

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Birthdays 11/4 - Stephen Prosser 11/5 - Marilyn Hahn 11/24 - Eva Mae Music</p>	<p>Activities are subject to change due to unforeseen circumstances or COVID19 restrictions</p>	<p>1 Turn In Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Día De Los Muertos Craft DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group DR 1:30 Activity Meeting B 2:30 Cook for Your Pets Day</p>	<p>2 Meradi Goes Shopping! FC 10:00 Bend and Stretch with Aromatherapy B 11:00 Rock Painting DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group PD 1:30 Hope for the Heart w/Chaplain Valnes DR 2:30 Bingo</p>	<p>3 FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Tiny Stories DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group B 1:30 Manicures with Meradi DR 3:00 James Duhaim Comedy Show</p>	<p>4 FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Brain Games in the Bistro DR 12:00 High Noon Broadcast by Meradi B 1:00 Jewelry Making DR 2:30 Bingo DR 3:30 Happy Hour!</p>	<p>5 10:00 True North Yoga 1:00 Walking Group B 2:00 Circle of Friends : Adult Coloring B 4:00 Dominos</p>
<p>6 Daylight Saving Ends</p> <p>1:00 Resident Social - Meet with Friends 3:00 Movie Matinee (Residents' Choice) B 6:00 Puzzles</p>	<p>7 Get Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Coffee Creamer Taste Test DR 12:00 High Noon Broadcast by Meradi DR 1:00 Tin Can Alley DR 2:30 BINGO</p>	<p>8 Election Day</p> <p>Turn In Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group PD 1:30 Resident Council Meeting B 3:00 Brain Boost Nutrition</p>	<p>9 Meradi Goes Shopping! FC 10:00 Bend and Stretch with Aromatherapy DR 11:00 Domino Toppling Day DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group B 1:30 Monthly Warm Welcome DR 3:00 Timothy Patrick - Country Music Legends</p>	<p>10 FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Share Your Wedding Photos DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group B 2:00 Weird Food Combination DR 3:00 JENGA</p>	<p>11 Veterans Day</p> <p>FC 10:00 Stretch and Strength Exercise with Meradi DR 11:00 Travelling Water Hole DR 12:00 High Noon Broadcast by Meradi DR 1:30 Veterans Day Ceremony DR 2:30 Bingo DR 3:30 Happy Hour!</p>	<p>12 10:00 True North Yoga 1:00 Walking Group TV 2:00 Circle of Friends : Dance Party 4:00 Mancala Board Game</p>
<p>13</p> <p>1:00 Resident Social - Meet with Friends 3:00 Movie Matinee (Residents' Choice) B 6:00 Puzzles</p>	<p>14 Get Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi TV 11:00 Ted-Ed DR 12:00 High Noon Broadcast by Meradi B 1:00 Gary Battles Performance DR 2:30 BINGO</p>	<p>15 Turn In Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group DR 2:00 Bob Ross Painting Tutorial DR 3:00 Balloon Volleyball</p>	<p>16 Meradi Goes Shopping! FC 10:00 Bend and Stretch with Aromatherapy B 11:00 Nuts about Nuts DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group PD 1:30 Hope for the Heart w/Chaplain Valnes DR 2:30 Bingo</p>	<p>17 FC 10:00 Stretch and Strength Exercise with Meradi DR 11:00 Menu Chat with Chef Julie DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group B 1:30 Card Making 2:30 Shopping trip to Target</p>	<p>18 FC 10:00 Stretch and Strength Exercise with Meradi TV 11:00 Wii Bowling Practice DR 12:00 High Noon Broadcast by Meradi B 1:30 #GEN2000 DR 2:30 Bingo DR 3:30 Happy Hour!</p>	<p>19 10:00 True North Yoga 1:00 Walking Group TV 3:00 Circle of Friends : Karaoke B 6:00 Yahtzee!</p>

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<p>20</p> <p>1:00 Resident Social - Meet with Friends 3:00 Movie Matinee (Residents' Choice) B 6:00 Puzzles</p>	<p>21</p> <p>Get Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Sudoku Number Puzzles DR 12:00 High Noon Broadcast by Meradi B 1:00 Bookmark Making DR 2:30 BINGO B 4:00 Science Expirement</p>	<p>22</p> <p>Turn In Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group B 1:30 Music Makes Memories - Guess That Tune B 2:30 Chip Taste Test B 3:30 Visit with Violet</p>	<p>23</p> <p>Meradi Goes Shopping! FC 10:00 Bend and Stretch with Aromatherapy B 11:00 Clay Modeling DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group DR 2:30 Bingo DR 2:45 Gus Russel is in the House! DR 2:45 Gus Russel is in the House!</p>	<p>24 Thanksgiving</p> <p>FC 10:00 Stretch and Strength Exercise FC 10:00 Stretch and Strength Exercise with Meradi 1:00 Walking Group B 2:00 Gratitude Group B 3:00 Music and Art</p>	<p>25</p> <p>DR 10:00 Stretch and Strength FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 Rhyming Riddles DR 12:00 High Noon Broadcast by Meradi B 1:00 Watercolor Painting DR 2:30 Bingo DR 3:30 Happy Hour!</p>	<p>26</p> <p>10:00 True North Yoga TV 11:00 Circle of Friends : Books 1:00 Walking Group 4:00 Scrabble</p>
<p>27</p> <p>1:00 Resident Social - Meet with Friends 3:00 Movie Matinee (Residents' Choice) B 6:00 Puzzles</p>	<p>28</p> <p>Get Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi 11:00 Lunch at Country Side Pizza and Grill DR 12:00 High Noon Broadcast by Meradi DR 1:30 Car Races DR 2:30 BINGO</p>	<p>29</p> <p>All Day Christmas Decorating Turn In Your Shopping List! FC 10:00 Stretch and Strength Exercise with Meradi B 11:00 This Day in History DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group DR 1:30 Tiny Terrarium Building!</p>	<p>30</p> <p>Meradi Goes Shopping! FC 10:00 Bend and Stretch with Aromatherapy DR 11:00 Snowball Fight DR 12:00 High Noon Broadcast by Meradi 1:00 Walking Group PD 1:30 Hope for the Heart w/Chaplain Valnes DR 2:30 Bingo</p>	<p>B - Bistro DR - Dining Room FC - Fitness Center PD - Private Dining Room TV - TV Lounge</p>		