

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2018 Waltonwood University Assisted Living				10:30 Morning Stretch 1 11:15 Hot Chocolate Social 1:30 Trivia 2:30 Five Card Flip 3:45 Fitness Class w/Lisa	10:30 Morning Stretch 2 11:00 Name 10 2:30 Bingo 3:00 Fancy Nails 6:30 Smooth Jazz Hour	10:30 Morning Stretch 3 11:00 Toss and Talk 2:30 Music with Joel 4:15 Essential Oil Hand Massages 6:30 Dick Van Dyke The Show
10:30 Morning Stretch 4 11:30 Catholic Service in IL 3:15 Sundaes on A Sunday 4:00 Walks Around Waltonwood 6:30 Movie Daylight Saving Time Ends	10:30 Morning Stretch 5 11:15 UNO 1:30 Cooking Rice Crispy 4:00 Roll a Number	10:30 Morning Stretch 6 11:15 Card Bingo 1:30 Trivia 3:45 Fitness Class w/Lisa 6:30 I Love Lucy The Show	10:30 Morning Stretch 7 11:15 Wii Bowling 1:30 Bingo 2:45 Fall Wreath Craft 4:00 Wheel of Fortune	10:30 Morning Stretch 8 11:30 Veterans Celebration on IL 2:30 Five Card Flip 3:45 Fitness Class w/ Lisa 6:30 The Andy Griffith Show	10:30 Morning Stretch 9 10:30 Music with Christine 1:30 Ceramic Leaf Painting 2:30 Bingo 3:00 Fancy Nails 6:30 Smooth Jazz Hour	10:30 Morning Stretch10 11:00 Trivia 1:30 Tissue Paper Trees 4:15 Essential Oil Hand Massages 6:30 Dick Van Dyke The Show
10:30 Morning Stretch 11 11:30 Catholic Service in IL 3:15 Sundaes on A Sunday 4:00 Walks Around Waltonwood 6:30 Movie Veterans Day (US) Remembrance Day (Canada)	10:30 Morning Stretch12 11:15 UNO 1:30 Cooking Chicken fried Rice 4:00 Roll A Number	10:00 Morning Stretch 13 10:30 Great lakes Crossing Walk 2:00 Card Bingo 3:45 Fitness Class w/Lisa 6:30 I Love Lucy The Show	10:30 Morning Stretch14 11:15 Wii Bowling 1:30 Bingo 2:45 Canvas Painting 4:00 Wheel of Fortune	10:30 Morning Stretch 15 11:15 Resident Council 2:00 Music with Jesus 2:30 Five Card Flip 3:45 Fitness Class w/Lisa 6:30 The Andy Griffith Show	10:30 Morning Stretch16 11:00 Noodle Hockey 2:00 Bingo 3:00 Fancy Nails 6:30 Smooth Jazz Hour	10:30 Morning Stretch 17 11:00 Toss and Talk 2:30 Music with Jim 1:30 Paper Plate Turkey 4:15 Essential Oil Hand Massages 6:30 Dick Van Dyke The Show
10:30 Morning Stretch 18 11:30 Catholic Service in IL 3:15 Sundaes on A Sunday 4:00 Walks Around Waltonwood 6:30 Movie	10:30 Morning Stretch19 11:15 UNO 2:30 Bobby On Guitar 4:00 Roll A Number	10:00 Morning Stretch 20 10:30 Lunch at Olive Garden 2:00 Card Bingo 3:45 Fitness Class w/Lisa 6:30 I Love Lucy The Show	10:30 Morning Stretch21 11:00 Ceramic Vase decoration 2:00 Carol jean 3:00 Hand Massages 4:00 Wheel of Fortune	Thanksgiving Day 22 10:00 Morning Stretch 11:00 Five Card Flip 1:30 Thanksgiving Trivia 6:30 The Andy Griffith Show Thanksgiving Day (US)	10:30 Morning Stretch23 11:00 Bunko 2:30 Birthday Bash Music with Kelly 6:30 Smooth Jazz Hour	10:30 Morning Stretch 24 11:00 Trivia 1:30 Water Color Painting 4:15 Essential Oil Hand Massages 6:30 Dick Van Dyke The Show
10:30 Morning Stretch 25 11:30 Catholic Service in IL 3:15 Sundaes on A Sunday 4:00 Walks Around Waltonwood 6:30 Movie	10:30 Morning Stretch26 11:00 UNO 1:30 Cooking Apple Crisp 4:00 Roll A Number	10:00 Morning Stretch27 10:30 Bowling 2:00 Card Bingo 3:45 Fitness Class w/Lisa 6:30 I Love Lucy The Show	10:30 Morning Stretch28 11:15 Wii Bowling 1:30 Bingo 3:15 Popsicle Stick Scarecrow 4:00 Wheel of Fortune	10:30 Morning Stretch 29 11:15 Hot Chocolate Social 1:30 Grand Traverse Pie Co. 2:30 Five Card Flip 3:45 Fitness Class w/ Lisa 6:30 The Andy Griffith Show	10:30 Morning Stretch30 11:00 Balloon Volleyball 2:00 Bingo 3:00 Fancy Nails 6:30 Smooth Jazz Hour	November Birthdays! 23 rd Connie