

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2023

1

9:00 Sunrise Social  
10:30 Live with Kelly  
1:30 Youtube Exercise Group  
2:30 Table Top Games!  
3:00 Snackivity

2

9:00 Sunrise Social  
10:30 Live with Kelly  
2:00 Reminisce Music Hour  
3:00 Snackivity  
6:00 Bonanza Before Bed!

3

9:00 Sunrise Social  
10:30 Live with Kelly  
2:00 Thankful Tree Leaves arts & Crafts  
3:00 Snackivity

4

10:00 Rise and Shine Group  
11:00 Laundry Cycle  
2:00 Charlie Brown Sing-a-long  
3:00 Snackivity

5

10:00 Rise and Shine Group  
11:00 Music Hour  
2:00 Bible Study  
3:00 Snackivity  
6:00 Bonanza Before Bed!

6

9:00 Sunrise Social  
10:30 Live with Kelly  
2:00 Meditation Music Relax-a-long  
3:00 Snackivity

7

9:00 Sunrise Social  
10:30 Arm Chair Yoga  
11:00 1:1 Visits  
2:00 Thankful Tree Assembly!  
3:00 Apple Cider Social

8

9:00 Sunrise Social  
10:30 Meditation Group  
11:00 Relaxation Hour  
1:30 Sing Fit (50)  
2:30 Resident Council

9

9:00 Sunrise Social  
10:30 Live with Kelly  
2:00 Bingo (House 60)  
3:00 Snackivity  
3:30 1:1 Visits

10

9:00 Sunrise Social  
10:30 Thanksgiving Trivia  
11:00 Game Show Hour  
1:30-3:30 Happy Hour (all Houses)

11

10:00 Rise and Shine Group  
11:00 Laundry Cycle  
2:00 Book Club Review  
3:00 Snackivity  
4:00 Music Hour

Veterans Day  
Remembrance Day (Canada)

12

10:00 Rise and Shine Group  
11:00 Laundry Cycle  
2:00 Youtube Bible Study Group

Diwali (Hindi)

13

9:00 Sunrise Social  
10:30 Live with Kelly  
2:00 Bingo (House 60)  
3:00 Sing Fit (50)  
4:00 1:1 visits

14

9:00 Sunrise Social  
10:30 Meditation Group  
11:00 Music Hour  
2:00 Ice Cream Social  
3:00 Book Club!

15

9:00 Sunrise Social  
10:30 Live with Kelly  
11:00 1:1 visits  
2:00 Bingo (House 50)  
3:30 Sing Fit (50)

16

9:00 Sunrise Social  
10:30 Meditation Group  
11:00 TV Hour  
1:30 Matinee Showing of...  
The Perfect Game

17

9:00 Sunrise Social  
10:30 Pumpkin Patch Trip!  
12:00 Lunch At the Patch!  
2:30 Return Home!  
3:30 Sing Fit (50)

18

10:00 Rise and Shine Group  
11:00 Laundry Cycle  
2:00 Book Club Review  
4:00 Music Hour

19

10:00 Rise and Shine Group  
11:00 Music Hour  
2:00 Bible Study  
3:00 Snackivity  
6:00 Bonanza Before Bed!

20

9:00 Sunrise Social  
10:30 Scenic Drive  
11:00 Game Show Hour  
2:00 Bingo! (House 50)  
3:00 Sing Fit (50)

21

9:00 Sunrise Social  
10:30 Meditation Group  
11:00 Music Hour  
2:00 Thanksgiving Crafts  
3:00 Snackivity

22

9:00 Sunrise Social  
10:30 Arm Chair Dance!  
2:00 Thrift Shop Trip!  
4:00 Return Home

23

9:00 Sunrise Social  
10:30 Macy's Thanksgiving Parade Showing!  
2:00 Thanksgiving Bingo! (House 60)  
3:00 Pumpkin Arts and Crafts

Thanksgiving Day (US)

24

9:00 Sunrise Social  
10:30 Table Top Games  
11:00 Music Hour  
2:00 Youtube Exercise Group

25

10:00 Rise and Shine Group  
11:00 Laundry Cycle  
2:00 Book Club Review  
3:00 Snackivity  
4:00 Laundry Cycle

26

10:00 Rise and Shine Group  
11:00 Laundry Cycle  
2:00 Youtube Bible Study Group

27

9:00 Sunrise Social  
10:30 Choir Practice  
11:30 Book Club Review  
2:00 Christmas Decorating!

28

9:00 Sunrise Social  
10:30 Dollar Tree Trip!  
12:00 Return Home  
2:00 Bingo! (House 60)  
3:00 Snackivity

29

9:00 Sunrise Social  
10:30 Meditation group  
11:00 1:1 Visits  
2:00 Sing Fit! (All Houses)  
3:30 Game Show Hour

30

9:00 Sunrise Social  
10:30 Stretch and Strength  
2:00 Choir Practice  
3:00 Snackivity



ALL ACTIVITIES ARE SUBJECT TO CHANGE. ALL ACTIVITIES ARE FOCUSED FOR COTTAGE SETTING HOUSEHOLD.