

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Exercise Hand Massages &amp; Manicures <b>10:30 Shopping at Community Threads</b> <b>1:30-2:30: Tender Heart</b> Get up &amp; Move</p>	<p><b>1</b> Exercise Hand Massages &amp; Manicures <b>10:30 Shopping at Community Threads</b> <b>1:30-2:30: Tender Heart</b> Get up &amp; Move</p>	<p><b>2</b> Exercise Morning Chat Card Games <b>Craft-Scented Sachets</b> Get up &amp; Move</p>	<p><b>3</b> 10:00: Bible Study with Goodie Exercise White Board Games <b>12:00 Lunch Bunch</b> BINGO Movie &amp; Popcorn</p>	<p><b>4</b> Exercise Morning Chat <b>Food Demo- Turkey Donut</b> Word Games Get up &amp; Move</p>	<p><b>5</b> Exercise Morning Chat BINGO <b>Craft-Thankful Trees</b></p>	<p><b>6</b> Exercise <b>Spa Day &amp; Self-Care</b> Get up &amp; Move</p>
<p>Exercise Morning Chat Free Style Painting Music &amp; Dancing</p>  <p><b>7</b></p>	<p><b>8</b> Exercise Hand Massages &amp; Manicures <b>1:30-2:30: Tender Heart</b> <b>5:00 Dance at Burton Senior Ctr</b></p>	<p><b>9</b> Exercise <b>11:00 Outing to Flint Farmer's Market</b> Card Games <b>Craft-Veteran's Day Jars</b> Get up &amp; Move</p>	<p><b>10</b> 10:00: Bible Study with Goodie Exercise White Board Games BINGO Movie &amp; Popcorn</p>	<p><b>11</b> Exercise Whiteboard Games <b>Food Demo-Patriotic Dessert</b> <b>3:00 Entertainment by Daniel Fegan</b></p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p><b>12</b> Exercise Morning Chat BINGO Corn Hole</p>	<p><b>13</b> Exercise <b>Spa Day &amp; Self-Care</b> Get up &amp; Move</p>
<p>Exercise Morning Chat Free Style Painting Music &amp; Dancing</p> <p><b>14</b></p>	<p><b>15</b> Exercise Hand Massages &amp; Manicures <b>1:30-2:30: Tender Heart</b> Get up &amp; Move <b>5:00 Dance at Burton Senior Ctr</b></p>	<p><b>16</b> Exercise Morning Chat Card Games <b>Craft-Quirky Turkey</b> Get up &amp; Move</p>	<p><b>17</b> Exercise 10:00 Bible Study w/Goodie <b>11:15 Art a la Cart @ FIA</b> BINGO Movie &amp; Popcorn</p>	<p><b>18</b> <b>Mickey Mouse's Birthday</b> Exercise Whiteboard Games- Disney Characters <b>Food Demo- No Bake Pumpkin Bites</b> Get up &amp; Move</p>	<p><b>19</b> Exercise Morning Chat <b>12:15 Volunteer @ Mueller's Orchard</b> BINGO Corn Hole</p>	<p><b>20</b> Exercise <b>Spa Day &amp; Self-Care</b> Get up &amp; Move</p>
<p>Exercise Morning Chat Free Style Painting Music &amp; Dancing</p> <p><b>21</b></p>	<p><b>22</b> Exercise Hand Massages &amp; Manicures <b>12:30 Volunteer at FUMC</b> <b>1:30-2:30: Tender Heart</b></p>	<p><b>23</b> <b>Podiatrist Here</b> Exercise Morning Chat Card Games <b>3:00 Entertainment by Greg Zaffiroff</b> Social Calls</p>	<p><b>24</b> Exercise 10:00 Bible Study w/Goodie <b>11:15 Art a la Cart @ FIA</b> BINGO Thanksgiving Day Parade Reminisce</p>	<p><b>25</b></p>  <p><small>NEXTINOFFICE.ORG</small></p> <p><small>Thanksgiving Day</small></p>	<p><b>26</b></p> 	<p><b>27</b> Exercise <b>Spa Day &amp; Self-Care</b> Get up &amp; Move</p>
<p>Exercise Morning Chat Free Style Painting Hanukkah Trivia</p>  <p><small>Hanukkah Begins</small></p> <p><b>28</b></p>	<p><b>29</b> Exercise Hand Massages &amp; Manicures <b>10:30 Shopping at Target</b> <b>1:30-2:30: Tender Heart</b> Get up &amp; Move</p>	<p><b>30</b> Exercise Morning Chat Card Games <b>Craft-Clay Porcupine</b> Get up &amp; Move</p>	 <p><b>November 2021</b> <b>Assisted Living</b></p>			

\*\*\*All activities are subject to change\*\*\*