

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Exercise 1 Manicures & Hand Massages Sensory Time 3:50p-4:50p: Tender Heart	Exercise 2 Whiteboard Games Sorting & Folding Craft-Thankful Trees 2:15 Snack and Ride Get up & Move	Exercise 3 Sensory Time Food Demo- Turkey Donut Movie & Popcorn Social Calls	Exercise 4 Whiteboard Games Painting Get up & Move	Exercise 5 Morning Chat Balloon & Noodle Whiteboard Games Get up & Move	Exercise 6 Spa Day & Self-Care Bean Bag Toss Music & Dancing Social Calls
Exercise 7 Music & Puzzles Jewelry-Making Get up & Move 	Exercise 8 Manicures & Hand Massages Sensory Time Kickball Circle 3:50p-4:50p: Tender Heart	Exercise 9 Whiteboard Games Sorting & Folding Painting Get up & Move	Exercise 10 Sensory Time Veteran's Day Craft Movie & Popcorn Social Calls	Exercise 11 Whiteboard Games 1:00 Entertainment by Daniel Fegan Food Demo-Patriotic Dessert <small>Veterans Day Remembrance Day (Canada)</small>	Exercise 12 Morning Chat Balloon & Noodle Whiteboard Games Get up & Move Craft-Scented Sachets	Exercise 13 Spa Day & Self-Care Bean Bag Toss Music & Dancing Social Calls
Exercise 14 Music & Puzzles Armchair Travel to Munich Get up & Move	Exercise 15 10:45 Drive for Cider and Donuts Manicures & Hand Massages Sensory Time 3:50p-4:50p: Tender Heart	Exercise 16 Whiteboard Games Sorting & Folding Craft-Quirky Turkey Get up & Move	Exercise 17 Sensory Time Painting Movie & Popcorn Social Calls Food Demo- No Bake Pumpkin Bites	Mickey Mouse's 18 Birthday Exercise Whiteboard Games- Disney Characters Get up & Move	Exercise 19 Morning Chat Balloon & Noodle Whiteboard Games Get up & Move	Exercise 20 Spa Day & Self-Care Bean Bag Toss Music & Dancing Social Calls
Exercise 21 Music & Puzzles Jewelry-Making Get up & Move	Exercise 22 Manicures & Hand Massages Sensory Time Kickball Circle 3:50p-4:50p: Tender Heart	Podiatrist Here 23 Exercise Whiteboard Games Sorting & Folding 1:00 Entertainment by Greg Zaffiroff	Exercise 24 Sensory Time Thanksgiving Day Parade Reminisce Craft-Scented Sachets	25  <small>Thanksgiving Day</small>	26 	Exercise 27 Spa Day & Self-Care Bean Bag Toss Music & Dancing Social Calls
Exercise 28 Music & Puzzles Hanukkah Trivia Get up & Move Social Calls  <small>Hanukkah Begins</small>	Exercise 29 Manicures & Hand Massages Sensory Time 2:15 Snack and Ride 3:50p-4:50p: Tender Heart	Exercise 30 Sorting & Folding Craft-Clay Porcupine Get up & Move	 <h1>November 2021</h1> <h2>Memory Care</h2> 			

All activities are subject to change