


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>A MEMORY SUPPORT COMMUNITY</div> <div>295 Lafayette Rd. Rye, NH 03870 (603) 379-1898</div>		<div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>CE Continuing Education</div><div>LL Lifestyle & Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div>	Healthy Snacks & Hydration offered throughout each day!		<div>9:30 Friday Fitness 1</div> <div>10:00 Hello November!</div> <div>11:00 Flying Frisbee</div> <div>1:30 Strength Training with Ashley</div> <div>3:00 Bingo!</div> <div>6:00 Friday Night Movie</div>	<div>9:30 Light and Lively 2</div> <div>10:00 Build a Word Tree</div> <div>11:00 Give Me a Letter</div> <div>1:30 Saturday Stretches</div> <div>2:00 Pampering Time</div> <div>3:00 Caps for Kids</div> <div>6:00 Hand Massages</div>
<div>Daylight Saving Time Begins 3</div> <div>9:30 Morning Wake Up Stretch</div> <div>10:00 Sunday Funny Papers</div> <div>11:00 Sunday Service</div> <div>1:30 Tai Chi</div> <div>3:30 Entertainment Josef Nocera</div> <div>6:00 Hallmark TV</div>	<div>9:30 Moving on Monday 4</div> <div>10:00 All Scrambled Up</div> <div>11:00 Going Through Hoops</div> <div>1:30 Chair Yoga</div> <div>2:00 Art in the Afternoon</div> <div>6:00 Evening Reading</div>	<div>Election Day 5</div> <div>9:30 Light and Lively</div> <div>10:00 Trivial Trivia</div> <div>11:00 Techie Tuesday</div> <div>1:30 Stretching in the Afternoon</div> <div>2:00 Reminisce Voting Tales</div> <div>3:00 Something's Brewing</div> <div>6:00 Hallmark Movie</div>	<div>9:30 Wake Up Wednesdays 6</div> <div>10:00 Traveling Troubadours</div> <div>10:00 Word Play</div> <div>11:00 Bean Bag Basket</div> <div>1:30 Working Out with Kayla</div> <div>3:00 What's the Story of the Photo?</div> <div>6:00 Classic TV Time</div>	<div>9:30 Move and Groove 7</div> <div>10:00 Mind Joggers</div> <div>11:00 Noodle Polo</div> <div>1:30 Chair Dancing</div> <div>2:00 Art Therapy</div> <div>3:00 Project Linus</div> <div>4:00 Walking the Distance</div> <div>6:00 Hand Massages</div>	<div>9:30 Friday Fit as a Fiddle 8</div> <div>10:00 Scattagories</div> <div>11:00 It's a Toss Up</div> <div>1:30 Strengthen and Tone with Ashley</div> <div>3:30 Entertainment Billy Glynn</div> <div>6:00 Friday Night at the Movies</div>	<div>9:30 Let's Move and Groove 9</div> <div>10:00 What is in the Word?</div> <div>11:00 What Can You Do?</div> <div>1:30 Stretching Time</div> <div>2:00 I'm Thinking of a Number</div> <div>3:00 What is Cho Han?</div> <div>6:00 Evening Reading</div>
<div>9:30 Sunday Stretches 10</div> <div>10:00 Music Therapy</div> <div>11:00 Church Service</div> <div>1:30 Tai Chi</div> <div>2:00 Pampering Time</div> <div>6:00 Classic TV Time</div>	<div>Veterans Day 11</div> <div>9:30 We are Light and Lively</div> <div>10:00 Mining Our Words</div> <div>11:00 Twenty-one Gun Salute</div> <div>1:30 Afternoon Slow Stretch</div> <div>2:00 Army vs Navy Shuffle Board</div> <div>3:00 Build Your Sundae</div> <div>6:00 Monday Musicals</div>	<div>9:30 Making the Morning Moves 12</div> <div>10:00 What's that Smell?</div> <div>11:00 Corn Hole</div> <div>1:30 Chair Dancing</div> <div>2:00 Techie Tuesday</div> <div>3:30 Entertainment John and Linda</div> <div>6:00 Chicken Soup for the Soul</div>	<div>9:30 Wednesday Workout 13</div> <div>10:00 On the Road Again</div> <div>10:00 Who Am I?</div> <div>11:00 Flying Frisbee</div> <div>1:30 Strengthen and Tone</div> <div>3:30 Entertainment Duke Snyder</div> <div>6:00 Evening Readings</div>	<div>9:30 Move to the Music 14</div> <div>10:00 Word Detective</div> <div>11:00 Categories</div> <div>1:30 Chair Yoga</div> <div>2:00 Oodles of Doodles</div> <div>3:00 Art Therapy</div> <div>6:00 Laughter is the Best Medicine</div>	<div>9:30 Moving in the Morning 15</div> <div>10:00 What's the Missing Number?</div> <div>11:00 Tapping to the Beat</div> <div>1:30 A Good Build Up with Ashley</div> <div>3:00 Bingo!</div> <div>6:00 Aromatherapy</div>	<div>9:30 Morning Stretch 16</div> <div>10:00 What Am I?</div> <div>11:00 What Can You Do?</div> <div>1:30 Chair Waltzing</div> <div>2:00 Name That Tune</div> <div>3:00 Manicures and a Movie</div> <div>6:00 Saturday Evening T.V Time</div>
