

NOVEMBER 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activities are subject to change

1
MM 9:00 Hand Massages
K 10:30 Reminiscing with Coffee!
V 11:00 Chair Yoga - Activity Room
O 11:15 Facility Lunch Outing!
M 3:30 Name That Tune!

2
MM 9:00 Cooking Sensory Basket!
V 10:00 TrilogyFit Exercise Class!
I 10:30 Church Service with Pastor Reynolds!
O 2:00 Scenic Drive!
GF 5:30 Evening Movie and

3
MM 9:00 Hand Massages
K 10:30 Word Games with Coffee!
V 11:00 TrilogyFit Exercise Class!
M 1:45 Doug Pinson Country Music
GG 3:00 BINGO!

4
MM 9:00 Thanksgiving Sensory Basket
V 10:00 TrilogyFit Exercise Class
CC 10:30 Cooking Class: Coffee Cake
M 2:00 Happy Hour with music by Michael Kessler and

5
MM 9:00 Mindful Moments: Hand Massages
K 10:30 Morning Tea Party! Sample different teas! - Activity Room
I 11:00 Meditation & Relaxation
GG 3:00 BINGO!

6 Daylight Saving Ends

7
MM 9:00 Fall Sensory Basket
V 10:30 TrilogyFit Exercise!
K 11:00 Morning Brain Busters
GG 3:00 BINGO!

8 Election Day
MM 9:00 Hand Massages
K 10:30 Reminiscing with Coffee!
V 11:00 Chair Yoga - Activity Room
O 11:15 Facility Lunch Outing!
M 3:30 Who Sang It Best

9
MM 9:00 Cooking Sensory Basket!
V 10:00 TrilogyFit Exercise Class!
I 10:30 Church Service with Pastor Reynolds!
O 2:00 Scenic Drive!
GF 5:30 Evening Movie and

10
MM 9:00 Hand Massages
K 10:30 Word Games with Coffee!
V 11:00 TrilogyFit Exercise Class!
GG 3:00 BINGO!
A 4:00 Art: Paper Strip Pumpkins

11 Veterans Day
MM 9:00 Thanksgiving Sensory Basket
V 10:00 TrilogyFit Exercise Class
CC 10:30 Cooking Class: Pumpkin Spice Snickerdoodles
M 2:00 Happy Hour with appetizers and Karaoke

12
MM 9:00 Mindful Moments: Hand Massages
K 10:30 Morning Tea Party! Sample different teas! - Activity Room
I 11:00 Meditation & Relaxation
GG 3:00 BINGO!

13
MM 9:00 Mindful Moments: Baby Care Sensory Basket
I 10:30 Life Story Journaling
I 2:00 Calvary Christian Church Service!
L 3:30 Embroidery Techniques

14
MM 9:00 Fall Sensory Basket
V 10:30 TrilogyFit Exercise!
K 11:00 Morning Brain Busters
GG 3:00 BINGO!
A 4:00 Art: Water Color Pumpkins

15
MM 9:00 Hand Massages
K 10:30 Reminiscing with Coffee!
V 11:00 Chair Yoga - Activity Room
O 2:00 Facility Shopping Trip!
M 3:30 Name That Tune

16
MM 9:00 Cooking Sensory Basket!
V 10:00 TrilogyFit Exercise Class!
I 10:30 Church Service with Pastor Reynolds!
O 2:00 Scenic Drive!
GF 5:30 Evening Movie and

17
MM 9:00 Hand Massages
K 10:30 Word Games with Coffee!
V 11:00 TrilogyFit Exercise Class!
GG 3:00 BINGO!
GF 4:00 Resident Council
GF 4:30 Inspired Living

18
MM 9:00 Thanksgiving Sensory Basket
V 10:00 TrilogyFit Exercise Class
CC 10:30 Cooking Class: Pumpkin Fudge
M 2:00 Game Show Happy Hour with appetizers!

19
MM 9:00 Mindful Moments: Hand Massages
K 10:30 Morning Tea Party! Sample different teas! - Activity Room
I 11:00 Meditation & Relaxation
GG 3:00 BINGO!

