Bridges BY EPOCH
MEMORY CARE ASSISTED LIVING

2021 November Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10-Movement & Music 11- Crafts 1-Italio 2:30- Baking Class 4 – Horse Racing 6 – Game Night	**2** 10- Sit up & Be Fit 11 – Word Games /John 1 – Men's Group 2:30 – Balance Class 3:30-Rob Natoli Trio 6-Trivia	**3** 10-Catholic Communion 10-Chair Exercises 10:30- Ceramics 1-Creative Arts 1:30-Van Trip 3-Decorating Tree 4-Walking Group 6- Game Night	**4** 10—Move & Groove 10:30-Bill McCarthy 1:30-Bingo w/Gary 3-Gardening 4-Discussion Group 6-Movie	**5** 10-Chair Chi 10:30-Van Trip 11-Crosswords 2-Scrabble 3-Pumpkin Pie Social 4-Walking Group 6-Game Night	**6** 10-Chair Yoga 11-Wordgames 1:30- Parachute Fun 2:30-Afternoon Chats 4-Cornhole 6-Movie
7 10-Sunday Stretches 11-Hangman 1:30-Discussion Group 2:30-Karaoke Group 4-Card Games 6-Movie	**8** 10-Chair Yoga 10:30-Mark West 1:30-Scattergories 2:30-Noodle Ball 3:30-The List Game 4-Walking Group 6-Game Night	**9** 10-Move & Groove 11-Word Games w/John 1-Men's Group 2:30-Balance Class 4-Crafts 6-Trivia	**10** 10-Catholic Communion 10-Sit Up & Be Fit 11-Resident Council 1-Creative Arts 2-Word Games 4-Food Drive Event 4-Walking Group 6-Game Night	**11** 10-Chair Chi 10:30-Van Trip 11-Brain Games 1:30-Bingo w/Gary 3-Alphabet Challenge 4-Crafts 6-Movie	**12** 10-Simple Stretches 10:30-Van Trip 11-Word Games 1:30-Flower Arranging 2-Bean Bag Toss 3-Monthly Birthday Party 4-Walking Group 6-Game Night	**13** 10-Movement & Music 11-Crosswords 1:30-Bowling 3-Manicures 4-Relaxation Coloring 6-Movie
14 10-Chair Yoga 11-Crosswords 1:30-Scrabble 2:30-Afternoon Chats 4-Ball Toss 6-Movie	**15** 10-Sit Up & Be Fit 11-Charades 1:30-Horse Racing 3-Jeff Thomas 4-Walking Group 6-Game Night	**16** 10-Movement & Music 11-Word Games w/John 1-Men's Group 2-P.E. James 4-Balance Class 6-Trivia	**17** 10-Catholic Communion 10-Move & Groove 10:30-Ceramics 1-Creative Arts 2:30-Packing Food for Food Pantry 4-Walking Group 6-Game Night	**18** 10-Chair Yoga 10:30-Van Trip 11-Trivia 1:30-Bingo w/Gary 3-Dave Andrews 4:30-Scrabble 6-Movie	**19** 10-Chair Exercise 11-Word Scramble 1:30-Crafts 2-Rosary 3-Cheese & Cracker Social 4-Walking Group 6-Game Night	**20** 10-Morning Stretches 11-Spelling Bee 1:30 Discussion Group 2:30- Boggle 4-Afternoon Chats 6-Movie
21 10-Sunday Stretches 11-Karaoke 2-Chuck D 3:30-Manicures 6-Movie	**22** 10-Chair Chi 11-Trivia 1:30-Bingo w/Gary 3-Crafts 4-Walking Group 6-Game Night	**23** 10-Simple Stretches 10:30-Van Trip 11-Word Games w/John 1-Men's Group 2:30-Balance Class 4-Thanksgiving Traditions 6-Trivia	**24** 10-Catholic Communion 10-Morning Stretches 10:30-Van Trip 11-Word Games 1-Creative Arts 2:30-David Bazin 4-Flower Arranging 6-Game Night	**25** Happy Thanksgiving! 10-Simple Stretches 11-Thanksgiving Trivia 1:30-Turkey Races 3-Word Games 4-Walking Group 6-Movie	**26** 10-Chair Yoga 11-Name That Song 2-Workman's Duo 3-After Thanksgiving Treat Social 4-Walking Group 6-Game Night	**27** 10-Movement &Music 11-Braingames 1:30-Manicures 2:30-Bananagrams 4-Bucketball 6-Movie
28 10-Chair Exercise 11-November Trivia 1:30-Bean Bag 2:30 Afternoon Chats 4-Checkers 6-Movie	**29** 10-Morning Stretches 11-Dancing w/Michael 2:30-Baking Class 3:30-Horse Racing 4-Walking Group 6-Game Night	**30** 10-Chair Chi 10:30-Van Trip 11-Word Games w/John 2-Tap Dancing w/Valery 4-Crafts 6-Trivia				