<div>9:30 Moving and Grooving 17</div> <div>10:00 Sunday Funny Papers</div> <div>11:00 Sunday Devotions</div> <div>1:30 Easy Does It Stretches</div> <div>2:00 Art in the Afternoon</div> <div>3:00 What Do You See?</div> <div>6:00 Poetry</div>	<div>9:30 Monday Morning Moves 18</div> <div>10:00 Wacky Wordies</div> <div>11:00 Volley Ball Toss</div> <div>1:30 Chair Dancing</div> <div>2:00 Mandala Monday</div> <div>6:00 Classic T.V</div>	<div>9:30 Moving to the Beat 19</div> <div>10:00 Baking with Brenda</div> <div>11:00 Measuring Up</div> <div>1:30 Stretch and Flex</div> <div>2:00 Jewelry and Gems</div> <div>3:30 Entertainment Ramblin' Richard</div> <div>6:00 Evening Readings</div>	<div>9:30 Light and Lively 20</div> <div>10:00 Mining Our Words</div> <div>10:00 Taking it Outdoors</div> <div>11:00 Bean Bag Basket</div> <div>1:30 Strength Building with Kayla</div> <div>3:30 Entertainment Journey Song</div> <div>6:00 Hand Massages</div>	<div>9:30 Move to the Music 21</div> <div>10:00 What's that Smell?</div> <div>11:00 Church Services</div> <div>1:30 Tapping to the Beat</div> <div>2:00 Art Therapy and Apronology</div> <div>6:00 Aromatherapy</div>	<div>9:30 Fitness Friday 22</div> <div>10:00 Name It!</div> <div>11:00 Big Ball Soccer</div> <div>1:30 Fab Friday Fitness with Ashley</div> <div>3:00 Bowling Bash</div> <div>6:00 Friday Night at the Movies</div>	<div>9:30 Saturday Morning Stretches 23</div> <div>10:00 Jeopardy</div> <div>11:00 Categories Toss Up</div> <div>1:30 Slow Chair Dancing</div> <div>2:00 What's the Missing Number?</div> <div>6:00 Classic TV Time</div>
<div>9:30 We are Light and Lively 24</div> <div>10:00 Word Play</div> <div>11:00 Sunday Church Service</div> <div>1:30 Tai Chi</div> <div>2:00 Gems and Jewelry and Pretty Things</div> <div>6:00 Sunday Movie</div>	<div>9:30 Making the Moves on Monday 25</div> <div>10:00 It's Trivial</div> <div>11:00 Bean Bag Toss</div> <div>1:30 Afternoon Stretches</div> <div>2:00 Art with Joe</div> <div>3:30 Entertainment Sunshine Singers</div> <div>6:00 Hallmark TV</div>	<div>9:30 Movin' and Groovin' 26</div> <div>10:00 Pies in the Sky</div> <div>11:00 Noodle Polo</div> <div>1:30 Chair Yoga</div> <div>2:00 Taste and Tell with Chef Rob</div> <div>6:00 Evening Reading</div>	<div>9:30 Wake Up Wednesdays 27</div> <div>10:00 Out and About</div> <div>10:00 Word Detective</div> <div>11:00 Turkey Toss</div> <div>1:30 Weights on Wednesday with Kayla</div> <div>3:00 Who's in the Kitchen?</div> <div>6:00 Classic TV Time</div>	<div>Thanksgiving 28</div> <div>9:30 Let's Move to the Beat</div> <div>10:00 All Scrambled Up</div> <div>11:00 Scattagories</div> <div>1:30 Thanksgiving Day Stretch</div> <div>2:00 Thanksgiving Day Reminisce</div> <div>6:00 Holiday Movie</div>	<div>9:30 Fabulous and Fit on Friday 29</div> <div>10:00 Shopping Trivia</div> <div>11:00 Yobigo!</div> <div>1:30 Strength Building with Ashley</div> <div>3:00 Discussion: Black Friday</div> <div>6:00 Laughter is the Best Medicine</div>	<div>9:30 Moving in the Morning 30</div> <div>10:00 Word Building</div> <div>11:00 What Can You Do?</div> <div>1:30 Slow Stretching</div> <div>2:00 The "Bear" Necessities</div> <div>6:00 Hallmark Movie</div>