

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Sherwood Oaks Personal Care

			<p>10:15 Morning Greetings 10:30 Today's Headlines and Chair One Fitness 2:00 Scrambled Up Monopoly 3:30 Game Time: Loaded Answers</p>	<p>2 10:30 Thursday Tone-Up and Trivia 2:00 Marie Antoinette Day: Trivia and Decorate a Cupcake 6:15 Bingo Night</p>	<p>3 10:30 Friday Fitness Fun 2:00 Educational: Guess the Food Quiz 3:30 Card Games 6:15 Evening Musical "The Wizard of Oz"</p>	<p>4 1:20 Afternoon Movie 3:30 Pictionary</p>
<p>5 9:30-11:00 Catholic Communion St. Ferdinand's in room 1:20 Afternoon Movie 2:00 Chapel- Card Room</p>	<p>6 10:30 Morning Chat and ABC Fitness 2:00 Monday Music with Gene 3:30 Sally Field Movie Discussion</p>	<p>7 10:15 Today's Headlines and Meditative Yoga 2:00 Women in Science Discussion/Science Experiments 3:15 Give Me Five Game</p>	<p>8 10:15 Today in History 10:30 Sit and Stretch 2:00 Gametime: Kings in the Corner 3:30 Tons of Puns</p>	<p>9 10:15 This Day in History 10:30 Chair One Fitness 2:00 Thanksgiving Craft 3:30 Table Topics 6:15 Pokeno Game</p>	<p>10 10:30 Friday Fitness 1:20 Afternoon Movie 2:00 Veterans Program - AUD 3:30 Name 10 Game</p>	<p>11 1:20 Afternoon Movie 3:30 Yam Slam Game</p> <p style="text-align: center;"><small>Veterans Day Remembrance Day (Canada)</small></p>
<p>12 9:30-11:00 Catholic Communion St. Ferdinand's in room 1:20 Afternoon Movie 2:00 Chapel- Card Room</p> <p style="text-align: center;"><small>Diwali (Hindi)</small></p>	<p>13 10:30 Monday Mobility 1:20 Afternoon Movie 3:30 North Catholic Robotics Students- AUD</p>	<p>14 10:30 Tuesday Tone-Ups 2:00 Ukulele Music with Traci Lee 3:30 Give Me Five Word Game</p>	<p>15 10:15 Quotes of the Day 10:30 Wednesday Workout 2:00 Gametime: Rummikub 3:30 Connections and Conversations</p>	<p>16 10:15 Morning Greetings 10:30 Thursday Tone-Ups 11:00 Catholic Mass 2:00 Thanksgiving Trivia and Pumpkin Dip 6:15 Evening Jeopardy</p>	<p>17 10:15 Morning Greetings 10:30 Friday Fitness 2:00 Music with Roberta: The Wellness Benefits of Bach 3:30 Brain Games</p>	<p>18 1:20 Afternoon Movie 3:30 Penny Ante Game</p>
<p>19 9:30-11:00 Catholic Communion St. Ferdinand's in room 1:20 Afternoon Movie 2:00 Chapel- Card Room</p>	<p>20 10:15 Today in History 10:30 Monday Mobility 2:00 Resident Auction! 3:30 Thanksgiving Poetry</p>	<p>21 10:30 News and Views and Chair One Fitness 1:20 Afternoon Movie 2:00 Nationality Rooms Presentation-AUD 3:30 Quicktionary Game</p>	<p>22 10:15 Today in History 10:30 ABC Fitness 2:00 Hello Day: Trivia and Door Art 3:30 Brain Games: Word in A Word</p>	<p>23 10:30 Thanksgiving Trivia and Macy's Day Parade Trivia 1:20 Afternoon Movie "A Christmas Story"</p> <p style="text-align: center;"><small>Thanksgiving Day (US)</small></p>	<p>24 10:30 Meditative Yoga 1:20 Afternoon Movie 3:30 Native American Culture Day/Trivia and True and Fals Game</p>	<p>25 1:20 Afternoon Movie 3:30 Headbanz Game</p>
<p>26 9:30-11:00 Catholic Communion St. Ferdinand's in room 1:20 Afternoon Movie 2:00 Chapel- Card Room 3:30 Bingo</p>	<p>27 10:30 Monday Mobility 2:00 Full Moon Day: Moon Songs and Moon Expressions 3:00 Resident Council Meeting</p>	<p>28 10:00 Men's Group: Dr Dan and Dr Ed, VA doctors, speakers (card room) 10:30 Chair One Fitness 1:20 Afternoon Movie 2:00 Pittsburgh Ballroom Dancers- AUD 3:30</p>	<p>29 10:15 Morning Greetings 10:30 Seated Square Dance Fitness 2:00 Louisa May Alcott Books Discussion 3:30 Gametime: Yam Slam</p>	<p>30 10:30 Notable Quotes and Fitness 2:00 Mason Jar Craft 3:15 Polaroid Camera Day/Gadget Quiz</p>	<p>Rec Therapy/Activities Team: June, Hannah, Amy, Grace, ext. 8465 Roberta (Dir), 8471</p> <p style="text-align: center;">"Be present in all things and thankful for all things." Maya Angelou</p>	

Activities are subject to change