20
MM 9:00 Mindful Moments: Baby Care Sensory Basket
I 10:30 Life Story Journaling
S 11:00 Campus Brunch!
L 3:30 Armchair Travel: The First Thanksgiving

21
MM 9:00 Fall Sensory Basket
V 10:30 TrilogyFit Exercise!
K 11:00 Thanksgiving Charades
GG 3:00 BINGO!
GF 4:00 Bingo Store

22
MM 9:00 Hand Massages
K 10:30 Reminiscing with Coffee!
V 11:00 Chair Yoga - Activity Room
O 11:15 Facility Lunch Outing!
M 3:30 Who Sang It Best

23
MM 9:00 Cooking Sensory Basket!
V 10:00 TrilogyFit Exercise Class!
I 10:30 Church Service with Pastor Reynolds!
O 2:00 Scenic Drive!
GF 5:30 Evening Movie and

24 Thanksgiving
MM 9:00 Hand Massages
K 10:30 Thankful Pumpkin with Coffee!
V 11:00 TrilogyFit Exercise Class!
GG 3:00 BINGO!
A 4:00 Art: Turkey Painting

25
MM 9:00 Thanksgiving Sensory Basket
V 10:00 TrilogyFit Exercise Class
CC 10:30 Cooking Class: Pumpkin Pie cupcakes
M 2:00 Happy Hour with Dean from WYOU radio and

26
MM 9:00 Mindful Moments: Hand Massages
K 10:30 Morning Tea Party! Sample different teas! - Activity Room
I 11:00 Meditation & Relaxation
GG 3:00 BINGO!

27
MM 9:00 Mindful Moments: Baby Care Sensory Basket
I 10:30 Life Story Journaling
L 3:30 Armchair Travel: To the 60's
IG 11:00 Just The Guys: Pre-Meal Card Game

28
MM 9:00 Fall Sensory Basket
V 10:30 TrilogyFit Exercise!
K 11:00 Morning Brain Busters
CC 2:00 LaDonna from BCPL
GG 3:00 BINGO!

29
MM 9:00 Hand Massages
K 10:30 Reminiscing with Coffee!
V 11:00 Chair Yoga - Activity Room
O 11:15 Facility Lunch Outing!
A 3:30 Art: Leaf Art

30
MM 9:00 Cooking Sensory Basket!
V 10:00 TrilogyFit Exercise Class!
I 10:30 Church Service with Pastor Reynolds!
O 2:00 Scenic Drive!
GF 5:30 Evening Movie and

