

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 6

Happy Birthday Rosemary! **1**

9:45 Chair Yoga
 10:15 Wet Your Whistle
 10:30 Candy Corn Toss
 11:00 Kick Ball
 1:30 Yard Darts
 2:30 Balloon Hockey
 3:00 Happy Hour
 3:30 Pong Ball
 4:00 Music & Motion
 6:00 Lucky Turkey

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9:45 7/11/Double
 10:15 Wet Your Whistle
 10:30 Sing A Long
 1:30 November Bingo
 3:00 Happy Hour
 3:30 Bottle Stand Up
 4:00 Rhythm & Movement
 6:00 Reading Circle

Happy Birthday Marlene!! **3**

9:45 Table Top Turkey Bowling
 10:45 Wet Your Whistle
 11:00 Moring Stretch
 2:00 Video Concert & Rootbeer Floats
 3:30 Parachute
 4:00 Moving to the Music
 6:00 Penny Ante'

4

9:45 Sit Down Dancing
 10:15 Wet Your Whistle
 10:30 Dice
 11:00 Mozzarella Toss
 1:30 *Rosary with Chloe*
 2:00 Pamper Day
 2:30 Football Toss
 3:30 Happy Hour
 4:00 Chair Yoga
 6:00 Person, Place or Thing

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Eileen's Choice

"Fall Back" Day **6**

10:45 Balloon Hockey
 1:30 Kick Ball
 2:30 Parachute
 3:30 Bocce
 4:00 Afternoon stretch
 6:00 You Choose

Daylight Saving Time Ends

7

9:45 Basket Toss
 10:15 Wet Your whistle
 10:30 Turkey Knock Down
 11:00 Sit Down Dancing
 2:00 Turkey Toss
 3:00 Happy Hour
 3:30 Beach Ball
 4:00 Music and Movement
 6:00 Sticks

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9:45 Chair Yoga
 10:15 Wet Your Whistle
 10:30 Football Ring Toss
 1:30 *Rosary with Chloe*
 2:00 Pamper Time
 2:30 Turkey Cone Toss
 3:00 Happy Hour
 3:30 High Low
 4:00 Music and Motion
 6:00 Hand Massages & Music

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9:45 Sing A Long and WYW
 11:00 Rhythm and Movement
 1:30 Number Bingo
 3:00 Happy Hour
 3:30 Pumpkin Toss
 3:30 Sensory Cart
 4:00 Let's Get Moving
 6:00 Shake Awake

10

9:45 Walking Group
 10:00 *Bible Study with Joe and Linda*
 11:00 Morning Stretch
 2:00 Turkey Racing
 3:00 Happy Hour
 3:30 Mozzarella Toss
 4:00 Moving to the Music
 6:00 Jumbling Tower

11

10:00 *Veteran's Pinning With Ohio Living*
 11:00 Sit Down Dancing
 2:00 *Willamette Mater Chorus Concert (You tube)*
 3:30 Red. White & Blue Toss
 4:00 Chair Yoga
 6:00 Red or Black

Veterans Day
Remembrance Day (Canada)

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10:45 Horse Shoes
 1:30 Balloon Hockey
 2:00 Happy Hour
 2:30 Yard darts
 3:00 Table top Bowling
 4:00 Sit Down Dancing
 6:00 Shake Loose

13

11:30 Walking Group
 2:00 *Church with Joe and Linda*
 3:30 Pigs
 4:00 Afternoon Stretch
 6:00 Comedy Hour and Snack

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9:45 Sit Down Dancing
 10:15 Wet Your Whistle
 10:30 Turkey Cone Toss
 11:00 Finish the Saying
 1:30 *Rosary with Chloe*
 2:00 Happy Hour
 2:30 November Bingo
 4:00 Music and Movement
 6:00 Lucky Turkey

