


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
	<p>9:30 Chair Exercise</p> <p>2:45 National Geographic: Sea Side Creatures</p>	<p>9:30 Simply Stretch</p> <p>2:45 Let's Play Music</p>	<p>9:30 Parachute Game</p> <p>2:45 The Lucy Show</p>	<p>9:30 Music & Movement</p> <p>2:45 Expressive Art</p>	<p>9:30 Spiritual Hour</p> <p>2:45 Movie: Bad Moms</p>	

8	9	10	11	12	13	14
<p>9:30 Chair Exercise</p> <p>2:45 Remembrance Day Trivia</p>	<p>Remembrance Day Readings -Breakfast</p> <p>9:30 Simply Stretch</p> <p>10:45 Brain Games</p> <p>2:45 Documentary: Modern Military</p>	<p>No Recreation Programs</p> 	<p>9:30 Music & Movement</p> <p>1:00 – 4:00 Recreation Team Meeting</p>	<p>9:30 Spiritual Hour</p> <p>2:45 Bingo</p>		

15	16	17	18	19	20	21
<p>9:30 Chair Exercise</p> <p>2:45 Armchair Travel: Amsterdam</p>	<p>9:30 Simply Stretch</p> <p>2:45 Let's Play Music</p>	<p>9:30 Basketball Shoot Out</p> <p>1:30 Resident & Family Council Meeting In Education Room</p> <p>2:45 Music Appreciation</p>	<p>9:30 Chair Exercise</p> <p>2:45 Brain Games</p>	<p>9:30 Chair Exercise</p> <p>2:45 Stories for the Soul</p>		

22	23	24	25	26	27	28
<p>9:30 Chair Exercise</p> <p>2:45 Word Nuts</p>	<p>9:30 Simply Stretch</p> <p>2:45 Expressive Art</p>	<p>9:30 Target Golf</p> <p>2:45 Arts & Culture: Virtual</p>	<p>9:30 Music & Movement</p> <p>2:45 Sweet Potatoes Social</p>	<p>9:30 Spiritual Hour</p> <p>2:45 Friendship Visits</p>		

29	30					
<p>9:30 Chair Exercise</p> <p>2:45 Calendar Distribution</p>						