Sanders Ridge - Personal Care Calendar
Activities Are Subject To Change

NOVEMBER 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce | L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality | 1 K 10:30 Reminiscing with Coffee! V 11:00 Chair Yoga - Activity Room O 11:15 Facility Lunch Outing! M 3:30 Name that Tune! | 2 V 10:00 TrilogyFit Exercise Class! I 10:30 Church Service with Pastor Reynolds! O 2:00 Scenic Drive! GF 5:30 Evening Movie and Poppin' Popcorn! | 3 K 10:30 Word Games with Coffee! V 11:00 TrilogyFit Exercise Class! M 1:45 Doug Pinson Country Music GG 3:00 BINGO! | 4 V 10:00 TrilogyFit Exercise Class CC 10:30 Cooking Class: Coffee Cake M 2:00 Happy Hour with music by Michael Kessler and appetizers! K 4:00 LRC- Left Right Center | 5 K 10:30 Morning Tea Party! Sample different teas! - Activity Room I 11:00 Meditation & Relaxation GG 3:00 BINGO! A 3:30 Art: Clay Fall Leaves |
| 6 Daylight Saving Ends I 10:30 Life Story Journaling JG 11:00 Just the Guys: Pre-Meal Cards I 2:00 Vision Valley Church Service L 3:30 Candle Making | 7 V 10:30 TrilogyFit Exercise! K 11:00 Morning Brain Busters CC 12:30 Chef Circle with Chef Ray! - Dining Room GG 3:00 BINGO! | 8 Election Day K 10:30 Reminiscing with Coffee! V 11:00 Chair Yoga - Activity Room O 11:15 Facility Lunch Outing! M 3:30 Who Sang It Best | 9 V 10:00 TrilogyFit Exercise Class! I 10:30 Church Service with Pastor Reynolds! O 2:00 Scenic Drive! GF 5:30 Evening Movie and Poppin' Popcorn! | 10 K 10:30 Word Games with Coffee! V 11:00 TrilogyFit Exercise Class! GG 3:00 BINGO! A 4:00 Art: String Tree Painting | 11 Veterans Day V 10:00 TrilogyFit Exercise Class CC 10:30 Cooking Class: Pumpkin Spice Snickerdoodles M 2:00 Happy Hour with appetizers and Karaoke Chris! L 4:00 Exploring Branches of | 12 K 10:30 Morning Tea Party! Sample different teas! - Activity Room I 11:00 Meditation & Relaxation GG 3:00 BINGO! A 3:30 Art: Fall Tree Painting |
| 13 I 10:30 Life Story Journaling CC 11:00 Thankyou Cards for Teachers I 2:00 Calvary Christian Church Service! L 3:30 Embroidery Techniques | 14 V 10:30 TrilogyFit Exercise! K 11:00 Morning Brain Busters CC 12:30 Chef Circle with Chef Ray! - Dining Room GG 3:00 BINGO! A 4:00 Art: Water Color Pumpkins | 15 K 10:30 Reminiscing with Coffee! V 11:00 Chair Yoga - Activity Room O 2:00 Facility Shopping Trip! M 3:30 Name That Tune | 16 V 10:00 TrilogyFit Exercise Class! I 10:30 Church Service with Pastor Reynolds! O 2:00 Scenic Drive! GF 5:30 Evening Movie and Poppin' Popcorn! | 17 K 10:30 Word Games with Coffee! V 11:00 TrilogyFit Exercise Class! GF 1:30 Resident Council GF 2:00 Inspired Living Committee GG 3:00 BINGO! | 18 V 10:00 TrilogyFit Exercise Class CC 10:30 Cooking Class: Pumpkin Fudge M 2:00 Game Show Happy Hour with appetizers! K 4:00 Board Games/Card Games | 19 K 10:30 Morning Tea Party! Sample different teas! - Activity Room I 11:00 Meditation & Relaxation GG 3:00 BINGO! A 3:30 Art: String Tree Painting |
| 20 I 10:30 Life Story Journaling S 11:00 Campus Brunch! I 2:00 Campus Church Service L 3:30 Armchair Travel: The First Thanksgiving | 21 V 10:30 TrilogyFit Exercise! K 11:00 Thanksgiving Charades CC 12:30 Chef Circle with Chef Ray! - Dining Room GG 3:00 BINGO! GF 4:00 Bingo Store | 22 K 10:30 Reminiscing with Coffee! V 11:00 Chair Yoga - Activity Room O 11:15 Facility Lunch Outing! M 3:30 Who Sang it Best | 23 V 10:00 TrilogyFit Exercise Class! I 10:30 Church Service with Pastor Reynolds! O 2:00 Scenic Drive! GF 5:30 Evening Movie and Poppin' Popcorn! | 24 Thanksgiving K 10:30 Thankful Pumpkin with Coffee! V 11:00 TrilogyFit Exercise Class! GG 3:00 BINGO! A 4:00 Art: Turkey Painting | 25 V 10:00 TrilogyFit Exercise Class CC 10:30 Cooking Class: Pumpkin Pie cupcakes M 2:00 Happy Hour with Dean from WYOU radio and appetizers! K 4:00 LRC- Left Right Center | 26 K 10:30 Morning Tea Party! Sample different teas! - Activity Room I 11:00 Meditation & Relaxation GG 3:00 BINGO! A 3:30 Art: Painting Fall Décor |
| 27 I 10:30 Life Story Journaling JG 11:00 Just the Guys: Pre-Meal Card Game I 2:00 Campus Church Service L 3:30 Armchair Travel: To the 60's | 28 V 10:30 TrilogyFit Exercise! K 11:00 Morning Brain Busters CC 12:30 Chef Circle with Chef Ray! - Dining Room CC 2:00 LaDonna from BCPL GG 3:00 BINGO! | 29 K 10:30 Reminiscing with Coffee! V 11:00 Chair Yoga - Activity Room O 11:15 Facility Lunch Outing! A 3:30 Art: Leaf Art | 30 V 10:00 TrilogyFit Exercise Class! I 10:30 Church Service with Pastor Reynolds! O 2:00 Scenic Drive! GF 5:30 Evening Movie and Poppin' Popcorn! | | | Birthdays 11/2 - Maconna H 11/4 - Miranda T 11/7 - Sheri B 11/9 - Robert P 11/11 - Michelle M 11/16 - June G 11/21 - Yvonne D 11/22 - Kalee C |

