

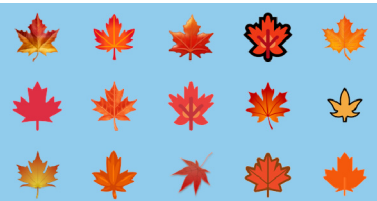



November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|---|
| <p>1</p> <p>Activities are subject to change.</p> | <p>1</p> <p>Authors Day</p> <p>10:30 AM Exercise Bands Workout 11:00 AM Past/Present/Future Events 2:00 PM Word Games 3:00 PM Make a Story 3:30 PM Guess that Sound 4:00 PM Take a Hike: Walking</p> | <p>2</p> <p>Election Day</p> <p>10:30 AM Test Your Reflexes 11:00 AM Past/Present/Future Events 2:00 PM Presidential/Civics Trivia 2:30 PM Tour of the White House (Virtual) 3:00 PM Free Paint 4:00 PM Walk the Plank: Balance <u>Throughout the Day: Trips to Vote</u></p> | <p>3</p> <p>National Sandwich Day</p> <p>10:00 AM — Shopping Trip: Walmart 10:30 AM Dynamic Warm Up: Genesis 11:00 AM Past/Present/Future Events 2:00 PM Team Coloring 3:00 PM Cheese and Cracker Social 4:00 PM Step by Step Walking</p> | <p>4</p> <p>Diwali</p> <p>10:00 AM Bus Trip: Through the Blue Ridge 10:30 AM Body Strengthen: Weights 11:00 AM Past/Present/Future Events 2:00 PM Heads Up! 3:00 PM Card Club: Rummy 4: 00 PM Proverbs</p> | <p>5</p> <p>Love Your Lawyer Day</p> <p>10:30 AM Flexibility Exercise 11:00 AM Past/Present/Future Events 11:30 AM Library Visit 2:00 PM Happy Hour 3:00 PM BINGO! 4:00 PM Walk n Talk</p> | <p>6</p> <p>Finnish/Swedish Heritage Day</p> <p>10:30 AM Sit and Be Fit: Exercise 11:00 AM Past/Present/Future Events 2:00 PM Time with God led by Edward 3:00 PM Crossword Puzzles w/ Meg 6:30 PM Movie Saturday!</p> |
| <p>7</p> <p>Daylight Savings Time Ends</p> <p>10:30 AM Christ the Redeemer Catholic Church— Catholic Communion Service 11:00 AM Past/Present/Future Events 2:30 PM Brain Games 4:00 PM Sunday Stroll</p> | <p>8</p> <p>National STEM Day</p> <p>10:30 AM Exercise Bands Workout 11:00 AM Past/Present/Future Events 2:00 PM Complete the Saying/Idioms/Word Games 3:00 PM Storywise 4:00 PM Take a Hike: Walking</p> | <p>9</p> <p>T.V. Tuesday</p> <p>10:30 AM Test Your Reflexes 11:00 AM Healthy Tips: Genesis PT 2:00 PM Name that Actor/Show 3:00 PM Television Trivia 4:00 PM Walk with Technology</p> | <p>10</p> <p>World Science Day</p> <p>10:00 AM — Shopping Trip: Dollar Store 10:30 AM Dynamic Warm Up: Genesis 11:00 AM Past/Present/Future Events 2:00 PM Science! 3:00 PM Pool Game: Billiards Table 4:00 PM Step by Step Walking</p> | <p>11</p> <p>Veterans Day</p> <p>10:30 AM Body Strengthen: Weights 11:00 AM Past/Present/Future Events 2:00 PM Veterans Day Trivia 3:00 PM Nashville Standard — Entertainment 4:00 PM Enlighten Me</p> | <p>12</p> <p>International Tongue Twister Day</p> <p>10:30 AM Flexibility Exercise 11:00 AM Past/Present/Future Events 2:00 PM Tongue Twisters/Word Games 3:00 PM BINGO! 4:00 PM Walk n Talk</p> | <p>13</p> <p>World Kindness Day</p> <p>10:30 AM Sit and Be Fit: Exercise 11:00 AM Past/Present/Future Events 2:00 PM Time with God Led by Edward 3:00 PM Crossword Puzzles w/ Meg 6:30 PM Movie Saturday!</p> |
