4:00pm - Rick Steve's Travel<br>5:30pm - Saturday Night Cinema <b>2</b>  |
| <b>9:30am: Sunday Stretch Fitness Class</b><br>10am: Daily Chronicles<br>11am: Sunday Worship<br>1:00pm: Scenic Drive<br>2:00pm - iN2L - Trivia<br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>10</b> | <b>Happy Veterans Day</b><br>9:30am: Morning Fitness: Move & Groove<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: <b>(WU) Brown Betty's Bakeoff</b><br>2:00pm - <b>Veterans Day Celebration</b><br>3:00pm - Trivial Pursuit<br>4:00pm - Afternoon Stroll<br>5:15pm - Monday Night Football <b>11</b> | 9:30am: Morning Fitness: Fit & Flex<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br>1:00pm: VR - Nature Exploration<br>2:00pm - <b>Jets, Sips, and Dips **</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>12</b>                  | 9:30am: Morning Fitness: Breathwork<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - The Price is Right<br>1:00pm: Floral Designing<br>2:00pm - Short Stories/ Brain Games<br>3:00pm - <b>(WU) Line Dancing</b><br>4:00pm - VR - Let's Travel<br>5:30pm - Cornhole Toss <b>13</b>         | 9:30am: Morning Fitness: Sit & Stretch<br><b>10am: Oakland Aviation Museum Outing</b><br>11am: Noodle-cise<br>1:00pm: <b>iN2L</b> - DID You Know?<br>2:00pm - <b>(WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - This Day In History<br>6:30pm - Sensory and Reminiscence <b>14</b> | 9:30am: Chair Zumba<br>10:00am: Reminiscing - <b>iN2L</b><br>11:00am: <b>(WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>15</b> | 9:30am: Morning Fitness: Yoga<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - Water Color Painting<br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lakeside Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>16</b> |
| <b>9:30am: Sunday Stretch Fitness Class</b><br>10am: Daily Chronicles<br>11am: Sunday Worship<br>1:00pm: Scenic Drive<br>2:00pm - iN2L - Trivia<br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>17</b> | 9:30am: Morning Fitness: <i>Move &amp; Groove</i><br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br>2:00pm <b>(WU) The Art of Bread Baking</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>5:15pm - Monday Night Football <b>18</b>                            | 9:30am: Morning Fitness: Fit & Flex<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br>1:00pm: <b>VR</b> - Nature Exploration<br>2:00pm - <b>Happy Hour **</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>19</b>                     | 9:30am: Morning Fitness: Breathwork<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - The Price is Right<br>1:00pm: Floral Designing<br>2:00pm - <b>Birthday Celebration</b><br>3:00pm - <b>(WU) Line Dancing</b><br>4:00pm - <b>VR</b> - Let's Travel<br>5:30pm - Cornhole Toss <b>20</b> | 9:30am: Morning Fitness: Sit & Stretch<br>10am: Daily Chronicles<br>11am: Noodle-cise<br>1:00pm: <b>iN2L</b> - DID You Know?<br>2:00pm - <b>(WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - This Day In History<br>6:30pm - Sensory and Reminiscence <b>21</b>                      | 9:30am: Chair Zumba<br>10:00am: Reminiscing - <b>iN2L</b><br>11:00am: <b>(WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>22</b> | 9:30am: Morning Fitness: Yoga<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - Water Color Painting<br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lakeside Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>23</b> |
| <b>9:30am: Sunday Stretch Fitness Class</b><br>10am: Daily Chronicles<br>11am: Sunday Worship<br>1:00pm: Scenic Drive<br>2:00pm - iN2L - Trivia<br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>24</b> | 9:30am: Morning Fitness: Move & Groove<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br>1:30pm: <b>Dancing with Danny **</b><br>2:00pm - <b>(WU) Family Recipes</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>5:15pm - Monday Night Football <b>25</b>      | 9:30am: Morning Fitness: Fit & Flex<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br>1:00pm: <b>VR</b> - Nature Exploration<br>2:00pm <b>(WU) Making Native Bead-work</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - <b>Thanksgiving Dinner</b><br>6:00pm - Television Classic's <b>26</b> | 9:30am: Morning Fitness: Breathwork<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - The Price is Right<br>1:00pm: Floral Designing<br>2:00pm - Short Stories/ Brain Games<br>3:00pm - <b>(WU) Line Dancing</b><br>4:00pm - <b>VR</b> - Let's Travel<br>5:30pm - Cornhole Toss <b>27</b>  | 9:30am: Morning Fitness: Sit & Stretch<br>10am: Daily Chronicles<br>11am: Noodle-cise<br>1:00pm: <b>iN2L</b> - DID You Know?<br>2:00pm - <b>(WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - This Day In History<br>6:30pm - Sensory and Reminiscence <b>28</b>                      | 9:30am: Chair Zumba<br>10:00am: Reminiscing - <b>iN2L</b><br>11:00am: <b>(WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>29</b> | 9:30am: Morning Fitness: Yoga<br>10am: Daily Chronicles<br>11am: <b>iN2L</b> - Water Color Painting<br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lakeside Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>30</b> |

# NOVEMBER 2024



### ACTIVITY LOCATOR KEY

**\*All activities are subject to change**

**WU** - Watermark University  
**iN2L** - It's Never too late activity program  
**VR** - Virtual Reality  
**\*\*** - Live Music

**Happy Birthday**  
 Teresa S. - 11/05  
 Joan S. - 11/20  
 Colette M. - 11/28

**Thanksgiving Dinner**  
 Join us for a warm and festive Thanksgiving dinner, where we come together to celebrate our gratitude with delicious food and joyful moments.

**Special Events**  
 Dementia Support Group  
**2nd Thursday @ 4:30PM**  
 Fall Garden Concert Series  
**Thursday 11/21 @ 5PM**