NOVEMBER 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
| <p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games V - Vitality</p> | | <p>1</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Rise and Shine Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 No Sew Fleece Blankets M 3:30 Music Trivia</p> | <p>2</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Tropical Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Glue Art M 3:30 Hippy Dance GG 4:00 State Plate Game</p> | <p>3</p> <p>V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Mother's Pumpkin Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Life Timeline - Creative Writing</p> | <p>4</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Classic Chocolate Chip Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Partner-Print Painting M 3:30 Happy Hour-Friday</p> | <p>5</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Strawberry Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - American Gothic M 3:30 Bust a Move</p> |
| <p>6 Daylight Saving Ends</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Italian Pinwheel Sandwiches w/ Cream Cheese 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Label Collage</p> | <p>7</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Blueberry Oat Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Snowman M 3:30 Groovin to Songs with Numbers</p> | <p>8 Election Day</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Apple Yogurt Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Fall Leaf Garland M 3:30 Music Trivia GG 4:00 Babbling Brook Word</p> | <p>9</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Chocolate Raspberry Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Paint Pouring M 3:30 Hippy Dance</p> | <p>10</p> <p>V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Orange Cranberry Bread w/ Glaze 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 To Be - Creative Writing</p> | <p>11 Veterans Day</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Peanut Butter Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Veterans Day Heart Card M 3:30 Happy Hour-Friday</p> | <p>12</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Apple Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - Mona Lisa M 3:30 Bust a Move</p> |
| <p>13</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Sandwich Pinwheel 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Shapes Collage M 3:30 Who Sang it Best GG 4:00 Color Wheel Trivia</p> | <p>14</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Banana Nut Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Weaving - Day 1 M 3:30 Groovin to Songs with</p> | <p>15</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Peanut Butter Banana Yogurt Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Aromatherapy Balm M 3:30 Music Trivia</p> | <p>16</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Ginger Apricot Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Squeegie Canvas Paint M 3:30 Hippy Dance GG 4:00 State Plate Game</p> | <p>17</p> <p>V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Apple Praline Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Creative Storytelling - My Favorite Teacher M 3:30 Music That Made</p> | <p>18</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 S'more Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Cut Up Paper Art M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the</p> | <p>19</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Blackberry Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - Renoir M 3:30 Bust a Move</p> |
| <p>20</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Buffalo Chicken Pinwheels 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Winter Collage M 3:30 Who Sang it Best</p> | <p>21</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Lemon Poppyseed Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Weaving - Day 2</p> | <p>22</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Pumpkin Parfait 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Thanksgiving Gratitude Tree M 3:30 Music Trivia</p> | <p>23</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Fresh Fruit Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Thanksgiving Napkin Rings M 3:30 Hippy Dance</p> | <p>24 Thanksgiving</p> <p>V 9:00 Cornucopia Pass K 9:30 Lets Spell Thanksgiving CC 10:45 Thanksgiving Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Thanksgiving Adult Coloring M 3:30 Music That Made</p> | <p>25</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Birthday Cake Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Abstract Tape Art M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the</p> | <p>26</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Tomato Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Chihuly Inspired Glass Art M 3:30 Bust a Move</p> |
| <p>27</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Cream Cheese Pinwheels w/ Fresh Veggies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Favorite Things Collage</p> | <p>28</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Apple Cinnamon Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Q-Tip Trees M 3:30 Groovin to Songs with</p> | <p>29</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Cheesecake Berry Parfait 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Newspaper Winter Landscape</p> | <p>30</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Raisin Pecan Oatmeal Cookies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Pipe Cleaner Rose Curls M 3:30 Hippy Dance</p> | | | |