| <p>14</p> <p>National Pickle Day</p> <p>10:30 AM Christ the Redeemer Catholic Church — Catholic Communion Service 11:00 AM Past/Present/Future Events 2:30 PM Word Games 4:00 PM Sunday Stroll</p> | <p>15</p> <p>Odd Socks Day</p> <p>10:30 AM Exercise Bands Workout 11:00 AM Past/Present/Future Events 2:00 PM Odd Trivia/Word Games 3:00 PM Balloon Volleyball 4:00 PM Step By Step Walking 10:30—4:30 Joy's Boutique!</p> | <p>16</p> <p>National Button Day</p> <p>10:30 AM Test Your Reflexes 11:00 AM Past/Present/Future Events 2:00 PM Button Art 3:00 PM The Price is Right 4:00 PM Walk the Plank: Balance</p> | <p>17</p> <p>National Hiking Day</p> <p>10:00 AM—Lunch Bunch: Chinese Food Buffet 10:30 AM Dynamic Warm Up: Genesis 11:00 AM Past/Present/Future Events 2:00 PM Make Puppy Chow 3:00 PM Snack Time Social 4:00 PM Take A Hike (Local Trails)</p> | <p>18</p> <p>Mickey Mouse Day</p> <p>10:30 AM Body Strengthen: Weights 11:00 AM Past/Present/Future Events 1:00 PM Monthly Mass (Father Mark) 2:00 PM Are You Smarter Than a 5th Grader? 3:00 PM Finish the Lyrics 4:00 PM Card Games</p> | <p>19</p> <p>International Men's Day</p> <p>10:30 AM Flexibility Exercise 11:00 AM Past/Present/Future Events 2:00 PM Happy Hour 3:00 PM BINGO! 4:00 PM Sole Searchers: Walking</p> | <p>20</p> <p>National Peanut Butter Fudge Day</p> <p>10:30 AM Sit and Be Fit: Exercise 11:00 AM Past/Present/Future Events 2:00 PM Time with God led by Edward 3:00 PM Crossword Puzzles w/ Meg 6:30 PM Movie Saturday!</p> |
| <p>21</p> <p>World Hello Day</p> <p>10:30 AM Christ the Redeemer Catholic Church — Catholic Communion Service 11:00 AM Past/Present/Future Events 2:30 Brain Games 4:00 PM Sunday Stroll</p> | <p>22</p> <p>Go For a Ride Day</p> <p>10:30 AM Exercise Bands Workout 11:00 AM Past/Present/Future Events 2:00 PM Bake Some Cookies 3:00 PM Word Games 4:00 PM Take a Hike: Walking</p> | <p>23</p> <p>National Espresso Day</p> <p>10:30 AM Test Your Reflexes 11:00 AM Past/Present/Future Events 2:00 PM Thanksgiving Trivia 3:00 PM Coffee/Tea and Cookies Social 4:00 PM Walk with Technology</p> | <p>24</p> <p>10:00 AM — Shopping Trip: Giant 10:30 AM Dynamic Warm Up: Genesis 11:00 AM Past/Present/Future Events 2:00 PM Guess That Object 3:00 PM Resident Council</p> | <p>25</p> <p>Thanksgiving</p> <p>10:30 AM Body Strengthen: Weights 11:00 AM Current Events 2:00 PM Observing Nature 3:00 PM Story Time/ Proverbs 4:00 PM Walk Through the Foliage</p> | <p>26</p> <p>Black Friday</p> <p>10:30 AM Flexibility Exercise 11:00 AM Past/Present/Future Events 2:00 PM Memory Lane 3:00 PM BINGO! 4:00 PM Sole Searchers: Walking</p> | <p>27</p> <p>Small Business Saturday</p> <p>10:30 AM Sit and Be Fit: Exercise 11:00 AM Past/Present/Future Events 2:00 PM Time with God led by Edward 3:00 PM Crooners of the 60's w/ Audrey Harris 6:30 Movie Saturday!</p> |
| <p>28</p> <p>Hanukkah Begins</p> <p>10:30 AM Christ the Redeemer Catholic Church — Catholic Communion Service 11:00 AM Past/Present/Future Events 2:30 Riddles 4:00 Sunday Stroll</p> | <p>29</p> <p>Mason Jar Monday</p> <p>10:30 AM Exercise Bands Workout 11:00 AM Past/Present/Future Events 2:00 PM Mason Jar Art 3:00 PM Word Games 4:00 PM Take a Hike: Walking</p> | <p>30</p> <p>Cyber Tuesday</p> <p>10:30 AM Test Your Reflexes 11:00 AM Past/Present/Future Events 2:00 PM Explore Technology 3:00 PM Monthly Birthday Social</p> |  |  |  |  |