

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024

Check Channel 1-2 for daily updates to schedule

<p>9:00 Stretch DVD, TV 3</p> <p>10:30 Christ Lutheran Church Service TV</p> <p>11:00 Discussion Group T</p> <p>12:00 Vikings vs Colts T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9:30 Men's Group FP 4</p> <p>11:00 Chair Yoga T</p> <p>1:00 Movie Matinee T</p> <p>1:15 Bible Study w/ Chuck P</p> <p>2:00 Gardening Group G</p> <p>2:00 Strengthening TV</p> <p>3:00 Weekly Devotional T</p> <p>4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 5</p> <p>10:00-10:30 Bank SR</p> <p>11:00 BINGO TV or P</p> <p>1:00 Massage T</p> <p>1:30 Walking Group P</p> <p>2:00 Exercise Class MC DR</p> <p>2:00 Strengthening TV</p> <p>4:00 Domino's Group P</p>	<p>9:00 Stretch DVD, TV 6</p> <p>10:00 Catholic Mass TV</p> <p>11:00 Card Group P</p> <p>1:00 Tell me your story P</p> <p>2:00 Happy Hour with Darlin Jesse P</p> <p>3:00 Strengthening TV</p> <p>3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 7</p> <p>11:00 BINGO TV or P</p> <p>1:30 Blackjack P</p> <p>2:00 Strengthening TV</p> <p>2:00 Exercise Class MC DR</p> <p>2:30 Sing Along Group L</p> <p>3:30 Book Club P</p>	<p><small>Diwali (Hindu)</small></p> <p>9:00 Stretch DVD, TV 8</p> <p>10:00 Bible Study P</p> <p>11:00 Church Service T</p> <p>1:30 Exercise Class T</p> <p>2:00 Strengthening TV</p> <p>4:00 Game Night P</p>	<p>8:00 Men's Group FP 2</p> <p>9:00 Stretch DVD, TV</p> <p>10:30 Manicures P</p> <p>1:30 Movie Matinee T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>
<p>9:00 Stretch DVD, TV 10</p> <p>10:30 Christ Lutheran Church Service TV</p> <p>11:00 Creative Writing Group P</p> <p>12:00 Vikings vs Jaguars T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>	<p>9:30 Men's Group FP 11</p> <p>11:00 Chair Yoga T</p> <p>1:00 Veterans Special T</p> <p>1:00 Target Outing</p> <p>1:15 Bible Study w/ Chuck P</p> <p>2:00 Strengthening TV</p> <p>3:00 Weekly Devotional T</p> <p>4:00 Sticker Art P</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>9:00 Stretch DVD, TV 12</p> <p>9:45 Wunder Years Visit P</p> <p>11:00 BINGO TV or P</p> <p>1:15 Adult Coloring P</p> <p>1:30 Walking Group P</p> <p>2:00 Exercise Class MC DR</p> <p>2:00 Strengthening TV</p> <p>4:00 Women's Group P</p>	<p>9:00 Stretch DVD, TV 13</p> <p>10:00 Catholic Mass TV</p> <p>11:00 Card Group P</p> <p>1:00 Tell me your story P</p> <p>2:00 Happy Hour with The Bandan-ahhhs P</p> <p>3:00 Strengthening TV</p> <p>3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 14</p> <p>11:00 BINGO TV or P</p> <p>1:30 Tech Hour P</p> <p>2:00 Strengthening TV</p> <p>2:00 Exercise Class MC DR</p> <p>2:30 Sing Along Group L</p> <p>3:30 Card Making P</p>	<p>9:00 Stretch DVD, TV 15</p> <p>10:00 Bible Study P</p> <p>11:00 Church Service T</p> <p>1:30 Exercise Class T</p> <p>2:00 Strengthening TV</p> <p>4:00 Game Night P</p>	<p>8:00 Men's Group FP 16</p> <p>9:00 Stretch DVD, TV</p> <p>10:30 Manicures P</p> <p>1:30 Movie Matinee T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>
