

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Activities Department, AD Front Lounge, FL Main Dining Room, MDR Main Lounge, ML		Parlor, Parlor Room Visits, RV Summit Dining Room, SDR Summit Room Visits, SRV	National Stress Awareness Day 1 9:30 FIT to Be Strong® 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Resident Council, MDR 3:00 Table or Card Games 4:00 Dinner Music	2 9:30 FIT to Pedal® 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Creative Corner	3 9:30 FIT to Stretch® 10:15 Rest & Refuel: Refreshments 10:45 Reflections of the Past 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 4:00 Dinner Music	4 9:00 Spa Day 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 3:00 Violin Music w/Amy 4:00 Dinner Music
Calendar events subject to change.						
DAYLIGHT SAVING TIME ENDS 5 10:30 FIT to Stretch® 1:00 Relax & Unwind 3:00 Church w/Pastor Sherlock, ML	National Transportation Week 6 9:45 FIT to Be Strong® 10:30 Rest & Refuel: Refreshments 11:00 Treasures of the Heart® 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 Ice Cream Social 3:30 Remember When 4:00 Dinner Music	ELECTION DAY 7 9:30 Weekly Reading Club 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	8 9:30 FIT to Be Strong® 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Birthday Party w/Live Music, MDR 4:00 Dinner Music	9 9:30 FIT to Pedal® 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Creative Corner	National Vanilla Cupcake Day 10 9:30 FIT to Stretch® 10:00 Ages Entwined® w/Pooh 2 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Valiant Veterans Social, ML 4:00 Dinner Music	VETERANS DAY 11 9:00 Spa Day 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 2:15 Movie & Snacks 4:00 Dinner Music
12 10:30 FIT to Stretch® 1:00 Relax & Unwind 3:00 Church w/Chaplain Mike, ML	13 9:45 FIT to Be Strong® 10:30 Rest & Refuel: Refreshments 11:00 Treasures of the Heart® 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 Ice Cream Social 3:30 Remember When 4:00 Dinner Music	9:00 Crafts w/Rachael 14 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	15 9:30 FIT to Be Strong® 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Pumpkin Pie Eating Contest, ML 4:00 Dinner Music	16 9:30 FIT to Pedal® 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Creative Corner	17 9:30 FIT to Stretch® 10:15 Rest & Refuel: Refreshments 10:45 Reflections of the Past 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 4:00 Dinner Music	18 9:00 Spa Day 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 2:30 Movie & Snacks 4:00 Dinner Music
19 10:30 FIT to Stretch® 1:00 Relax & Unwind 3:00 Church w/John Steele, ML	20 9:45 FIT to Be Strong® 10:30 Rest & Refuel: Refreshments 11:00 Treasures of the Heart® 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 Ice Cream Social 3:30 Remember When 4:00 Dinner Music	21 9:30 Weekly Reading Club 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	22 9:30 FIT to Be Strong® 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:00 Afternoon Matinee, MDR 4:00 Dinner Music	THANKSGIVING DAY 23 9:30 FIT to Pedal® 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Creative Corner	24 9:30 FIT to Stretch® 10:00 Ages Entwined® w/Pooh 2 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 3:00 Happy Hour w/Live Music, ML 4:00 Dinner Music	25 9:00 Spa Day 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 3:00 Violin Music w/Amy 4:00 Dinner Music
26 10:30 FIT to Stretch® 1:00 Relax & Unwind 3:00 Church w/Major Bottjin, ML	27 9:45 FIT to Be Strong® 10:30 Rest & Refuel: Refreshments 11:00 Treasures of the Heart® 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 Ice Cream Social 3:30 Remember When 4:00 Dinner Music	9:00 Crafts w/Rachael 28 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	29 9:30 FIT to Be Strong® 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Peanut Butter Ice Cream Social, MDR 3:00 Table or Card Games 4:00 Dinner Music	30 9:30 FIT to Pedal® 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Creative Corner	Survey results are located in the bureau in the front lounge. There will be live music for our Birthday Party Social. Activities are subject to change. Any changes will be reflected on the Daily Activity Schedule posted at the Nurses' Stations.	