15

9:45 7/11/Double
 10:15 Wet Your Whistle
 10:30 Turkey Ring Toss
 11:00 Chair Yoga
 1:30 Tossing Turkeys
 2:00 Thanksgiving Craft
 3:00 Happy Hour
 3:30 Corn Hole
 6:00 Hand Massage and Music

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10:00 *Hymn Sing a Long with Chaplin Dan SS*
 10:00 Pamper Time
 11:00 Rhythm & Movement
 1:30 November Bingo
 2:00 Happy Hour
 3:00 Basket Toss
 3:30 Kick Ball
 4:00 Let's Get Moving
 6:00 Popcorn Toss

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9:45 Table Top Bowling
 10:45 Wet Your Whistle
 11:00 Moring Stretch
 2:00 Turkey Racing
 3:00 Happy Hour
 3:30 Turkey Twister
 4:00 Moving to the Music
 6:00 Tower

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9:45 Pumpkin Toss
 10:15 Wet Your Whistle
 10:30 Slotz Ball
 11:00 Sit down Dancing
 2:00 Video Concert George Strait
 3:15 Foot Ball Toss
 4:00 Chair Yoga
 6:00 Memory Game

Happy Birthday Mary T!!! **19**

10:45 Pong Ball
 1:30 Walking Group
 2:00 Happy Hour
 2:30 Turkey Knock Down
 3:00 Disc Throw
 3:30 Turkey Fling
 4:00 Sit Down Dancing
 6:00 Person, Place or Thing

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10:45 Corn Hole
 1:30 Ring Toss
 2:30 Tumbling Towers
 3:30 Walking Group
 4:00 Afternoon stretch
 6:00 Penny Ante'

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9:45 Sing-a-Long & WYW
 11:00 Sit Down dancing
 2:00 Tabletop Skittles
 2:00 Happy Hour
 3:00 Noodle Fun
 3:30 Jumbling Tower
 4:00 Walking Group
 6:00 Reading Circle

National Gingerbread Cookie Day

22

9:45 Dice
 10:15 Wet Your Whistle
 10:30 Yard Darts
 11:00 Morning Stretch
 1:30 Walking Group
 2:00 *Bible Study with Joe and Linda*
 3:30 Turkey table top Bowling
 6:00 Hand Massages & Creative Coloring

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9:45 November Bingo And Wet Your Whistle
 11:00 Rhythm and Movement
 1:30 *Rosary with Chloe*
 2:30 Turkey Cone Toss
 2:30 Pamper Time
 3:30 Beach Ball
 4:00 Let's Get Moving
 6:00 Memory Game



Happy Birthday Judy!!! **25**

9:45 Number Bingo
 10:15 Wet Your Whistle
 10:30 Turkey Twister
 11:00 7/11/Double
 1:30 *Video Concert & Ice Cream*
 3:00 Pass The Pigs
 4:00 Chair Yoga
 6:00 You Choose

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Chloe's Choice

27

1:30 walking Group
 2:00 *Church with Joe and Linda*
 3:30 Pong Ball
 4:00 Afternoon Stretch
 6:00 Comedy Hour and Snack

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9:45 Yellow Dice
 10:15 Wet Your Whistle
 10:30 Turkey Toss
 11:00 Sit Down Dancing
 2:00 Christmas Decorating
 2:00 Yard Darts
 3:00 Frog Fling
 4:00 Walking Group
 6:00 Ring Toss

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9:45 Slotz Ball
 10:15 Wet Your Whistle
 10:30 High Low/Black or Red
 11:00 Chair Yoga
 2:00 *Birthday Party*
 3:00 Christmas Decorating
 3:00 Turkey Bowling
 4:00 Music & Motion
 6:00 Shake Awake

National Cake Day

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10:00 Sing-a-Long & WYW
 11:00 Rhythm and Movement
 2:00 November Bingo
 3:30 Mozzarella Toss
 4:00 Let's Get Moving
 6:00 Lucky Turely

November 2022
Armstrong Memory Care Assisted Living