

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Heritage Hill Memory Care 							
		9:00 Morning Gathering 9:30 Exercise Class 10:00 Snack Social 10:30 Balloon Toss 1:30 Arm Chair Travel 2:00 Exercise Class 2:30 Tuesday Tidbits 3:00 Horseshoes 6:00 Book Club 7:00 Snack	9:00 Morning Gathering 9:30 Chair Disco 10:00 Coffee Club 10:30 Coloring Club 1:30 Musical Memories 2:00 Twister 2:30 Hump Day Social 3:00 Bingo 6:00 Comedy Club 7:00 Snack	9:00 Morning Gathering 9:30 Bee Gee's Seated Exercise 10:00 Hydration Station 10:30 Thanksgiving Trivia 1:30 Susie Q Singalong 2:00 Moving to the Music 2:30 National Sandwich Day/Make Your Own Sandwich 3:00 Craft 6:00 Puzzle Club 7:00 Snack	9:00 Morning Gathering 9:30 Musical Memory Exercise 10:00 Coffee Club 10:30 Golfing Club 1:30 Remembering Roy Rodgers 2:00 Balloon Exercise 2:30 Happy Hour 3:00 Fun Friday Bowling 6:00 Musical Memories 7:00 Snack	9:00 Morning Gathering 9:30 Exercise Class 10:00 Friendship Circle 10:30 Ball Toss 1:30 Saturday Polkas 2:00 Exercise Class 2:30 Snack Social 3:00 Sorting and Folding 6:00 TV Sports Night 7:00 Snack	
9:00 Morning Gathering 9:30 Hymn Singalong 10:00 Sunday Social 10:30 Church Service 1:30 Sunday Worship Music 2:00 Exercise Class 2:30 Refreshment Social 3:00 Creative Coloring 6:00 Sunday Night at the Movies 7:00 Snack <small>Daylight Saving Time Begins</small>	9:00 Morning Gathering 9:30 Parachute Exercise 10:00 Coffee Club 10:30 Baking Club 1:30 Name That Tune 2:00 Hokie Pokey Exercise Class 2:30 Monday Munchies 3:00 Aromatherapy and Manicures 6:00 Monday Night Football 7:00 Snack	9:00 Morning Gathering 9:30 Chair Aerobics 10:00 Rejuvenation Station 10:30 Balloon Toss 1:30 Arm Chair Travel 2:00 Fun Workout Class 2:30 Tuesday Tidbits 3:00 Horseshoes 6:00 Book Club 7:00 Snack	9:00 Morning Gathering 9:30 Chair Disco 10:00 Coffee Club 10:30 Coloring Club 1:30 Musical Memories 2:00 Twister 2:30 Hump Day Social 3:00 Bingo 6:00 Comedy Club 7:00 Snack	9:00 Morning Gathering 9:30 Bee Gee's Seated Exercise 10:00 Hydration Station 10:30 Baking Club 1:30 Susie Q Singalong 2:00 Moving to the Music 2:30 Thirsty Thursday Social 3:00 Craft 6:00 Puzzle Club 7:00 Snack	9:00 Morning Gathering 9:30 Exercise Class 10:00 Refreshment Social 10:30 Golfing Club 1:30 Solid Gold Oldies 2:00 Exercise Class 2:30 Happy Hour 3:00 Fun Friday Bowling 6:00 Musical Memories 7:00 Snack <small>Veterans Day Remembrance Day (Canada)</small>	9:00 Morning Gathering 9:30 Saturday Stretch 10:00 Friendship Circle 10:30 Skeet Ball 1:30 Saturday Polkas 2:00 Seated Dancing Workout 2:30 Mocktail Social 3:00 Sorting and Folding 6:00 TV Sports Night 7:00 Snack	
9:00 Morning Gathering 9:30 Hymn Singalong 10:00 Sunday Social 10:30 Church Service 1:30 World Kindness Day Quotes 2:00 Sunday Stretch 2:30 Refreshment Social 3:00 Creative Coloring 6:00 Sunday Night at the Movies 7:00 Snack	9:00 Morning Gathering 9:30 Parachute Exercise 10:00 Coffee Club 10:30 Baking Club 1:30 Name That Tune 2:00 Hokie Pokey Exercise Class 2:30 Pickle Social and Trivia Nation Pickle Day 3:00 Aromatherapy and Manicures 6:00 Monday Night Football 7:00 Snack	9:00 Morning Gathering 9:30 Exercise Class 10:00 Snack Social 10:30 Balloon Toss 1:30 Arm Chair Travel 2:00 Exercise Class 2:30 Tuesday Tidbits 3:00 Horseshoes 6:00 Book Club 7:00 Snack	9:00 