



NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NOVEMBER BIRTHDAYS: Richard K. Nov. 11th Kathe Z. Nov. 14th Marilee A. Nov. 19th Barb K. Nov. 22nd Denette S. Nov. 25th		Morning 1 Sit & Fit Chair Exercise Would You Rather Wednesday Hot Potato W/ Music Afternoon Heritage Hikers Jammin W/ Jenn	Morning 2 Sit & Fit Chair Exercise What am I? Afternoon Heritage Hikers Thankful Thursday BINGO	Morning 3 Sit & Fit Chair Exercise Fun Fact Friday Afternoon Heritage Hikers Friday Trivia Paul Blast Sings	Morning 4 Sit & Fit Chair Exercise Saturday Sillys Afternoon Snacks & Refreshments Heritage Hikers Reminiscing With Friends
Morning 5 Sit & Fit Chair Exercise Donut Delivery Afternoon Virtual Mass Daylight Saving Time Ends	Morning 6 Sit & Fit Chair Exercise Sing A Song Sing Along Afternoon Heritage Hikers Finish The Phrase Balloon Ball	Morning 7 Sit & Fit Chair Exercise Tell Me Tuesday Afternoon Snacks & Refreshments Heritage Hikers Virtual Mass Election Day	Morning 8 Sit & Fit Chair Exercise Would You Rather Wednesday Hot Potato W/ Music Afternoon Heritage Hikers Dan Sullivan Sings	Morning 9 Sit & Fit Chair Exercise What am I? Afternoon Heritage Hikers Thankful Thursday Coupon Clipping Club	Morning 10 Sit & Fit Chair Exercise Fun Fact Friday Afternoon Heritage Hikers Friday Trivia Happy Hour W/ Snacks	Morning 11 Sit & Fit Chair Exercise Saturday Sillys Afternoon Snacks & Refreshments Heritage Hikers Card Making for Veterans Veterans Day
Morning 12 Sit & Fit Chair Exercise Donut Delivery Afternoon Virtual Mass Movie & Popcorn	Morning 13 Sit & Fit Chair Exercise Sing A Song Sing Along Afternoon Heritage Hikers Swatter Ball Finish The Phrase 6:00 Kilocycle Cowboy Sings AL	Morning 14 Sit & Fit Chair Exercise Tell Me Tuesday Afternoon Snacks & Refreshments Virtual Mass Try It Tuesday National Pickle Day	Morning 15 Sit & Fit Chair Exercise Would You Rather Wednesday Hot Potato W/ Music Afternoon Heritage Hikers Fall Craft	Morning 16 Sit & Fit Chair Exercise What am I? Afternoon Heritage Hikers Thankful Thursday Follow Your Nose	Morning 17 Sit & Fit Chair Exercise Fun Fact Friday Afternoon Heritage Hikers Friday Trivia Pumpkin Seed Gathering	Morning 18 Sit & Fit Chair Exercise Saturday Sillys Afternoon Snacks & Refreshments Heritage Hikers Music & Coloring
Morning 19 Sit & Fit Chair Exercise Donut Delivery Afternoon Virtual Mass Movie & Popcorn	Morning 20 Sit & Fit Chair Exercise Sing A Song Sing Along Afternoon Heritage Hikers Finish The Phrase Val The Accordion Player	Morning 21 Sit & Fit Chair Exercise Tell Me Tuesday Afternoon Snacks & Refreshments Heritage Hikers Virtual Mass	Morning 22 Sit & Fit Chair Exercise Would You Rather Wednesday Hot Potato W/ Music Afternoon Heritage Hikers Thanksgiving BINGO	Morning 23 Sit & Fit Chair Exercise What am I? Macy's Day Parade Afternoon Packers VS Lions 2:00 Heritage Hikers Thanksgiving Day Pumpkin Punch Game	Morning 24 Sit & Fit Chair Exercise Fun Fact Friday Afternoon Heritage Hikers Friday Trivia Happy Hour W/ Music	Morning 25 Sit & Fit Chair Exercise Saturday Sillys Afternoon Snacks & Refreshments Heritage Hikers 7 Decades A Singer
Morning 26 Sit & Fit Chair Exercise Donut Delivery Afternoon Virtual Mass Movie & Popcorn	Morning 27 Sit & Fit Chair Exercise Sing A Song Sing Along Afternoon Heritage Hikers Finish The Phrase Grocery Ad Scavenger Hunt	Morning 28 Sit & Fit Chair Exercise Tell Me Tuesday Snacks & Refreshments Afternoon Heritage Hikers Virtual Mass	Morning 29 Sit & Fit Chair Exercise Would You Rather Wednesday Hot Potato W/ Music Afternoon Heritage Hikers Goldfish Flavor Taste Testing	Morning 30 Sit & Fit Chair Exercise What am I? Afternoon Heritage Hikers Thankful Thursday BINGO	