

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LOCATION KEY</b>  O – Out Trip I – Independent A – Activities Room EL - East Lounge (\$) - Cost		9:00 Rosary (EL) <b>1</b> 10:30 Morning Exercise (A) 11:00 Current Events (A) 2:00 Bingo (A) 3:15 Book Club (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>2</b> 10:30 Right Moves (A) 12:00 Trip to St Greg's for Mass(O) 2:00 Famous Faces (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>3</b> 10:30 Morning Exercise (A) 11:00 Remember When (A) 2:00 Bingo (A) 3:15 Trivia (A) 4:30 Daily Chronicle 6:00 Evening News (EL) <b>Happy Birthday Edwin D.</b>	9:00 Rosary (EL) <b>4</b> 10:30 Right Moves (A) 11:00 Learn about Owls (A) 2:00 University Express (A) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Card Club (I)	10:30 Board Games (I) <b>5</b> 11:30 Walking Club (I) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Puzzle Time (I)
<b>6</b> 10:00 Heart of the Nation (EL) 11:00 Walking Club (I) 1:00 Bills @ NY Jets (EL) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>7</b> 10:30 Right Moves (A) 11:00 Funny Videos (A) 2:00 International Board Game Day (A) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Adulting Coloring (I)	9:00 Rosary (EL) <b>8</b> 10:30 Morning Exercise (A) 11:00 Current Events (A) 2:00 Bingo (A) 3:15 Book Club (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>9</b> 10:30 Right Moves (A) 12:00 Trip to St Greg's for Mass (O) 2:00 Resident Council (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>10</b> 10:30 Morning Exercise (A) 11:00 Remember When (A) 2:00 Bingo (A) 3:15 Trivia (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>11</b> 10:30 Right Moves (A) 11:00 News & Views (A) <b>2:30 Veteran Day Celebration with Assembly member Karen McMahon(A)</b> 7:00 Card Club (I) <b>Veterans Day</b>	10:30 Crafts (A) <b>12</b> 2:00 Trivia (A) 4:30 Daily Chronicle 6:00 Evening News (EL)
<b>13</b> 10:00 Heart of the Nation (EL) 10:00 Spiritual Sing along with Terry (A) 10:30 Music & Manicures (A) 11:00 Walking Club (I) 1:00 Minnesota @ Buffalo (EL) 2:00 Mocktail Day (A)	9:00 Rosary (EL) <b>14</b> 10:30 Right Moves (A) 11:00 Funny Videos (A) 2:00 Word in Word (A) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Adulting Coloring (I)	9:00 Rosary (EL) <b>15</b> <b>10:30 Shopping trip out (\$)</b> 2:00 Bingo (A) 3:15 Book Club (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>16</b> 10:30 Right Moves (A) 12:00 Trip to St Greg's for Mass (O) 2:00 Name That Tune (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>17</b> 10:30 Morning Exercise (A) 11:00 Remember When (A) 2:00 Bingo (A) 3:15 Trivia (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>18</b> 10:30 Right Moves (A) 11:00 News & Views (A) 2:00 University Express (A) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Card Club (I)	<b>19</b> 10:30 Checkers (I) 11:30 Walking Club (I) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Puzzle Time (I)
