

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2023</h1> <h2>The Sycamore-Independent/Assisted Living</h2>			1 10:00 Shopping Trip- Walmart (Lobby) 2:30 Word Mining (Studio)	2 9:30 Stongbodies- Strength Training Class (2 nd Floor) 10:30 Seated Exercise (2 nd Floor) 3:30 Happy Hour (Pub)	3 10:00 Chair Yoga w/Jan (2 nd Floor) 11:00 UWRF Coffee Concert (Lobby) 2:00 Bingo (Studio)	4 11:00 Manicures/Hand Massages (2 nd Floor) 2:00 Farkle Group (Studio)
5 11:00 Board Games (Studio) 6:30 Movie & Popcorn- Saint of Second Chances (2 nd Floor)	6 9:30 Stongbodies- Strength Training Class (2 nd Floor) 11:00 Out for Lunch- The Valley Bar & Grill 1:30 Walking Club (Lobby) 2:00 Rummikub (Studio)	7 10:30 Coffee & Conversation (Pub) 1:30 Mexican Train (Studio) 2:00 Wisconsin Pilot Aces Presentation By: Mike O'Connor (2nd Floor) 3:30 Happy Hour (Pub)	8 10:00 Word Mining (Studio) 2:00 Balanced Approach to Senior Wellness Presentation (2nd Floor)	9 9:30 Stongbodies- Strength Training Class (2 nd Floor) 10:30 Seated Exercise (2 nd Floor) 3:30 Happy Hour Music By: Craig Morton (Pub)	10 10:00 Chair Yoga w/Jan (Studio) 10:30 Veteran's Day Program (Dining Room) 2:00 Bingo (Studio)	11 11:00 Yahtzee Group (Studio) 2:00 Brushed By Design- Canvas Painting (Studio) 2:00 Church Service w/First Baptist Church (2 nd Floor) <small>Veterans Day Remembrance Day (Canada)</small>
12 11:00 Board Games (Studio) 6:30 Movie & Popcorn- Trains, Planes, & Automobiles (2 nd Floor) <small>Diwali (Hindi)</small>	13 9:30 Strongbodies- Strength Training Class (2 nd Floor) 10:30 Bible Study (2 nd Floor) 12:00 UWRF College Choir (Dining Room) 1:30 Walking Club (Lobby) 2:00 Rummikub (Studio)	14 10:30 Coffee & Conversation (Pub) 10:30 Discovering Together Tuesday Trip 2:00 "Meet the Vikings" Presentation (2nd Floor) 3:30 Happy Hour (Pub)	15 10:30 Minnesota's Largest Candy Store Trip 1:00 RF Community Euchre Group (Studio) 2:30 Craft Group (2 nd Floor)	16 9:30 Stongbodies- Strength Training Class (2 nd Floor) 10:30 Seated Exercise (2 nd Floor) 12:00 Tenant Thanksgiving Luncheon (Dining Room) 3:00 UWRF Chamber Choir (Dining Room) 3:30 Happy Hour (Pub)	17 10:00 Chair Yoga w/Jan (Studio) 2:00 Bingo (Studio)	18 11:00 Manicures/hand Massages (2 nd Floor) 2:00 Farkle Group (Studio)
19 11:00 Board Games (Studio) 6:30 Movie & Popcorn- Casablanca (2 nd Floor)	20 9:30 Strongbodies- Strength Training Class (2 nd Floor) 1:30 Walking Club (Lobby) 2:00 Rummikub (Studio)	21 10:30 Coffee & Conversation (Pub) 1:30 Mexican Train (Studio) 3:00 Chat w/the Chef (Dining Room) 3:30 Happy Hour Music By: Larry Radle (Pub)	22 10:00 Word Mining (Studio) 1:30 Texas Hold Em (Studio) 3:00 Pumpkin Pie Social (Pub)	23 10:30 Seated Exercise (2 nd Floor)  <small>Thanksgiving Day (US)</small>	24 10:00 Chair Yoga w/Jan (Studio) 2:00 Bingo (Studio)	25 11:00 Yahtzee Group (Studio) 2:00 Church Service w/First Baptist Church (2 nd Floor)
26 11:00 Board Games (Studio) 6:30 Movie & Popcorn- Meet Me in St. Louis (2 nd Floor)	27 9:30 Strongbodies- Strength Training Class (2 nd Floor) 1:30 Walking Club (Lobby) 2:00 Rummikub (Studio)	28 10:30 Coffee & Conversation (Pub) 1:30 Mexican Train (Studio) 2:00 Tenant Town Hall Meeting (2 nd Floor) 3:30 Happy Hour (Pub)	29 10:00 Shopping Trip- Target (Lobby) 2:30 Craft Group (Studio)	30 9:30 Stongbodies- Strength Training Class (2 nd Floor) 10:30 Seated Exercise (2 nd Floor) 3:30 Happy Hour Music By: Rudy Rudesill (Pub)		