

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="color: #C8513E; font-family: cursive;">November 2023</h1>				
		<p>10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Card Zingo 12:00 Lunch 1:00 Afternoon Exercise 2:00 Snack and Chat 2:30 50s and 60s Sing-a-long</p>	<p>2 10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Sit and Stretch 11:15 Cornhole 12:00 Lunch 1:00 BINGO 2:00 Snack and Chat 2:30 Old Time Television</p>	<p>3 10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Scategories 12:00 Lunch 1:00 Bowling 2:00 Snack and Chat 2:30 Old Time Television</p>
<p>6 10:30 Morning Welcome 10:30 Crafts with Edenton 10:45 Exercise with Nanette 12:00 Lunch 1:00 Armchair Travel - Israel 2:00 Israeli Special Snack 2:30 Old Time Television</p>	<p>7 Nachos Day 10:30 Morning Welcome 10:30 Bible Study or Poker 10:45 Chair Yoga 11:00 Musical Ball 12:00 Lunch 1:00 The History of Nachos 1:30 Chef's Table - Beef Nachos 2:00 Snack and Chat 2:30 Old Time Television</p>	<p>8 10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Jeopardy 12:00 Lunch 1:00 Afternoon Exercise 2:00 Snack and Chat 2:30 20 Catchiest Songs from Classic Movie Musicals</p>	<p>9 Good Nutrition Day 10:30 Morning Welcome 10:45 American Legion Veterans Visit 11:15 Veterans Day Tribute w/ Charlie 12:00 Lunch 1:00 GO Team Dog Visits 2:00 Good Nutrition Healthy Habits 2:15 Healthy Happy Hour 2:30 America's Got Talent - Animal Edition</p>	<p>10 10:30 Morning Welcome 10:30 Catholic Communion with Edi and Maria (English and Spanish) 10:45 Sit and Stretch 11:00 Veterans Day Tribute w/ Charlie 12:00 Lunch 1:00 Veteran's Day Celebration 2:00 Snack and Chat 2:30 Old Time Television</p>
<p>13 World Kindness Day 10:30 Morning Welcome 10:45 Exercise with Nanette 11:00 World Kindness Day Recognition 11:30 Kindness Quotes 12:00 Lunch 1:00 Family Feud 2:00 Snack and Chat - KIND bars 2:30 Old Time Television</p>	<p>14 10:30 Morning Welcome 10:30 Bible Study or Poker 10:45 Chair Yoga 11:00 Teddy Bear Day Presentation with Charlie 12:00 Lunch 1:00 Travelou 2:00 Snack and Chat 2:30 Old Time Television</p>	<p>15 10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Remembering Vivian Leigh 12:00 Lunch 1:00 Afternoon Exercise 2:00 Poppin Popcorn 2:30 Therapeutic Wind Down - City Streets to Mountain Peaks</p>	<p>16 National Fast Food Day 10:30 Morning Welcome 10:45 Sit and Stretch 11:00 Fast Food Day Fun Facts 11:30 Guess that Fast Food Restaurant 12:00 Lunch 1:00 BINGO 2:00 Mickey D's Shoestring French Fries 2:30 America's Funniest Videos</p>	<p>17 10:30 Morning Welcome 10:45 Chair Yoga 11:00 Drama Club Skits - Joyride 11:30 Scategories 12:00 Lunch 1:00 Bowling 2:00 Snack and Chat 2:30 Old Time Television</p>
<p>20 10:30 Morning Welcome 10:45 Exercise with Nanette 11:00 Traditions and Lore of the Thanksgiving Wishbone 11:30 Noodle Ball 12:00 Lunch 1:00 Entertainment with Two of a Kind 2:00 Poppin Popcorn 2:30 Old Time Television</p>	<p>21 10:30 Morning Welcome 10:30 Bible Study or Poker 10:45 Chair Yoga 11:00 Thankful Leaves 12:00 Lunch 1:00 Who Am I? 2:00 Snack and Chat 2:30 Old Time Television</p>	<p>22 10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Chef's Table 12:00 Lunch 1:00 Afternoon Exercise 2:00 Snack and Chat 2:30 Therapeutic Wind Down - Sights and Sounds of Nashville Tennessee</p>	<p>23 </p>	<p>24 10:30 Morning Welcome 10:45 Chair Yoga 11:00 Card Zingo 12:00 Lunch 1:00 Hot Potato Questions 2:00 Snack and Chat 2:30 Old Time Television</p>
<p>27 10:30 Morning Welcome 10:45 Exercise with Nanette 11:00 The History of Gingerbread 11:30 Chef's Table - Gingerbread Cookies 12:00 Lunch 1:00 Musical Ball 2:00 Snack and Chat 2:30 Old Time Television</p>	<p>28 French Toast Day 10:30 Morning Welcome 10:30 Bible Study or Poker 10:45 Chair Yoga 11:00 French Toast Day History 12:00 Lunch 1:00 Sing along with Dale 2:00 French Toast Treat 2:30 Old Time Television</p>	<p>29 10:30 Morning Welcome 10:45 The Daily Chronicle 11:00 Europe Travel Presentation with Charlie 12:00 Lunch 1:00 Afternoon Exercise 2:00 Snack and Chat 2:30 America's Got Talent</p>	<p>30 10:30 Morning Welcome 10:45 Sit and Stretch 11:00 Participant Council 11:30 Reminiscing : Chores and Allowances 12:00 Lunch 1:00 BINGO 2:00 Snack and Chat 2:30 Oldies but Goodies Sing-a-long</p>	

Activities are Subject to Change