



# NOVEMBER 2018 ASSISTED LIVING



Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

  		1	2	3		
		9:45AM - Hangman 10:30AM - Exercise 11:00AM - Chair Yoga 1:30PM - Pokeno  1:30PM-4:00PM Afternoon Nail Spa for Men/Women	9:45AM - Exercise 9:45AM - Let's Reminisce 10:30AM - Church Service 11:00AM- Meditation Session 1:00PM - Words of Wisdom 3:00PM - Crafts W/Valerie 3:30PM- Balloon Volley	10:30AM - ROSARY  1:30PM - BINGO  3:30PM - TABLE TALK  4:00 PM - Exercise		
4	5	6 Election Day	7	8	9	10
1:30PM - MOVIE (AL Library)  3:0PM - TABLE GAMES	9:45AM - Current Events 10:30AM - Exercise 11:00 AM - Veterans Day Trivia 1:30 PM - Pokeno 1:30PM - Table Talk 2:30 PM - Sing-A-Long 3:30PM - Chair Stretches	9:45AM -Toss & Talk 10:30AM -Exercise 11:00AM - "Bounce" Ball Game  1:30PM- Veterans Appreciation Day Vitas in the Community Room	9:45AM - Word Puzzles 10:30AM - Exercise 11:00AM - Shop Rite Nutritional Seminar 1:30PM - Walmart 1:30PM- Spelling Bee Challenge 2:00 PM - Town Hall Meeting 3:30 PM - Snack Break	9:45AM - Beach Volley Ball 10:30AM - Exercise 11:00AM - Book Exchange Meeting 1:30PM - Pokeno 2:30PM - November in History 3:30PM - Range of Motion Exercise	9:45AM -Exercise 9:45AM - Table Talk 10:30AM - Church Service 11:00AM - Humor Circle 11:45AM - Hibachi Grill 1:30PM - Then & Now 2:30PM - Music & Popcorn Social	10:30AM - ROSARY  1:30PM - BINGO  3:30PM - TABLE TALK
11	12	13	14	15	16	17
1:30PM - MOVIE (AL Library)  3:00PM - TABLE GAMES	9:45AM - Current Events 10:30AM - Exercise 11:00AM - Trivia Teams 11:30AM - Veteran's Appreciation Lunch @ Sorrentino's (Sign Up Required) 1:30PM - Famous Duo's 1:30 PM - Pokeno 1:30PM - Words of Wisdom 2:30PM - Travel Australia 3:30 PM - Discussion Group	9:45AM- Catholic Mass 9:45AM - Target Practice 10:15AM - Brushstrokes 10:30AM -Exercise 11:00AM - Chair Yoga  1:30PM - Sing-A-Long to Thanksgiving Songs 2:30PM - Balloon Art	9:45AM - Bean Bag Toss 10:30AM - Exercise 11:00AM - Word Puzzles 1:30PM - Let's Reminisce  1:30PM - Live Entertainment with Harry Maitland  3:00PM - Keep Fit Video	9:45AM - Hangman 10:30AM -Exercise 11:00AM - German Church Service 11:00AM- Wii Bowling 1:30PM - Pokeno  1:30-4:00PM Afternoon Nail Spa for Men/Women	9:45AM - Exercise 9:45AM- Twenty Questions 10:30AM - Church Service 11:00AM - Meditation 1:30PM - Your News of the Day 2:30PM - Gratitude Circle 3:30PM - American Idol	10:30AM - ROSARY  1:30PM - BINGO  3:30PM - TABLE TALK  4:00PM - Exercise
18	19	20	21	22 Thanksgiving Day	23	24
1:30PM - MOVIE (AL Library)  3:00PM - TABLE GAMES	9:45AM - Current Events 10:30AM - Exercise 11:00PM - Stories for the Soul 1:30 PM - Frisbee Toss 2:00PM - Live Entertainment W/Peter Lieberman 3:30PM - Stretch & Bend	9:45AM- Toss & Talk 10:30AM -Exercise 11:00AM - Chair Yoga Video 1:30PM - Jeopardy Challenge Residential Vs. Independent 3:30PM- Thanksgiving Trivia	9:45AM- Ball Toss 10:30AM - Exercise 11:00AM- Rattle Your Brain 1:00PM - Game of Trouble Tournament 1:30PM - You Be the Judge  2:30PM - Live Entertainment with ZOOM	9:00AM - 12:00PM Watch the Thanksgiving Day Parade in the Community Room  1:30PM - Pokeno 2:00PM - Turkey Races	9:45AM -Exercise 9:45AM - Table Talk 10:30AM - Church Service 11:00AM - Relax to Classical Tunes 1:30 PM -Your Life Stories  2:30PM -3 Tenor Concert	10:30AM - ROSARY  1:30PM - BINGO  3:30PM - TABLE TALK  4:00PM - Exercise
25	26	27	28	29	30	
1:30PM - MOVIE (AL Library)  3:00PM - Table Games	9:45AM - Current Events 10:30AM - Exercise 11:00AM - Sing-A- Long 1:30PM - Humor Circle 2:30PM - Name 10 Things 3:00PM - Guess the Movie 3:30PM - Stretch & Flex	9:45AM - Exercise 10:15AM - Brushstrokes 11:00 AM - Sing-A-Solo 2:00PM - Movie Matinee: Heaven is for Real & Popcorn	9:30AM- Catholic Mass 9:45AM - Toss & Talk 10:30AM - Exercise 11:00AM - Would You Rather 1:30PM - Walmart 2:00PM - Wives Tales 2:30PM - M&M Game 3:00PM - Tactile Balloons	9:45AM - Finish the Phrase 10:30AM - Exercise 11:00AM - Tongue Twisters 1:30PM - Pokeno  1:30PM - Resident Council Meeting with Recreation	9:45AM - Memory Game 10:30AM - Exercise 11:00 AM - Words of Wisdom  1:30PM - PAY TO PLAY \$1 THANKSGIVING BINGO	**Hair Dresser for Men and Women Wednesdays and Thursdays 8:00AM-12:00PM**  ** ALL ACTIVITIES AND TRIPS ARE SUBJECT TO CHANGE**