NOVEMBER 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
| <p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games V - Vitality</p> | | <p>1</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Rise and Shine Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 No Sew Fleece Blankets M 3:30 Music Trivia</p> | <p>2</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Tropical Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Glue Art M 3:30 Hippy Dance GG 4:00 State Plate Game</p> | <p>3</p> <p>V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Mother's Pumpkin Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Life Timeline - Creative Writing</p> | <p>4</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Classic Chocolate Chip Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Partner-Print Painting M 3:30 Happy Hour-Friday</p> | <p>5</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Strawberry Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - American Gothic M 3:30 Bust a Move</p> |
| <p>6 Daylight Saving Ends</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Italian Pinwheel Sandwiches w/ Cream Cheese 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Label Collage</p> | <p>7</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Blueberry Oat Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Snowman M 3:30 Groovin to Songs with Numbers</p> | <p>8 Election Day</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Apple Yogurt Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Fall Leaf Garland M 3:30 Music Trivia GG 4:00 Babbling Brook Word</p> | <p>9</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Chocolate Raspberry Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Paint Pouring M 3:30 Hippy Dance</p> | <p>10</p> <p>V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Orange Cranberry Bread w/ Glaze 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 To Be - Creative Writing</p> | <p>11 Veterans Day</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Peanut Butter Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Veterans Day Heart Card M 3:30 Happy Hour-Friday</p> | <p>12</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Apple Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - Mona Lisa M 3:30 Bust a Move</p> |
| <p>13</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Sandwich Pinwheel 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Shapes Collage M 3:30 Who Sang it Best GG 4:00 Color Wheel Trivia</p> | <p>14</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Banana Nut Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Weaving - Day 1 M 3:30 Groovin to Songs with</p> | <p>15</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Peanut Butter Banana Yogurt Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Aromatherapy Balm M 3:30 Music Trivia</p> | <p>16</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Ginger Apricot Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Squeegie Canvas Paint M 3:30 Hippy Dance GG 4:00 State Plate Game</p> | <p>17</p> <p>V 9:00 Let's Take A Trip K 9:30 Categories Game CC 10:45 Apple Praline Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Creative Storytelling - My Favorite Teacher M 3:30 Music That Made</p> | <p>18</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 S'more Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Cut Up Paper Art M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the</p> | <p>19</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Blackberry Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation - Renoir M 3:30 Bust a Move</p> |
| <p>20</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Buffalo Chicken Pinwheels 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Winter Collage M 3:30 Who Sang it Best</p> | <p>21</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Lemon Poppyseed Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Weaving - Day 2</p> | <p>22</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Pumpkin Parfait 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Thanksgiving Gratitude Tree M 3:30 Music Trivia</p> | <p>23</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Fresh Fruit Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Thanksgiving Napkin Rings M 3:30 Hippy Dance</p> | <p>24 Thanksgiving</p> <p>V 9:00 Cornucopia Pass K 9:30 Lets Spell Thanksgiving CC 10:45 Thanksgiving Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Thanksgiving Adult Coloring M 3:30 Music That Made</p> | <p>25</p> <p>V 9:00 Laughter Yoga K 9:30 Turn-Over CC 10:45 Birthday Cake Cookie 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Abstract Tape Art M 3:30 Happy Hour-Friday GG 4:00 Pin the Tail on the</p> | <p>26</p> <p>V 9:00 Bandana Dance K 9:30 American Landmarks CC 10:45 Tomato Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Chihuly Inspired Glass Art M 3:30 Bust a Move</p> |
| <p>27</p> <p>V 9:00 Don't Worry, Be Happy K 9:30 Life Story CC 10:45 Cream Cheese Pinwheels w/ Fresh Veggies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Favorite Things Collage</p> | <p>28</p> <p>V 9:00 Move It Monday K 9:30 Football Frenzy CC 10:45 Apple Cinnamon Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Q-Tip Trees M 3:30 Groovin to Songs with</p> | <p>29</p> <p>V 9:00 Pump It Up K 9:30 Message in a Bottle CC 10:45 Cheesecake Berry Parfait 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Newspaper Winter Landscape</p> | <p>30</p> <p>V 9:00 Mindfulness Matters K 9:30 Working with Letters CC 10:45 Raisin Pecan Oatmeal Cookies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Pipe Cleaner Rose Curls M 3:30 Hippy Dance</p> | | | |