



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:15 Exercise (T) 11:00 Community Visits 11:00 Shopping (must sign up) 1:30 Burst Out Art with Fran (BR) 2:00 Crossword Puzzle (P)	2 (AM Ride to Polls to vote (sign up)) 10:15 Exercise (T) 11:00 Community Visits 2:00 Bananagrams (PR) 2:00 Bottom's Up Cards (P) 3:00 Bowling 7:00 Popcorn Club (T)	3 10:15 Exercise (T) 2:00 Word-in-a-Word Game (P) 7:00 Sing-a-Long-er's Practice (P)	4 10:00 Mass (P) 10:15 Exercise (T) 10:30 Rosary (P) 1:30 Burst Out Art with Fran (BR) 2:00 November Highlights Through the Years (P)	5 10:30 Veteran's Recognition with Sherri /Coffee Hour 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour (P)	6 10:15 Exercise (T) 12:00 Mat Yoga (T) 2:00 Bowling (P)
7 10:00 TV Mass (P) 10:15 Manicures (bring own supplies) 2:00 Dime Bingo (P) 3:30 Sunday Football (P) <small>Daylight Saving Time Ends</small>	8 10:15 Exercise (T) 11:30 Lunch Bunch 2:00 Newscurrents & Coffee (P) 3:30 Community Visits	9 10:15 Exercise (T) 2:00 Bananagrams (PR) 2:00 Meet & Greet (P) 3:00 Bowling (P) 7:00 Popcorn Club (T)	10 10:15 Exercise (T) 2:00 Word-in-a-Word Game (P) 3:30 Community Visits 7:00 Sing-a-Long-er's Practice (P)	11 10:00 Mass (P) 10:15 Exercise (T) 10:30 Rosary (P) 11:00 Blood Pressure Clinic by Foothills VNA (P) 2:00 Patriotic Afternoon with the Keystone Sing-a-Long-er's <small>Veterans Day Remembrance Day (Canada)</small>	12 10:15 Exercise (T) 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour (P)	13 10:15 Exercise (T) 2:00 Bowling (P) 3:30 Community Visits
14 10:00 TV Mass (P) 10:15 Manicures (bring own supplies) (PR) 2:00 Dime Bingo (P) 3:30 Sunday Football (P)	15 10:15 Exercise 1:00 Handmade Card Making with Sue M. (PR) 2:00 Mindjogger's (P) 3:30 Community Visits	16 10:15 Exercise (T) 2:00 Bananagrams (PR) 3:00 Bowling (P) 7:00 Popcorn Club (T)	17 9:30 Shopping (sign up) 10:15 Exercise (T) 2:00 Word-in-a-Word (P) 3:00-4:15 AL Open House with Jay 7:00 Sing-a-Long-er's Practice (P)	18 10:00 Mass & Communion (P) 10:15 Exercise (T) 10:30 Rosary (P) 2:00 Resident Meetings 4:30/5:30 Formal Dinner 6:30 Dessert/Drinks/Music (P)	19 10:15 Exercise (T) 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour (P)	20 10:15 Exercise (T) 11:00 Community Visits 12:00 Mat Yoga (T) 2:00 Bowling (P) 3:30 Community Visits
21 10:00 TV Mass (P) 10:15 Manicures (bring own supplies) (PR) 2:00 Dime Bingo (P) 3:30 Sunday Football (P)	22 10:15 Exercise (T) 11:00 Community Visits 2:00 Historical Speaker (P) 3:30 Coffee Break (P)	23 10:15 Exercise (T) 2:00 Bananagrams (PR) 2:00 Pumpkin Social (P) 3:00 Bowling (P) 7:00 Popcorn Club	24 10:15 Exercise (T) 10:15 AM Shopping (sign up) 11:00 Community Visits 2:00 Word-in-a-Word (P) 7:00 Sing-a-Long-er's Practice	25 HAPPY THANKSGIVING GREATFUL TO BE KEYSTONE STRONG <small>Thanksgiving Day</small>	26 10:15 Exercise (T) 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour (P)	27 10:15 Exercise (T) 11:00 Community Visits 2:00 Bowling (P) 3:30 Community Visits
HAPPY HANUKKAH 28 10:00 TV Mass (P) 10:15 Manicures (bring own supplies) (PR) 2:00 Dime Bingo (P) 3:30 Sunday Football (P) <small>Hanukkah Begins</small>	29 10:15 Exercise (T) 11:00 Community Visits 2:00-5:00 Marketplace (in house shopping goods by staff & residents)	30 10:15 Exercise (T) 2:00 Bananagrams (PR) 2:00 Music Memories (P) 3:00 Bowling (P) 7:00 Popcorn Club (T)	<h1 style="text-align: center;">November 2021</h1> <p style="text-align: center;">KEYSTONE PLACE AT NEWBURY BROOK INDEPENDENT LIVING COMMUNITY</p> <p style="text-align: center;"><small>(ALL GROUPS SUBJECT TO CHANGE CHECK DAILY SHEET FOR UPDATES)</small></p>			

November 2021
KEYSTONE PLACE AT NEWBURY BROOK INDEPENDENT LIVING COMMUNITY
(ALL GROUPS SUBJECT TO CHANGE CHECK DAILY SHEET FOR UPDATES)