<p>9:00 Stretch DVD, TV 17</p> <p>10:30 Christ Lutheran Church Service TV</p> <p>11:00 Discussion Group T</p> <p>12:00 Vikings vs Titans T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>	<p>9:30 Men's Group FP 18</p> <p>10:00 Catholic Communion Offering T</p> <p>11:00 Chair Yoga T</p> <p>1:00 Movie Matinee T</p> <p>1:15 Bible Study w/ Chuck P</p> <p>2:00 Strengthening TV</p> <p>2:30 Walking Group P</p> <p>3:00 Weekly Devotional T</p> <p>4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 19</p> <p>10:00-10:30 Bank SR</p> <p>11:00 BINGO TV or P</p> <p>1:00 Massage T</p> <p>1:30 Coffee & Pie Outing</p> <p>2:00 Exercise Class MC DR</p> <p>2:00 Strengthening TV</p> <p>4:00 Domino's Group P</p>	<p>9:00 Stretch DVD, TV 20</p> <p>10:00 Catholic Mass TV</p> <p>11:00 Card Group P</p> <p>1:00 Tell me your story P</p> <p>2:00 Happy Hour with Diane Zilverberg P</p> <p>3:00 Strengthening TV</p> <p>3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 21</p> <p>11:00 BINGO TV or P</p> <p>1:30 Blackjack P</p> <p>2:00 Strengthening TV</p> <p>2:00 Exercise Class MC DR</p> <p>2:30 Sing Along Group L</p> <p>3:30 Book Club P</p>	<p>9:00 Stretch DVD, TV 22</p> <p>10:00 Bible Study P</p> <p>11:00 Church Service T</p> <p>1:30 Exercise Class T</p> <p>2:00 Strengthening TV</p> <p>4:00 Game Night P</p>	<p>8:00 Men's Group FP 23</p> <p>9:00 Stretch DVD, TV</p> <p>10:30 Manicures P</p> <p>1:30 Movie Matinee T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>
<p>9:00 Stretch DVD, TV 24</p> <p>10:30 Christ Lutheran Church Service TV</p> <p>11:00 Creative Writing Group P</p> <p>12:00 Vikings vs Bears T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>	<p>9:30 Men's Group FP 25</p> <p>11:00 Chair Yoga T</p> <p>1:00 Movie Matinee T</p> <p>1:15 Bible Study w/ Chuck P</p> <p>2:00 Strengthening TV</p> <p>2:30 Walking Group P</p> <p>3:00 Weekly Devotional T</p> <p>4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 26</p> <p>9:45 Wunder Years Visit P</p> <p>11:00 BINGO TV or P</p> <p>1:30 Resident Council P</p> <p>2:30 Worship in Motion P</p> <p>2:00 Exercise Class MC DR</p> <p>2:00 Strengthening TV</p> <p>4:00 Women's Group P</p>	<p>9:00 Stretch DVD, TV 27</p> <p>10:00 Catholic Mass TV</p> <p>11:00 Card Group P</p> <p>1:00 Tell me your story P</p> <p>2:00 Birthday Happy Hour P</p> <p>3:00 Strengthening TV</p> <p>3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 28</p> <p>11:00 BINGO TV or P</p> <p>2:00 Strengthening TV</p> <p>2:30 Sing Along Group L</p> <p>3:30 Women's Group P</p>	<p>9:00 Stretch DVD, TV 29</p> <p>10:00 Bible Study P</p> <p>11:00 Church Service T</p> <p>1:30 Exercise Class T</p> <p>2:00 Strengthening TV</p> <p>4:00 Game Night P</p>	<p>8:00 Men's Group FP 30</p> <p>9:00 Stretch DVD, TV</p> <p>10:30 Manicures P</p> <p>1:30 Movie Matinee T</p> <p>2:00 Strengthening TV</p> <p>3:30 Women's Group P</p>

Thanksgiving Day