

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"Even in the trails of life, if we have the eyes to see them, we can find good things everywhere we look."</i></p> <p><i>-Joanna Gaines</i></p>		<p>1</p> <p>10:00am Chair Exercise 11am Trivia 12pm Spa Time 2pm Bingo 3pm Soccer Glide</p>	<p>2</p> <p>10:00am Chair Yoga 11:30 Adopt-A-Pet Outing 1:30 Family Feud 3:00pm Painting Class</p>	<p>3</p> <p>10:00am Chair Exercise 11am Pumpkin Dice Game 12pm Walking Club 2pm Cards 3pm Jumbo Jenga</p>	<p>4</p> <p>10:00am Chair Yoga 11am Alphabet Game 12:40pm Therapy Dog Casper 2pm Happy Hour 3pm Book Club 6pm Family Movie Night</p>	<p>5</p> <p>10:00am Chair Yoga 11am Unscramble the Word 12pm Current Events 2pm Movie in the Independent Living</p>
<p>6</p> <p>10:00am Chair Exercise 11am Reminiscing 12pm Dance Party! 2pm Patio chats & Hot Cocoa 3pm Scavenger Walk FOOTBALL SUNDAY</p> <p>Daylight Saving Time Ends</p>	<p>7</p> <p>10:00am Chair Yoga 11am Manicures 12pm Conversation Toss 1:30pm Tender Heart 2:20pm Therapy Dog Mocha 3pm Murder Mystery</p>	<p>8</p> <p>10:00am Chair Yoga 11am Alphabet Game 12pm Spa Time 2pm Bingo 3pm Soccer Glide 6pm Family Trivia Night</p>	<p>9</p> <p>10:00am Chair Exercise 11am Vendor Shopping at IL 12:00 Balloon & Noodles 2pm Flint Institute of Art 3:00pm Left, Right, Center</p>	<p>10</p> <p>10:00am Chair Yoga 11am History of Halloween 12pm Walking Club 2pm Popcorn & Jokes 3pm Jumbo Jenga</p>	<p>11</p> <p>Rummage Sale @ IL 11:30-4:00 10:00am Chair Exercise 11am Trivia 12pm Spa Time 2pm Happy Hour 3pm Book Club</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>12</p> <p>Rummage Sale @ IL 11:30-4:00 10:00am Chair Yoga 11am Hangman 12pm Current Events 2pm Movie in the Independent Living</p>
<p>13</p> <p>Rummage Sale @ IL 11:30-4:00 10:00am Chair Yoga 11am True Crime Hour 12pm Kickball 2pm Patio chats & Hot Cocoa 3pm Scavenger Walk FOOTBALL SUNDAY</p>	<p>14</p> <p>10:00am Chair Exercise 11am Manicures 12pm Cards 1:30pm Tender Heart 3pm Murder Mystery</p>	<p>15</p> <p>10:00am Chair Exercise 11am Thankful For Feathers 12pm Spa Time 2pm Hangman 3pm Soccer Glide</p>	<p>16</p> <p>10:00am Chair Yoga 11:30 Adopt-A-Pet Outing 2pm Travel the World 3:00pm Cooking Demo</p>	<p>17</p> <p>10:00am Chair Exercise 11am Conversation Toss 12pm Walking Club 2pm Cards 3pm Jumbo Jenga Movie & Lunch Outing TBD</p>	<p>18</p> <p>10:00am Chair Yoga 11am Alphabet Game 12:00 Resident Meeting, Let's Be Heard 12:40pm Therapy Dog Casper 2pm Happy Hour 3pm Book Club 6pm Family Movie Night</p>	<p>19</p> <p>10:00am Chair Yoga 11am Spelling Bee 12pm Current Events 2pm Movie in the Independent Living</p>
<p>20</p> <p>10:00am Chair Exercise 11am Reminiscing 12pm Conversation Toss 2pm Patio chats & Hot Cocoa 3pm Scavenger Walk FOOTBALL SUNDAY</p>	<p>21</p> <p>10:00am Chair Yoga 11am Manicures 12pm Conversation Toss 1:30pm Tender Heart 2:20pm Therapy Dog Mocha 3pm Murder Mystery</p>	<p>22</p> <p>10:00am Chair Yoga 11am True Crime Hour 12pm Spa Time 2pm Writing Club 3pm Soccer Glide 6pm Family Trivia Night</p>	<p>23</p> <p>10:00am Chair Exercise 11:00 Thanksgiving Traditions 12:00 Target Shopping & Lunch 2pm Sports Talk 3:00pm Left, Right, Center</p>	<p>24</p> <p>OFFICES CLOSED</p> <p>Thanksgiving Day (US)</p>	<p>25</p> <p>OFFICES CLOSED</p> <p>10:00am Chair Exercise 11am Trivia 12pm Spa Time 2pm Happy Hour 3pm Book Club</p>	<p>26</p> <p>10:00am Chair Yoga 11am Name That Tune 12pm Current Events 2pm Movie in the Independent Living</p>
<p>27</p> <p>10:00am Chair Yoga 11am True Crime Hour 12pm Dance Party! 2pm Patio chats & Hot Cocoa 3pm Scavenger Walk FOOTBALL SUNDAY</p>	<p>28</p> <p>10:00am Chair Exercise 11am Manicures 12pm Walking Club 1:30pm Tender Heart 3pm Murder Mystery</p>	<p>29</p> <p>10:00am Chair Exercise 11am Trivia 12pm Spa Time 2pm Bingo 3pm Soccer Glide</p>	<p>30</p> <p>10:00am Chair Yoga 11:30 Adopt-A-Pet Outing 1:30pm Family Feud 3pm Fall For Desserts 6:00 Magic of Lights Outing</p>	<p>November 2022</p> <p>Assisted Living</p>		

****ALL ACTIVITIES AND OUTINGS ARE SUBJECT TO CHANGE****