


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<p>1.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Pilgrims 1:00 ~ Kenmore Community Church 2:30 ~ Continuing Education "The History of the Holidays"</p>	<p>2.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ What's For Dinner? 1:30 ~ Drum Therapy 3:00 ~ BINGO</p>	<p>3.</p> <p>8:30 ~ Morning Social 10:00 ~ Chair Exercise 10:00 ~ Catholic Services 11:00 ~ Celebrity Tic-Tac-Toe 1:30 ~ Journal Club 3:00 ~ Giving Thanks</p>	<p>4.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ History of Thanksgiving 1:30 ~ Crossword Puzzles 2:30 ~ Movie ~ "Tower Heist"</p>	<p>5.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Gone Fishin' 1:30 ~ Art 2:30 ~ Music with Ted Pickett</p>	<p>6.</p> <p>10:00 ~ Exercise 11:00 ~ Travelogue 1:00 ~ Manicures 3:00 ~ Colorama</p>
<p>7.</p> <p>10:00 ~ Spiritual Hour 11:00 ~ Travelogue 1:30 ~ Creative Art 3:00 ~ Individual Social Time</p>	<p>8.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Cranium Crunches 1:00 ~ Kenmore Community Church 2:30 ~ Continuing Education "How the Earth was Made"</p>	<p>9.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Thanksgiving Traditions 1:30 ~ FlexBands with Music 3:00 ~ BINGO</p>	<p>10.</p> <p>8:30 ~ Morning Social 10:00 ~ Chair Exercise 10:00 ~ Catholic Services 11:00 ~ Poetry 1:30 ~ Journal Club 3:00 ~ Painting</p>	<p>11.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Celebrity Tic-Tac-Toe 1:30 ~ Flag Art 3:00 ~ Veteran's Day Celebration</p>	<p>12.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Where Were You Born? 1:30 ~ History 3:00 ~ Movie & Sundaes "Adams Family Values"</p>	<p>13.</p> <p>10:00 ~ Exercise 11:00 ~ Travelogue 1:00 ~ Manicures 3:00 ~ Colorama</p>
<p>14.</p> <p>10:00 ~ Spiritual Hour 11:00 ~ Travelogue 1:30 ~ Creative Art 3:00 ~ Individual Social Time</p>	<p>15.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Poetry 1:00 ~ Kenmore Community Church 2:30 ~ Continuing Education "America ; The Story of Us" prt 1</p>	<p>16.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Thanksgiving Trivia 1:30 ~ Drum Therapy 3:00 ~ Bingo</p>	<p>17.</p> <p>8:30 ~ Morning Social 10:00 ~ Chair Exercise 10:00 ~ Catholic Services 11:00 ~ Name That Tune 1:30 ~ Journal Club 3:00 ~ Turkey Art</p>	<p>18.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Did You Know? 2:00 ~ Movie ~ "Free Birds"</p>	<p>19.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ The Day You Were Born 1:30 ~ Celebrity Tic-Tac-Toe 3:00 ~ BINGO</p>	<p>20.</p> <p>10:00 ~ Exercise 11:00 ~ Travelogue 1:00 ~ Manicures 3:00 ~ Colorama</p>
<p>21.</p> <p>10:00 ~ Spiritual Hour 11:00 ~ Travelogue 1:30 ~ Creative Art 3:00 ~ Individual Social Time</p>	<p>22.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Who am I? 1:00 ~ Kenmore Community Church 2:30 ~ Continuing Education "America: The Story of Us" prt 2</p>	<p>23.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Feather Art 1:30 ~ FlexBands with Music 3:00 ~ BINGO</p>	<p>24.</p> <p>8:30 ~ Morning Social 10:00 ~ Chair Exercise 10:00 ~ Catholic Services 11:00 ~ Play It By Ear 1:30 ~ Journal Club 2:30 ~ Movie ~ "The Big Chill"</p>		<p>26.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Trivia 1:30 ~ Name That Tune 3:00 ~ November Birthday Party</p>	<p>27.</p> <p>10:00 ~ Exercise 11:00 ~ Travelogue 1:00 ~ Manicures 3:00 ~ Colorama</p>
<p>28.</p> <p>10:00 ~ Spiritual Hour 11:00 ~ Travelogue 1:30 ~ Creative Art 3:00 ~ Individual Social Time</p>	<p>29.</p> <p>8:30 ~ Morning Social 10:00 ~ Bending and Stretching 11:00 ~ Something We Don't Know 1:00 ~ Kenmore Community Church 2:30 ~ Continuing Education "America ; The Story of US" prt 3</p>	<p>30.</p> <p>8:30 ~ Morning Social 10:00 ~ Lite Weights 11:00 ~ Christmas Lights 1:30 ~ Drum Therapy 3:00 ~ BINGO</p>				<p>All activities will take place on the 2nd floor in the Activity or TV rooms, unless otherwise stated. Monthly schedule is also subject to change. Please see Daily Schedule in elevators, Activity room or daily sheets in Dining room.</p>