<b>20</b> 10:00 Heart of the Nation (EL) 11:00 Walking Club (I) 1:00 Browns @ Buffalo (EL) 4:30 Daily Chronicle 6:00 Evening News (EL)	9:00 Rosary (EL) <b>21</b> 10:30 Right Moves (A) 11:00 Funny Videos (A) 2:00 Word in Word (A) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Adulting Coloring (I) <b>Happy Birthday Ann C.</b>	<b>22</b> 9:00 Rosary (EL) 10:30 Morning Exercise (A) 11:00 Current Events (A) 2:00 Bingo (A) 3:15 Book Club (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	<b>23</b> 9:00 Rosary (EL) 10:30 Right Moves (A) 12:00 Trip to St Greg's for Mass (O) 2:00 Famous Faces (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	<b>24</b> 9:00 Rosary (EL) 10:30 Morning Exercise (A) 11:00 Thanksgiving Traditions (A) 12:00 Thanksgiving Dinner 12:30 Bills @ Detroit (EL)  <b>Thanksgiving Day</b>	<b>25</b> 9:00 Rosary (EL) 10:30 Right Moves (A) 11:00 News & Views (A) 2:00 Afternoon at the Movies (A) 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Card Club (I)	<b>26</b> 10:30 Spelling Bee (A) 11:00 Positive News (A) 2:00 Armchair Travel: A trip to New England (A) 4:30 Daily Chronicle 6:00 Evening News (EL)
<b>27</b> 10:00 Heart of the Nation (EL) 10:30 Coffee & Chats (A) 11:00 Walking Club (I) 2:00 Casablanca Anniversary Movie (A) 4:30 Daily Chronicle	<b>28</b> 9:00 Rosary (EL) 10:30 Right Moves (A) 11:00 Funny Videos (A) <b>2:00 Monthly Birthday Party (A)</b> 4:30 Daily Chronicle 6:00 Evening News (EL) 7:00 Adulting Coloring (I)	<b>29</b> 9:00 Rosary (EL) 10:30 Morning Exercise (A) 11:00 Current Events (A) 2:00 Bingo (A) 3:15 Book Club (A) 4:30 Daily Chronicle 6:00 Evening News (EL) <b>Happy Birthday Marjorie Y.</b>	<b>30</b> 9:00 Rosary (EL) 10:30 Right Moves (A) 12:00 Trip to St Greg's for Mass (O) 2:00 Finish the Phrase (A) 4:30 Daily Chronicle 6:00 Evening News (EL)	<b>Unless otherwise noted, all activities will be Conducted by Lynn or Crystal. All activities are subject to change.</b>		



# Activities Calendar

## November 2022 Seasons

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LOCATION KEY</b>  Programs will be held in the Amber lounge unless otherwise indicated. A Activity Room S Sensory Room *** indicates sign up required \$ indicated Cost involved		<b>9:00</b> Good Morning Rounds <b>1</b> <b>10:00</b> Seated Kickboxing <b>10:30</b> Brunch Club: Stuffed French Toast <b>11:15</b> Tuesday Trivia: New England <b>1:30</b> Walking Trail <b>2:15</b> No Bake Tuesday: Crab Dip <b>3:30</b> Recipe Sort <b>7:00</b> Evening Exercise	<b>9:00</b> Good Morning Rounds <b>2</b> <b>10:00</b> Balloon Volleyball <b>10:30</b> Artists Corner: Cinnamon Stick Votives <b>11:15</b> Washing the Tables <b>1:30</b> Sensory Balance <b>2:30</b> Give Back to the Community Project <b>3:45</b> Wednesday Happy Hour! <b>7:00</b> Mid Week Spa Night	<b>9:00</b> Daily Chronicle <b>3</b> <b>10:00</b> Cardio Drumming <b>10:30</b> Reminisce: Fall Foods <b>11:15</b> New England Clam Chowder Prep <b>1:30</b> Walking Trail <b>2:30</b> Travel Club: New England <b>3:30</b> Soup & Chat <b>7:00</b> Magazine Scavenger Hunt	<b>9:00</b> Good Morning Rounds <b>4</b> <b>10:00</b> Taste It: New England Coffee Flavors <b>10:45</b> Rosary Group <b>11:15</b> Laughter Yoga <b>1:30</b> Traveling Activity Cart <b>2:30</b> <b>Fall Tomato Cage Tree (A)</b> <b>3:30</b> <b>Happy Hour!</b> <b>7:00</b> Friday Night Live!:	<b>9:45</b> Daily Chronicle <b>5</b> <b>10:00</b> Glamor Hour <b>10:45</b> Coffee Break! <b>11:15</b> Finish The Lyric <b>1:30</b> Saturday Leisure Walk <b>2:30</b> Afternoon Movie <b>3:45</b> Weekend Yoga <b>6:30</b> Game Night!