Morning Gathering 9:30 Chair Disco 10:00 Coffee Club 10:30 Coloring Club 1:30 Musical Memories 2:00 Twister 2:30 Hump Day Social 3:00 Bingo 6:00 Comedy Club 7:00 Snack	9:00 Morning Gathering 9:30 Bee Gee's Seated Exercise 10:00 Hydration Station 10:30 Canning Day/History of Canning 1:30 Susie Q Singalong 2:00 Moving to the Music 2:30 Thirsty Thursday Social 3:00 Craft 6:00 Puzzle Club 7:00 Snack	9:00 Morning Gathering 9:30 Musical Memory Exercise 10:00 Coffee Club 10:30 Golfing Club 1:30 Remembering Nate King Cole 2:00 Balloon Exercise 2:30 Happy Hour 3:00 Fun Friday Bowling 6:00 Musical Memories 7:00 Snack	9:00 Morning Gathering 9:30 Exercise Class 10:00 Friendship Circle 10:30 Ball Toss 1:30 Saturday Polkas 2:00 Exercise Class 2:30 Snack Social 3:00 Sorting and Folding 6:00 TV Sports Night 7:00 Snack	
9:00 Morning Gathering 9:30 Hymn Singalong 10:00 Sunday Social 10:30 Church Service 1:30 Sunday Worship Music 2:00 Exercise Class 2:30 Refreshment Social 3:00 Creative Coloring 6:00 Sunday Night at the Movies 7:00 Snack	9:00 Morning Gathering 9:30 Parachute Exercise 10:00 Coffee Club 10:30 Baking Club 1:30 Name That Tune 2:00 Hokie Pokey Exercise Class 2:30 Putting on the Ritz Snack 3:00 Aromatherapy and Manicures 6:00 Monday Night Football 7:00 Snack	9:00 Morning Gathering 9:30 Chair Aerobics 10:00 Rejuvenation Station 10:30 Balloon Toss 1:30 Arm Chair Travel 2:00 Fun Workout Class 2:30 Tuesday Tidbits 3:00 Horseshoes 6:00 Book Club 7:00 Snack	9:00 Morning Gathering 9:30 Chair Disco 10:00 Coffee Club 10:30 Coloring Club 1:30 Musical Memories 2:00 Twister 2:30 Hump Day Social 3:00 Bingo 6:00 Comedy Club 7:00 Snack	9:00 Morning Gathering Macy's Thanksgiving Day Parade 9:30 Thanksgiving Trivia 10:00 Hydration Station 10:30 History of Thanksgiving 1:30 Susie Q Singalong 2:00 Moving to the Music 2:30 Thirsty Thursday Social 3:00 Craft 6:00 Puzzle Club 7:00 Snack <small>Thanksgiving Day (US)</small>	9:00 Morning Gathering 9:30 Exercise Class 10:00 Refreshment Social 10:30 Golfing Club 1:30 Solid Gold Oldies 2:00 Exercise Class 2:30 Happy Hour 3:00 Fun Friday Bowling 6:00 Musical Memories 7:00 Snack	9:00 Morning Gathering 9:30 Saturday Stretch 10:00 Friendship Circle 10:30 Ball Toss 1:30 Saturday Polkas 2:00 Seated Dancing Workout 2:30 Snack Social 3:00 Sorting and Folding 6:00 TV Sports Night 7:00 Snack	
9:00 Morning Gathering 9:30 Hymn Singalong 10:00 Sunday Social 10:30 Church Service 1:30 Lawrence Welk 2:00 Sunday Stretch 2:30 Refreshment Social 3:00 Creating Coloring 6:00 Sunday Night Football 7:00 Snack	9:00 Morning Gathering 9:30 Parachute Exercise 10:00 Coffee Club 10:30 Baking Club 1:30 Name That Tune 2:00 Hokie Pokey Exercise Class 2:30 Monday Munchies 3:00 Aromatherapy and Manicures 6:00 Monday Night Football 7:00 Snack	9:00 Morning Gathering 9:30 Exercise Class 10:00 Snack Social 10:30 Balloon Toss 1:30 Arm Chair Travel 2:00 Exercise Class 2:30 Tuesday Tidbits 3:00 Horseshoes 6:00 Book Club 7:00 Snack	9:00 Morning Gathering 9:30 Chair Disco 10:00 Coffee Club 10:30 Coloring Club 1:30 Musical Memories 2:00 Twister 2:30 Hump Day Social 3:00 Bingo 6:00 Comedy Club 7:00 Snack	<div style="text-align: center;">  <h1 style="color: orange;">November 2022</h1> <h2 style="color: white;">Happy Thanksgiving</h2>  </div>			

All activities are subject to change.