

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 11/7 - Dayanara C. 11/8 - Julieta O. 11/13 - Nacho R. 11/15 - Josie R. 11/16 - Amanda K. 11/20 - Nancy R. 11/25 - Lou R. 11/29 - Richard H. 11/29 - Faith M.					1 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Dementia Care Group 3:00 Paint & Sip 7:00 Silver Striders Walking Club w/Care Staff	2 Book Lover's Day 8:45 Sunny Days Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Bookmarks 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff
3 Daylight Saving Ends	4	5 Election Day	6	7	8	9
9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Beats & Balance w/ John 2:30 Minnesota Snack Making- Pickle Roll Ups 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff	8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- 12:00 Chronicles & Puzzles 1:30 Bingo 2:00 Resident Council Meeting (TR) 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff	8:45 Sunny Days Stroll 9:15 Outing- Rosa Brothers for Milk Tasting 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:00 Recipe Cards 3:00 Baking- Lefse 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff	National Nacho Day 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Beats & Balance w/ John 2:30 Blood Pressure Check & Nacho Bar w/ HCC 7:00 Movie Night	8:45 Sunny Days Stroll 9:30 Rise & Energize- Weighted Chair Exercise 10:30 Tie Dye w/ Lo 11:00 Guess in Ten 12:00 Chronicles & Puzzles 1:30 Hymns w/ Sophie 2:30 Arm Band Exercises 3:30 Popsicles on the Patio 7:00 Puzzle Night w/ Carestaff	8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff	8:45 Sunny Days Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Thankful Wreaths 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff
10	11 Veterans Day	12	13	14	15	16
9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Beats & Balance w/ John 2:30 Minnesota Snack Making- Rice Crispies 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff	8:45 Early Morning Coloring 9:15 Veteran's Pinning Ceremony 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Patriotic Painting 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff	8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:30 Outing- Rocket Fizz 3:00 Baking- Almost Better than Anything Cake 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff	8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Afternoon Fun w/ Gentiva 2:30 Beats & Balance w/ John 3:30 Pickle Tasting 7:00 Movie Night	National Pickle Day 8:45 Sunny Days Stroll w/ carestaff 10:00 Spa Day w/ Myra 12:00 Chronicles & Puzzles 1:30 Hymns w/ Carestaff 1:30 Rise & Energize- Weighted Chair Exercise 2:30 Arm Band Exercises 3:30 Pickle Taste-Tasting 7:00 Puzzle Night w/ Carestaff	8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff	8:45 Sunny Days Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Beaded Corn 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff

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17 9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Beats & Balance w/ John 2:30 Live Performance- Violin & Viola (AL) 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff	18 8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Fall Coasters 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff	19 8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:30 Outing- Barnes & Noble 3:00 Baking- Better than Wisconsin Cheese Curds 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff	20 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Beats & Balance w/ John 7:00 Movie Night	21 8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Guess in Ten 12:00 Chronicles & Puzzles 1:30 Hymns w/ Sophie 2:30 Arm Band Exercises 3:30 Tattoo Thursday! 7:00 Puzzle Night w/ Carestaff	22 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff	23 National Espresso Day 8:45 Sunny Days Stroll w/ Carestaff 9:15 Outing- Starbucks 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Fleece Pillows 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff
24 9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Minnesota Snack Making- Puppy Chow 3:00 Beats & Balance w/ John 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff	25 8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 Rise & Energize- Weighted Chair Exercise 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff	26 8:45 Sunny Days Stroll 10:30 Outing- Mochido 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:00 Picture Trivia Tuesdays 3:00 Baking- Orange Sunshine Cake 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff	27 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Birthday Party! 7:00 Movie Night	28 Thanksgiving 8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Pin the Tail on the Turkey 12:00 Chronicles & Puzzles 1:30 Charlie Brown Thanksgiving 2:30 Arm Band Exercises 3:30 Thanksgiving Scavenger Hunt 7:00 Puzzle Night w/ Carestaff	29 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff	30 Small Business Day 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Christmas Decorating 12:00 Chronicles & Puzzles 1:30 Outing- Just Dough with It 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff

Activities are subject to change