<b>9:45</b> Daily Chronicle <b>6</b> <b>10:00</b> Morning Worship <b>10:45</b> Donuts & Headlines <b>11:15</b> Sunday Stretches <b>1:30</b> <b>Sunday Football Social</b> <b>2:30</b> Friendly Room Visits <b>3:45</b> Right Moves Exercise <b>6:30</b> Sunday Night Sing-A-Long	<b>9:00</b> Good Morning Rounds <b>7</b> <b>10:00</b> Coffee & coupons <b>10:45</b> I Got It <b>11:15</b> Laughter Yoga <b>1:30</b> Walking Club <b>2:15</b> Bingo! <b>3:30</b> Afternoon Stretch <b>7:00</b> Monday Marathons: Lucy	<b>9:00</b> Good Morning Rounds <b>8</b> <b>10:00</b> Seated Kickboxing <b>10:30</b> Brunch Club: Blueberry Pancakes <b>11:15</b> Tuesday Trivia: Patriotic <b>1:30</b> Walking Trail <b>2:15</b> No Bake Tuesday: Red, White & Blue Parfait <b>3:30</b> Junk Drawer Detective <b>7:00</b> Evening Exercise	<b>9:00</b> Good Morning Rounds <b>9</b> <b>10:00</b> Seated Stretching <b>10:30</b> <b>Artists Corner: Patriotic Tissue Paper Art</b> <b>11:15</b> Washing the Tables <b>1:30</b> Sensory Balance <b>2:30</b> Give Back to the Community Project <b>3:45</b> Wednesday Happy Hour! <b>7:00</b> Mid Week Spa Night	<b>9:00</b> Daily Chronicle <b>10</b> <b>10:00</b> Cardio Drumming <b>10:30</b> Reminisce: World War II <b>11:15</b> Military Trivia <b>1:30</b> Walking Trail <b>2:30</b> Travel Club: Arlington National Cemetery <b>3:30</b> Snack & Chat <b>7:00</b> Magazine Scavenger Hunt	<b>9:00</b> Good Morning Rounds <b>11</b> <b>10:00</b> Patriotic Song Trivia & Sing-A-Long <b>10:45</b> Rosary Group <b>11:15</b> Laughter Yoga <b>1:30</b> Traveling Activity Cart <b>2:30</b> <b>Veteran's Day Ceremony</b> <b>3:30</b> <b>Happy Hour!</b> <b>7:00</b> Friday Night Live!: <b>Veterans Day</b>	<b>9:45</b> Daily Chronicle <b>12</b> <b>10:00</b> Glamor Hour <b>10:45</b> Coffee Break! <b>11:15</b> Finish The Lyric <b>1:30</b> Saturday Leisure Walk <b>2:30</b> Afternoon Movie <b>3:45</b> Weekend Yoga <b>6:30</b> Game Night!
<b>9:45</b> Daily Chronicle <b>13</b> <b>10:00</b> Morning Worship <b>10:45</b> Donuts & Headlines <b>11:15</b> Sunday Stretches <b>1:30</b> <b>Sunday Football Social</b> <b>2:30</b> Friendly Room Visits <b>3:45</b> Right Moves Exercise <b>6:30</b> Sunday Night Sing-A-Long	<b>9:00</b> Good Morning Rounds <b>14</b> <b>10:00</b> Coffee & coupons <b>10:45</b> I Got It <b>11:15</b> Laughter Yoga <b>1:30</b> Walking Club <b>2:15</b> <b>30 Ball Bingo!</b> <b>3:30</b> Afternoon Stretch <b>7:00</b> Monday Marathons: Golden Girls	<b>9:00</b> Good Morning Rounds <b>15</b> <b>10:00</b> Seated Kickboxing <b>10:30</b> Brunch Club: Breakfast Sandwiches <b>11:15</b> Tuesday Trivia: Name That Tune <b>1:30</b> Walking Trail <b>2:15</b> No Bake Tuesday: Chocolate Éclair Cake <b>3:30</b> Recipe Sort <b>7:00</b> Evening Exercise	<b>9:00</b> Good Morning Rounds <b>16</b> <b>10:00</b> Morning Yoga <b>10:30</b> Artists Corner: Thankful Door Quilt <b>11:15</b> Washing the Tables <b>1:30</b> Sensory Balance <b>2:30</b> Give Back to the Community Project <b>3:45</b> Wednesday Happy Hour! <b>7:00</b> Mid Week Spa Night	<b>9:00</b> Daily Chronicle <b>17</b> <b>10:00</b> Cardio Drumming <b>10:30</b> Reminisce: Tupperware <b>11:15</b> Famous Faces Trivia <b>1:30</b> Walking Trail <b>2:30</b> Travel Club: Restaurants of America <b>3:30</b> Snack & Chat <b>7:00</b> Magazine Scavenger Hunt	<b>9:00</b> Good Morning Rounds <b>18</b> <b>10:00</b> Taste It: Whipped Cream Vs. Cool Whip <b>10:45</b> Rosary Group <b>11:15</b> Laughter Yoga <b>1:30</b> Traveling Activity Cart <b>2:30</b> Flint Corn Napkin Ring Making <b>3:30</b> <b>Happy Hour!</b> <b>7:00</b> Friday Night Live!:	<b>9:45</b> Daily Chronicle <b>19</b> <b>10:00</b> Glamor Hour <b>10:45</b> Coffee Break! <b>11:15</b> Finish The Lyric <b>1:30</b> Saturday Leisure Walk <b>2:30</b> Afternoon Movie <b>3:45</b> Weekend Yoga <b>6:30</b> Game Night!
