

# NOVEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BIRTHDAYS</b> Wendy Vonholle 24th Lena Cornelison 19th	<b>1</b> <b>10:15</b> Monday Morning Walkers <b>11:00</b> Exercise: True North Yoga Plus and Breathe <b>1:30</b> Nickel Bingo	<b>2</b> Election Day <b>11:00</b> Exercise: Fun With Weights <b>2:00</b> Strawberry/Banana Smoothies - Dining Room	<b>3</b> <b>11:00</b> Exercise: Standing Strength and Balance <b>12:00</b> National Sandwich Day <b>1:30</b> Fall Craft: Leaf Bowl - Upstairs Activity Room	<b>4</b> <b>10:15</b> Thursday Morning Walkers <b>11:00</b> Exercise: Hula Hoops Bend and Stretch <b>1:30</b> Nickel Bingo	<b>5</b> <b>10:15</b> Friday Morning Walkers <b>11:00</b> Exercise: Circuit Workout <b>2:30</b> Game Time: "Farkle" - Upstairs Activity Room	<b>6</b> <b>9:00</b> Saturday Morning Walkabout <b>11:15</b> Resident Run Exercise Class - Activity Room <b>2:00</b> Open Game Time - Activity Room
<b>7</b> Daylight Saving Ends <b>10:15</b> Rock Painting with Shelli <b>12:30</b> Fun Facts <b>1:30</b> Nickel Bingo	<b>8</b> <b>10:15</b> National "Tongue Twister" Day <b>11:00</b> Exercise: True North Yoga Plus and Breathe <b>1:30</b> Nickel Bingo <b>3:15</b> Resident Council Meeting	<b>9</b> <b>10:15</b> Chef Chat with Chef John - In The Dining Room <b>11:00</b> Exercise: Fun With Weights <b>2:30</b> Lakeland Family Zoom Meeting - Upstairs Activity Room	<b>10</b> <b>11:00</b> Exercise: Standing Strength and Balance <b>12:00</b> National Vanilla Cupcake Day <b>3:00</b> John Jackson - Bugs-R-Us "Siskiyou Mountain Wildlife"	<b>11</b> Veterans Day <b>11:00</b> Exercise: Hula Hoops Bend and Stretch <b>1:30</b> Nickel Bingo <b>3:30</b> Acknowledging Our Veterans - Dining Room	<b>12</b> <b>11:00</b> Exercise: Circuit Workout <b>12:00</b> National French Dip Day - Dining Room <b>2:00</b> Game Time: "Yahtzee" - Upstairs Activity Room	<b>13</b> <b>9:00</b> Saturday Morning Walkabout <b>11:15</b> Resident Run Exercise Class - Activity Room <b>2:00</b> Open Game Time - Activity Room
<b>14</b> <b>10:15</b> Jewelry Making with Shelli <b>12:30</b> Fun Facts <b>1:30</b> Nickel Bingo	<b>15</b> <b>10:15</b> Monday Morning Walkers <b>11:00</b> Exercise: True North Yoga Plus and Breathe <b>1:30</b> Nickel Bingo	<b>16</b> <b>10:15</b> Discussion: Ideas for December Activities - Meeting Upstairs Activity Room <b>11:00</b> Exercise: Fun With Weights <b>3:00</b> Musical Guest: Louis Faro - Dining Room	<b>17</b> <b>11:00</b> Exercise: Standing Strength and Balance <b>12:00</b> National "Baklava" Day <b>2:00</b> Build Your Own Ice Cream Sundae - Dining Room	<b>18</b> <b>10:15</b> Thursday Morning Walkers <b>11:00</b> Exercise: Hula Hoops Bend and Stretch <b>1:30</b> Nickel Bingo	<b>19</b> <b>10:15</b> Friday Morning Walkabout (Weather Permitting) <b>10:45</b> Exercise: Intro To "Tai Chi" with Dayton - Upstairs Activity Room <b>2:00</b> Game Time: Farkle - Upstairs Activity Room	<b>20</b> <b>9:00</b> Saturday Morning Walkabout <b>11:15</b> Resident Run Exercise Class - Activity Room <b>2:00</b> Open Game Time - Activity Room

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> <b>10:15</b> Jewelry Making with Shelli <b>12:00</b> National Ginger Bread Cookie Day <b>12:30</b> Fun Facts <b>1:30</b> Nickel Bingo	<b>22</b> <b>10:15</b> Monday Morning Walkers <b>11:00</b> Exercise: True North Yoga Plus and Breathe <b>1:30</b> Nickel Bingo	<b>23</b> <b>10:15</b> Tuesday Morning Walkers <b>11:00</b> Exercise: Fun With Weights <b>2:00</b> Armchair Travel - Canada - Upstairs Activity Room	<b>24</b> <b>10:15</b> Wednesday Morning Walkers (Weather Permitting) <b>11:00</b> Exercise: Standing Strength and Balance <b>1:30</b> Concentration with Paula - Upstairs Activity Room	<b>25</b> Thanksgiving <b>11:00</b> Exercise: Resident Run <b>12:00</b> Special "Thanksgiving" Lunch <b>1:30</b> Nickel Bingo	<b>26</b> Black Friday <b>10:15</b> Friday Morning Walkabout <b>11:00</b> Exercise: Circuit Workout (Resident Run) <b>1:30</b> Open Game Time Farkle - Upstairs Activity Room	<b>27</b> <b>9:00</b> Saturday Morning Walkabout <b>11:15</b> Resident Run Exercise Class - Activity Room <b>2:00</b> Open Game Time - Activity Room
<b>28</b> Hanukkah Begins <b>10:15</b> Coloring Therapy with Shelli <b>12:30</b> Fun Facts <b>1:30</b> Nickel Bingo	<b>29</b> <b>10:15</b> Monday Morning Walkers <b>11:00</b> Exercise: True North Yoga Plus and Breathe <b>1:30</b> Nickel Bingo	<b>30</b> <b>10:15</b> Tuesday Morning Walkers <b>11:00</b> Exercise: Fun With Weights <b>12:00</b> National Chocolate Mousse Day	LIVE! LOVE! LAUGH!	"ZONE 6" ROOMS - #9 - #16 WILL BE THE ZONE PARTICIPATING IN THE FIRE DRILL THIS MONTH	PLEASE BE ADVISED THAT ACTIVITIES AND OUTINGS ON THIS CALENDAR ARE SUBJECT TO CHANGE	