

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		The First Week of November is International Stress Awareness Week 1st Mindful Exercises 2nd A Funny Movie to release endorphins 3rd Join us in Meditation to help stay zen 4th Taking a walk to release cortisol 5th Creating Art helps us feel better 6th at Listening to your favorite music reduces Stress 7th Being social helps us feel connected to others		Fun Food Things in November 4th is National Candy Day 10th Come decorate your own Vanilla Cupcake 11th Sundae Bar in the Pub 14th Pickled things on a stick with Virgin Mary's 20th Family Thanksgiving		Morning 1 Sit N' Fit Silly Saturdays Afternoon Heritage Hikers Doing mindful exercises Having a calm moment
Morning 2 Doughnut Delivery Virtual Mass Afternoon Heritage Hikers A Funny Movie Daylight Saving Time Ends	Morning 3 Sit N' Fit Moments in History Afternoon Heritage Hikers 2pm David HB Drake! Monday Meditation	Morning 4 Candy Day! Sit N' Fit Afternoon CBC Service Sing Fit by the Fireplace Thoughtful Walk Election Day	Morning 5 Nail Salon Sit N' Fit Afternoon Heritage Hikers Learning about Art Abstract Art Time!	Morning 6 Sit N' Fit Trivia Thursday Afternoon Heritage Hikers Listening to each other's Favorite Songs Bingo	Morning 7 Sit N' Fit Fill in the Blank Afternoon Heritage Hikers 2:00 Cooking Demo with Chef Chad in the Pub Table Talk!	Morning 8 Sit N' Fit Silly Saturdays Afternoon Heritage Hikers Nevea's Pick in the Activities Room
Morning 9 Doughnut Delivery Virtual Mass Afternoon Heritage Hikers Movie and Popcorn	Morning 10 Chair Yoga Thankful Thoughts Afternoon Heritage Hikers Decorating Your Own Vanilla Cupcake! Hand Spa	Morning 11 Sit N' Fit 10 am Salute to Our Veterans! Afternoon CBC Service Sundae Day! 2:30 Residents Chat Veterans Day	Morning 12 Nail Salon Sit N' Fit Afternoon Heritage Hikers 2:00pm Soda Shop in the Pub with Britany Armchair Travel	Morning 13 Sit N' Fit I Didn't Know That! Afternoon Heritage Hikers Painting a Tree Hanging Thankful Leaves	Morning 14 Sit N' Fit in the Activities Room Thanksgiving Facts Afternoon Walking with the Music 2:00 Happy Hour in Assisted Living	Morning 15 Sit N' Fit in the Activities Room Songs of the Fifties Afternoon Finding Leaves on a walk Halley's Pick in the Activities Room
Morning 16 Doughnut Delivery Virtual Mass Afternoon Heritage Hikers Movie and Popcorn	Morning 17 Sit N' Fit Thanksgiving Facts Afternoon Heritage Hikers Build a Turkey Together!	Morning 18 Sit N' Fit Thankful Thoughts Afternoon 1:30 Mickey Mouse Day in the Pub! Heritage Hikers CBC Service	Morning 19 Nail Salon Sit N' Fit Afternoon Sing Fit by the Fireplace Thoughtful Walk Would You Rather	10:00 Thanksgiving Trivia 11:15 Keepin' Fit <i>Family Thanksgiving Entertainment - 4-5 Dinner to Follow</i>	Morning 21 Sit N' Fit Fill in the Blank Afternoon Heritage Hikers 2:00 Nov. Birthday Celebration in Assisted Living Balloon Ball	Morning 22 Sit N' Fit in the Activities Room Silly Saturdays Afternoon Heritage Hikers Sensory Bins True or False
Morning 23 Doughnut Delivery Virtual Mass Afternoon 30 Heritage Hikers Movie and Popcorn	Morning 24 Sit N' Fit Songs of the Fifties Afternoon Sing Fit by the Fireplace Thoughtful Walk Monday Meditation	Morning 25 Sit N' Fit Thanksgiving Facts Afternoon Heritage Hikers CBC Service True or False	Morning 26 Nail Salon Sit N' Fit Afternoon Heritage Hikers Sing Fit Guess That Song!	Morning 27 Chair Yoga Thankful Thoughts Thanksgiving Packer Party Starts at Noon Thanksgiving Day	Morning 28 Sit N' Fit Black Friday Facts Afternoon Heritage Hikers 2:30 French Toast French Film	Morning 29 Sit N' Fit in the Activities Room Songs of the Seventies Afternoon Heritage Hikers Sensory Bins You Pick the Card Game!

SPECIAL EVENTS

20th Family Thanksgiving 4 – 6:30

27th Thanksgiving Packer Party at Noon

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*