<b>9:45</b> Daily Chronicle <b>20</b> <b>10:00</b> Morning Worship <b>10:45</b> Donuts & Headlines <b>11:15</b> Sunday Stretches <b>1:30</b> <b>Sunday Football Social</b> <b>2:30</b> Friendly Room Visits <b>3:45</b> Right Moves Exercise <b>6:30</b> Sunday Night Sing-A-Long	<b>9:00</b> Good Morning Rounds <b>21</b> <b>10:00</b> Coffee & coupons <b>10:45</b> I Got It <b>11:15</b> Laughter Yoga <b>1:30</b> Walking Club <b>2:15</b> Bingo! <b>3:30</b> Afternoon Stretch <b>7:00</b> Monday Marathons: Lucy	<b>9:00</b> Good Morning Rounds <b>22</b> <b>10:00</b> Seated Kickboxing <b>10:30</b> Brunch Club: Breakfast Casserole <b>11:15</b> Tuesday Trivia: Pilgrim Trivia <b>1:30</b> Walking Trail <b>2:15</b> No Bake Tuesday: Pilgrim Hats <b>3:30</b> Junk Drawer Detective <b>7:00</b> Evening Exercise	<b>9:00</b> Good Morning Rounds <b>23</b> <b>10:00</b> Turkey Toss <b>10:30</b> <b>Artists Corner: Create a Cornucopia</b> <b>11:15</b> Washing the Tables <b>1:30</b> Sensory Balance <b>2:30</b> <b>Puzzles &amp; Ponderings</b> <b>3:45</b> Wednesday Happy Hour! <b>7:00</b> Mid Week Spa Night	<b>9:00</b> <b>Macy's Day Parade</b> <b>24</b> <b>10:00</b> Cardio Drumming <b>10:30</b> Reminisce: Thanksgiving Dinner <b>11:15</b> Turkey Trivia <b>1:00</b> <b>Thanksgiving Football Game</b> <b>2:00</b> <b>Pie Social</b> <b>Thanksgiving Day</b>	<b>9:00</b> Good Morning Rounds <b>25</b> <b>10:00</b> Taste It: Tea Flavors <b>10:45</b> Rosary Group <b>11:15</b> Laughter Yoga <b>1:30</b> Traveling Activity Cart <b>2:30</b> Popcorn & Buttons & Beads Garland Creation (A) <b>3:30</b> <b>Happy Hour!</b> <b>7:00</b> Friday Night Live!:	<b>9:45</b> Daily Chronicle <b>26</b> <b>10:00</b> Glamor Hour <b>10:45</b> Coffee Break! <b>11:15</b> Finish The Lyric <b>1:30</b> Saturday Leisure Walk <b>2:30</b> Afternoon Movie <b>3:45</b> Weekend Yoga <b>6:30</b> Game Night!
<b>9:45</b> Daily Chronicle <b>27</b> <b>10:00</b> Morning Worship <b>10:45</b> Donuts & Headlines <b>11:15</b> Sunday Stretches <b>1:30</b> <b>Sunday Football Social</b> <b>2:30</b> Friendly Room Visits <b>3:45</b> Right Moves Exercise <b>6:30</b> Sunday Night Sing-A-Long	<b>9:00</b> Good Morning Rounds <b>28</b> <b>10:00</b> Coffee & coupons <b>10:45</b> Tell Me A Story <b>11:15</b> Laughter Yoga <b>1:30</b> Walking Club <b>2:15</b> <b>30 Ball Bingo!</b> <b>3:30</b> Afternoon Stretch <b>7:00</b> Monday Marathons: Leave It To Beaver	<b>9:00</b> Good Morning Rounds <b>29</b> <b>10:00</b> Seated Kickboxing <b>10:30</b> Brunch Club: Pancakes <b>11:15</b> Tuesday Trivia: <b>1:30</b> Walking Trail <b>2:15</b> No Bake Tuesday: Cranberry Feta Pinwheels <b>3:30</b> Recipe Sort <b>7:00</b> Evening Exercise	<b>9:00</b> Good Morning Rounds <b>30</b> <b>10:00</b> Balloon Volleyball <b>10:30</b> Artists Corner: Cinnamon Ornaments <b>11:15</b> Washing the Tables <b>1:30</b> Sensory Balance <b>2:30</b> Give Back to the Community Project <b>3:45</b> Wednesday Happy Hour! <b>7:00</b> Mid Week Spa Night	Happy Birthday To Martha P November 2 Lois F November 16		