



November 2023



Daily Activities

Newsworthy
Current Events

Walker's Club
Neighborhood Strolls

Thinking & Doing
Cognitive Exercises

Musical Moments
Interactive Entertainment

Fitness Activity
Stretching & Strength

Creative Arts
Artistic Expression

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>DÍA DE LOS MUERTOS</p>		 <p>VETERANS DAY HONORING ALL WHO SERVED</p>		1 Día de los Muertos 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Gardening 1:00 Cardio Workout 2:00 Día de los Muertos Art Project 3:30 BINGO 6:00 Silver Screen Features Uncle Jack	2 Let Them Eat Cake Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk or Scenic Bus Ride 11:00 Board Games For Wellness 1:00 Feel Good Workout 2:00 TV Family Feud Show 3:00 Cake and Coffee Social 3:30 Who Am I? 6:00 Silver Screen Feature Friendsgiving	3 Toss About Day 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Name 3: Alabama, Alaska, Arizona 1:00 Ball Tossing Game 2:00 Remembering the Marching Band 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features Steel Magnolias	4 Parachute Fun 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Soccer Ball 1:00 Parachute 2:00 Reminiscing: Sweater Weather 3:00 Dessert and Coffee Social 3:30 Puzzles 4:00 Deacon Salvador Communion 6:00 Silver Screen Features Walton's, The Thanksgiving
				5 Fall-Back Daylight Saving 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Televised Sunday Service 1:00 Kicks and Crunches 2:00 Fall in Love Wreath 3:00 Dessert and Coffee Social 3:30 Gold Swings 6:00 Silver Screen Features Charlotte's Web	6 Travelogue 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Bean Bag Toss 1:00 Travelogue: England 2:00 Fun Ball Game/Dominos 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features My Big Fat Greek Wedding	7 Election Day Musical Tuesday 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Swaying to Music 1:00 Prepare to Sew Games 2:00 Guess the Song 3:00 Dessert and Coffee Social 3:30 Family Feud 6:00 Silver Screen Features Planes Trains and Automobile	8 Spa Manicures 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club Spa Manicures 11:00 Table Tennis 2:00 Bowling Match 2:00 Love on a Leash 3:30 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features Adams Family Values
12 Paddle Ball 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Televised Sunday Service/Hymns 1:00 Paddle Ball 2:00 Visit CANADA 3:00 Dessert and Coffee Social 3:30 Sing Along Famous Historical Figures 6:00 Silver Screen Features Under the Tuscan Sun	13 Movement Monday 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Horseshoes 1:00 Zumba 2:00 Poker Masterpiece Flowers of the Month 3:00 Dessert & Coffee Social 3:30 BINGO 6:00 Silver Screen Features Encanto	14 Men's Luncheon Music with Kerry Powell 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Arts and Crafts 12:00 Men's Luncheon 1:00 Bean Bag Toss 2:00 Music with Kerry Powell 3:00 Dessert and Coffee Social 3:30 Volleyball 6:00 Silver Screen Features Field of Dreams	15 Gardening 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Gardening 1:00 Bowling 2:00 Card Games 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features The Original Batman	16 Cotton Candy Creations 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Nature Walk or Scenic Bus Ride 11:00 Puzzles and Board Games 1:00 Making Cotton Candy 2:00 The Prize is Right 3:00 Dessert and Coffee Social 3:30 Pamper Me Lovely 6:00 Silver Screen Feature Residents Choice	17 I Love to Write Day 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Garden Art 1:00 Short Stories 2:00 Tic Tac Toe 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features Beaches	18 Sing a Song Saturday 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Puzzles and Blocks 1:00 Table Tennis 2:00 Sing Along Saturday 3:00 Dessert and Coffee Social 3:30 Crossword Puzzles 4:00 Deacon Salvador Communion 6:00 Silver Screen Features 50 First Dates	
19 Bible Study Sunday 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Televised Sunday Service 1:00 Autumn Crafts 2:00 Bowling 3:00 Dessert and Coffee Social 3:30 Card Games 6:00 Silver Screen Features The Jazz Singer	20 Red Hat Tea Society 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Relaxation Spa 1:00 Brain Storm 2:00 Red Hat Tea Society 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features Top Hat	21 Women's Luncheon Music with Myrome Frame 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruits and Coffee Social 10:30 Walker's Club 11:00 Tossing Game 12:00 Women's Luncheon 1:00 Murder Mystery Games 2:00 Music with Myrome Frame 3:00 Dessert and Coffee Social 3:30 Fruit Dish Painting 6:00 Silver Screen Features Hair Spray	22 Love on a Leash 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Modern Jeopardy 1:00 Pamper Me Lovely Senior Yoga 2:00 Love on a Leash 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Features Foot Loose	23 Happy Thanksgiving! 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruits and Coffee Social 10:30 Walker's Club or Scenic Bus Ride 11:00 Thanksgiving Parade 1:00 Salsa Work Out 2:00 Thanksgiving Trivia 3:00 Reminiscing Good Times 6:00 Silver Screen Features The Sound of Music	24 Nature is Art Day 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club or Scenic Bus Ride 11:00 Flower Arranging 1:00 Body and Mind Exercise 2:00 Stunning Fall Trees Project 3:00 Dessert and Coffee Social 3:30 BINGO 6:00 Silver Screen Feature Coco	25 Soccer Saturday 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 What Are You Thankful For? 1:00 Soccer 2:00 Fun Facts About November 3:00 Dessert and Coffee Social 4:00 Deacon Salvador Communion 6:00 Silver Screen Feature The Adventures of Sawyer	
26 Casablanca's Anniversary 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Televised Sunday Service 1:00 Tap and Clap Workout 2:00 Guess the Tune 3:00 Dessert and Coffee Social 3:30 Fun Board Games 6:00 Silver Screen Features Casablanca	27 Over the Bridge Band Full Moon Day 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Ring Toss 1:00 Golf Puck 2:00 Over the Bridge Band 3:00 Full Moon Facts 3:30 BINGO 6:00 Silver Screen Features Enchanted	28 Puzzles & Prizes Day Birthday Party 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Connect 4 1:00 Volleyball 2:00 Scrabble 3:00 Birthday Party Social 3:30 Outdoor Games 6:00 Silver Screen Features Jorge of the Jungle	29 Music with Mark Mayville Lemon Cream Pie Day 8:30 Today's Current Events 9:15 ActivFit Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club 11:00 Outside Garden Poetry 1:00 Ring Toss 2:00 Music with Mark Mayville 3:00 Lemon Cream Pie Social 3:30 BINGO 6:00 Silver Screen Features Beethoven	30 Crazy Hat Day 8:30 Today's Current Events 9:15 Good Morning Exercise 10:00 Fruit & Coffee Social 10:30 Walker's Club or Scenic Bus Ride 11:00 Creating Crazy Hats 1:00 Word Games 2:00 Fitness Class 3:00 Dessert and Coffee Social 3:30 Scrambled Words 6:00 Silver Screen Features Journey to the Center of the Earth	 <p>HAPPY THANKSGIVING</p>		

SPECIAL EVENTS

November 11
Veterans Day

November 23
Happy Thanksgiving

November 28
Birthday Party

