

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>West Haven at Omni West Assisted Living 3259 Vestal Rd. Youngstown Ohio 44509 330-793-4404 www.OmniWestAL.com</p>		<p>9:30 arts and crafts class 1:00 simple stretching to music 3:00 eraser board games in the sunroom 5:15 snacks and current events</p>	<p>9:30 coffee and adult Coloring 10:30 worship with Reverend Tensley 1:00 matching games 3:00 walking for exercise 6:00 relaxing to music</p>	<p>9:30 coffee and creative Hour 1:00 Bus trip! 3:00 manicures music and social time 6:00 snacks and adult coloring</p>	<p>10:00 Bible study with Pastor Bill from Believers church 1:00 bingo 2:00 Communion with Sister Nancy 6:30 afternoon snacks</p>	<p>9:30 coffee and Morning stretch 12:30 arts, crafts and conversation 3:00 "name that" game 6:00 snacks and adult coloring</p>	
<p>10:00 Worship with Highway Tabernacle Church upstairs 1:00 football game will be on t.v. in living room 3:00 walking indoors for exercise 6:30 snacks and social</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9:30 coffee and Conversation (topic: everything I love about fall) 1:00 cornhole, ladderball or ring toss games 3:00 eraser board games 6:00 adult coloring and snacks</p>	<p>9:30 arts and crafts class 1:00 simple stretching to music 3:00 eraser board games in the sunroom 5:15 snacks and current events</p>	<p>9:30 coffee and adult Coloring 10:30 worship with Reverend Tensley 1:00 matching games 3:00 walking for exercise 6:00 relaxing to music</p>	<p>9:30 coffee and creative Hour 1:00 ball toss, parachute games or bowling 3:00 manicures music and social time 6:00 snacks and adult coloring</p>	<p>9:30 coffee and twenty questions 1:00 Patriotic musical hour 2:30 flashcard fitness 6:00 music and snacks</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>9:30 coffee and Morning stretch 12:30 arts, crafts and conversation 3:00 "the I spy" game 6:00 snacks and adult coloring</p>	
<p>10:00 walking laps indoors for exercise 1:00 Football game will be on t.v. in living room 3:00 Worship with Lake Milton Baptist Temple upstairs 6:30 snacks and social</p>	<p>9:30 coffee and Conversation (topic: everything about pumpkins) 1:00 cornhole, ladderball or ring toss games 3:00 eraser board games 6:00 adult coloring and snacks</p>	<p>9:30 arts and crafts class 1:00 Birthday party with John Ruman 3:00 eraser board games in the sunroom 5:15 snacks and current events</p>	<p>9:30 coffee and adult Coloring 10:30 worship with Reverend Tensley 1:00 matching games 3:00 walking for exercise 6:00 relaxing to music</p>	<p>9:30 coffee and creative Hour 1:00 ball toss, parachute games or bowling 3:00 manicures music and social time 6:00 snacks and adult coloring</p>	<p>7:30 coffee and the daily bread 10:00 Bible study with Pastor Bill from Believers church 1:00 bingo 6:30 afternoon snacks</p>	<p>9:30 coffee and Morning stretch 12:30 arts, crafts and conversation 3:00 "name that" game 6:00 snacks and adult coloring</p>	
<p>10:00 coffee and fellowship in the sunroom 1:00 sing along to karaoke songs on you tube 3:00 bingo 6:00 music and snacks</p>	<p>9:30 coffee and Conversation (topic: everything about thanksgiving) 1:00 cornhole, ladderball or ring toss games 3:00 eraser board games 6:00 adult coloring and snacks</p>	<p>9:30 arts and crafts class 1:00 simple stretching to music 3:00 eraser board games in the sunroom 5:15 snacks and current events</p>	<p>9:30 coffee and adult Coloring 10:30 worship with Reverend Tensley 1:00 matching games 3:00 walking for exercise 6:00 relaxing to music</p>	<p>7:30 Morning Devotions 9:30 Macy Day Parade on T.V. 12:00 Thanksgiving Dinner 6:30 snacks and social time</p> <p><small>Thanksgiving Day (US)</small></p>	<p>9:30 coffee and twenty questions 1:00 Favorite female music artists 2:30 flashcard fitness 6:00 music and snacks</p>	<p>9:30 coffee and Morning stretch 12:30 arts, crafts and conversation 3:00 "the I spy" game 6:00 snacks and adult coloring</p>	
<p>10:00 coffee and fellowship in the sunroom 1:00 sing along to karaoke songs on you tube 3:00 bingo 6:00 music and snacks</p>	<p>9:30 coffee and Conversation (topic: Christmas traditions) 1:00 cornhole, ladderball or ring toss games 3:00 eraser board games 6:00 adult coloring and snacks</p>	<p>Deck the halls day! Christmas decorating, music and refreshments! 3:00 eraser board games in the sunroom 5:15 snacks and current events</p>	<p>9:30 coffee and adult Coloring 10:30 worship with Reverend Tensley 1:00 matching games 3:00 walking for exercise 6:00 relaxing to music</p>	<h1>November 2022</h1> <p>Happy Thanksgiving!</p> 			