

EVERY DAY ACTIVITIES

FIT FOR LIFE

Each morning will offer a form of physical activity to keep our bodies fit and healthy

STROKES OF MEMORY

Using our memories each day to reminisce or recall keeps our minds strong & hearts beating

THINKING BEYOND

Each day we will spend some time using our powers of thinking to fine tune our focus and strengthen our attention

MUSIC & MORE

There is nothing more enjoyable or therapeutic than the healing power of music!

REJUVENATING THE SPIRIT

Whether it's praying for our friends together or planting a garden we all need to renew our spirits as we will do each day.

TIME FOR FRIENDS

Joining others at meals, comforting one another, playing cards, putting a puzzle together, enjoying music, crocheting, baking cookies, watching a movie or simply laughing together can make a difference in someone's day when doing it with friends.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			1 10:00-11:30 Music & Pretty Nails With Sandy 1:00 Bingo 2:00 Exercise w/Makeeta 3:00 Happy Hour 3:30 Noodle Ball with Peter 5:30 Trivia with Peter 6:00 Wednesday Night Movie	2 10:15 Music with Amy Webb— Piano & Flute 1:00 Bingo w/Peter 2:00 Music with Christine Cooney 3:00 Afternoon Snack 3:30 Noodle Ball with Peter 6:00 Thursday Night Movie	3 10:30 Musical Trivia 1:00 Bingo with Peter 2:00 Music with Jeff Weiselberg 3:00 Afternoon Snack 3:30 Games with Peter 6:00 Friday Night Movie	4 10:00 Good Morning Social with Sandy 1:30 Activities with Sandy 6:00 Saturday Night Movie
5 10:30 Spiritual Music With Sandy 1:30 Activities With Sandy	6 10:00 Monday Morning Social 11:00 Sing Along with Shelia 1:00 Bingo 2:00 Exercise w/Makeeta 2:30 Music with Kathy Gregory 3:30 Afternoon Snack 6:00 Monday Night Movie	7 10:00-11:00 Glee Club with Lynne 10:30 Pet Visit with Gus 1:15 Music with RSVP Singers 2:30 Afternoon Snack 3:00 Word Trivia 6:00 Tuesday Night Movie	8 10:00-11:30 Music & Pretty Nails With Sandy 1:00 Bingo 2:00 Exercise w/Makeeta 3:00 Happy Hour 3:30 Sing Along with Peter 5:30 Trivia with Peter 6:00 Wednesday Night Movie	9 10:00 Art Class with Paul 10:30 IN2L Trivia 12:30 Family Feud w/Sandy 2:00 Music with Willie Ninger 3:00 Afternoon Snack 3:30 Move to the Music With Sandy 6:00 Thursday Night Movie	10 10:30 Everyday Life Trivia 1:00 Bingo with Peter 2:00 Veterans Day Show With Jerry Limmer 3:00 Afternoon Snack 3:30 Sing Along with Peter 6:00 Friday Night Movie	11 HAPPY VETERANS DAY!!! 10:00 Good Morning Social with Sandy 1:30 Activities with Sandy 6:00 Saturday Night Movie
12 10:30 Spiritual Music With Sandy 1:30 Activities With Sandy	13 10:00 Communion 10:30 Adult Coloring & Jigsaw Puzzles 1:00 Bingo 2:00 Exercise w/Makeeta 2:30 Music with Kathy Gregory 3:30 Afternoon Snack 6:00 Monday Night Movie	14 10:00-11:00 Glee Club with Maggie 11:00 Pet Visit with Gus 1:00 Bingo 2:00 Music with Larry Batter 3:00 Afternoon Snack 3:30 Noodle Ball 6:00 Tuesday Night Movie	15 10:00-11:30 Songs We Know By Heart & Manicures 1:00 Bingo 2:00 Exercise w/Makeeta 3:00 Happy Hour 3:30 Noodle Ball with Peter 5:30 Trivia with Peter 6:00 Wednesday Night Movie	16 10:15 Music with Amy Webb— Piano & Flute 1:00 Bingo w/Peter 2:00 Music with Mike Armentano 3:00 Afternoon Snack 3:30 Memory Cards 5:30 Trivia with Peter 6:00 Thursday Night Movie	17 10:30 Fact or Fiction 1:00 Bingo with Peter 2:00 Music & Slides With Roger Hart 3:00 Afternoon Snack 3:30 Games with Peter 6:00 Friday Night Movie	18 10:00 Good Morning Social with Sandy 1:30 Activities with Sandy 6:00 Saturday Night Movie
19 10:30 Spiritual Music With Sandy 2:00 Saxophone & Sing Along with Ed Vater Function Room	20 10:00 Communion 10:30 Adult Coloring & Jigsaw Puzzles 1:00 Bingo 2:00 Exercise w/Makeeta 2:30 Music with Kathy Gregory 3:30 Afternoon Snack 6:00 Monday Night Movie	21 10:00-11:00 Glee Club with Sue 11:00 Pet Visit with Gus 1:00 Bingo 2:00 Music with Airborne 3:00 Afternoon Snack 3:30 Trivia Games 6:00 Tuesday Night Movie	22 10:00-11:30 Music & Pretty Nails With Sandy 1:00 Bingo 2:00 Exercise w/Makeeta 3:00 Happy Hour 3:30 Sing Along with Peter 5:30 Trivia with Peter 6:00 Wednesday Night Movie	23  Happy Thanksgiving 6:00 Thursday Night Movie	24 10:30 Sharpen Your Brain 1:00 Bingo with Peter 2:00 Music with Samantha Goodman 3:00 Afternoon Snack 3:30 Sing Along with Peter 6:00 Friday Night Movie	25 10:00 Good Morning Social with Sandy 1:00 Bingo with Peter 3:00 Sing Along With Peter 6:00 Saturday Night Movie
26 10:30 Spiritual Music With Sandy 1:30 Activities With Sandy	27 10:00 Communion 10:30 Adult Coloring & Jigsaw Puzzles 1:00 Bingo 2:00 Exercise w/Makeeta 2:30 Noodle Ball 3:00 Trivia w/Shelia 6:00 Monday Night Movie	28 10:00-11:00 Glee Club Maggie 11:00 Pet Visit with Gus 1:00 Bingo 2:00 Music with Tom Stankus 3:00 Afternoon Snack 3:30 Noodle Ball 6:00 Tuesday Night Movie	29 10:00-11:30 Music & Pretty Nails With Sandy 1:00 Bingo 2:00 Exercise w/Makeeta 3:00 Happy Hour 3:30 Noodle Ball with Peter 5:30 Trivia with Peter 6:00 Wednesday Night Movie	30 10:00 Art Class with Paul 10:30 IN2L Sing Along 12:00 Men's Luncheon 12:30 My Favorite Pet 2:00 Music With John Paolillo 3:00 Afternoon Snack 3:30 Move to the Music With Sandy 6:00 Thursday Night Movie		