

2022 November Activity Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|---|
| | | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 Balance Barre Fitness w/ Lifelong 2:00 Bingo Game of Chance 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Color For Mindfulness | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Read Aloud Book Club: The Tales of Many Lands 11:30 Manicures & Hand Massages 2:00 Favorite Songs of Old w/ Barbara O & Carmen 3:30 Chair Yoga w/Golden 4:00 Inquiring Minds w/ Bridget 6:30 TV or Movie Choice | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 Strengthen & Stretch w/ Upper Deck Fitness 1:30 Giving Retrievers 2:30 Ten Pins: Bowling 4:00 One Day University 4:30 Praying Of The Rosary 6:30 Puzzlers Corner | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Floral Arts: Flower Arranging 2:00 Game Time 3:30 Music & Mocktails w/ Nicole Pasternack 3:30 Chair Yoga w/Golden 6:00 Virtual Shabbat Service | 10:00 Conversation Starters 10:30 Daily Gazette & This Day In History 11:00 Exercise Cardio Drumming 11:30 Reminisce Ball Toss 1:00 Arthur Murray Ballroom Dancing w/ Moises 2:00 You Be The Judge 4:00 Conversation Starters 6:30 Sitcom Choice |
| 10:00 Spiritual Observance 10:30 Hello Morning! Stretch 11:00 Remembering Roy Rogers 2:00 Can You Picture This 4:00 Songs From The Heart w/ Nehemiah 4:30 Light & Easy Stretch 6:30 Documentary | 10:00 Hello Morning! Stretch 10:30 Morning Matinee Sondheim Theater 11:00 Crafting Corner: Beading 11:30 Finer Things Men's Group 2:00 Bingo Game Of Chance 3:30 Chair Yoga w/Golden 4:00 More Clue Trivia 6:30 Conversation Starters | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 Balance Barre Fitness w/ Lifelong 2:00 Weekly News Round Up 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 The Chat Room | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Hands On Drumming w/ Craig Norton 2:00 Out And About: Scenic Drive 3:30 Chair Yoga w/Golden 4:00 Cranium Crunches 6:30 TV or Movie Choice | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 Strengthen & Stretch w/ Upper Deck Fitness 2:30 Singalong To The Favorites w/ Lynn Lewis 4:00 One Day University 6:30 Puzzlers Corner | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 We Remember: Our Veterans 1:30 Musical Veterans Day Tribute w/ Michael G. 3:30 Music & Mocktails w/ G. 3:30 Chair Yoga w/Golden 4:00 Junk Drawer Detective 6:00 Virtual Shabbat Service | 10:00 Conversation Starters 10:30 Daily Gazette & This Day In History 11:00 Exercise Cardio Drumming 11:30 Discussion: Have You Ever? Whales 2:00 Animal Of The Month: Whales 4:00 More Mind Stretchers 4:30 Light & Easy Stretch 6:30 Sitcom Choice |
| 10:00 Spiritual Observance 10:30 Chair Zumba w/ Patricia 11:00 Manicures & Hand Massages 2:00 Bingo Fame Of Chance 3:00 The Survivors Swing Band 4:00 Puzzlers Corner 4:30 Guided Meditation 6:30 Documentary | 10:00 Hello Morning! Stretch 10:30 The Rolling Scones Baking Club 11:00 Artfull Enrichment Geometric Painting 11:30 Inquiring Minds w/ Bridget 2:00 Great American Song Book w/ Al Dimarco on Piano 3:30 Chair Yoga w/Golden 4:00 Silent Disco | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 The Finer Things: Men's Group 2:00 Weekly News Round Up 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Color For Mindfulness | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Read Aloud Book Club 1:30 Out & About Todd's Point 2:00 Big Ben Hillman Rock & Soul 3:00 Piano w/ Marshall 3:30 Chair Yoga w/Golden 4:00 Virtual Travel 6:30 TV or Movie Choice | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 Strengthen & Stretch w/ Upper Deck Fitness 1:30 Giving Retrievers 2:00 The Saxophone & Accordion w/Gregory 4:00 One Day University 4:30 Praying of the Rosary 6:30 Puzzlers Corner | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Floral Arts Flower Arranging 2:00 Journaling Circle 3:00 Music & Mocktails w/ Billy G. 3:30 Chair Yoga w/Golden 4:00 Spelling Bee Challenge 6:00 Virtual Shabbat Service | 10:00 Conversation Starters 10:30 Daily Gazette & This Day In History 11:00 Balance Barre Fitness Class 11:30 You Be The Judge Vol.2 2:00 Shake Rattle & Stroll 4:00 Variety Word Games 4:30 More Clue Trivia 6:30 Sitcom Choice |
| 10:00 Spiritual Observance 10:30 Hello Morning! Stretch 11:00 Watercolor's w/ Art Masters Of Silvermine 2:00 The Frank Porto Band 4:00 Puzzlers corner 4:30 Light & Easy Stretch 6:30 Documentary | 10:00 Hello Morning! Stretch 10:30 Morning Matinee Sondheim 11:00 Crafting Corner: Buttons 11:30 Game Time 2:30 Jazz Vocalist w/ Cookie Thomas 3:30 Chair Yoga w/Golden 4:00 Math Facts 6:30 Conversation Starters | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 The Museum Comes To You w/ Darby 2:00 Musical Connection w/ Dan Swartz 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Everdvav Life Trivia | 10:00 Hello Morning! Stretch 10:30 Rolling Scones: Baking Club 11:00 TED ED Talks 2:00 The Finer Things Men's Group 3:00 Beeyonders Journey Plymouth Plantation Thanksgiving Celebration 3:30 Chair Yoga w/Golden 4:30 Karaoke Favorites 6:30 TV or Movie Choice | 9:00 Macy's Day Parade 10:30 Light & Easy Stretch 11:00 Turkey Day Trivia 12:00 Happy Thanksgiving Family & Friends 2:00 Power Nap Time 4:00 NFL Football Giants Vs Cowboys | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Men's Coffee: Current Catch Up w/ E.J. 11:30 Mitsy Kit Sewing Circle 2:30 Music & Mocktails w/Emilie Suertes 3:30 Chair Yoga w/Golden 6:00 Virtual Shabbat Service | 10:00 Conversation Starters 10:30 Daily Gazette & This Day In History 11:00 Balance Barre Fitness Class 11:30 fINS 2:00 The Sedgwick Singers 3:00 Chefs Corner Cooking Demonstration 4:00 Light & Easy Stretch 6:30 Sitcom Choice |
| 10:00 Spiritual Observance 10:30 Chair Zumba w/ Patricia 11:00 Manicures & Hand Massages 2:00 Bingo Game of Chance 4:00 Finish The Lyric w/ Bridget 4:30 Guided Meditation 6:30 Documentary | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Lifetime Of Looking w/ Bruce Museum 11:30 Heartfelt Stories 2:00 Bingo Game Of Chance 3:30 Chair Yoga w/Golden 4:00 Karaoke Favorites 6:30 Mindful Relaxation | 10:00 The Daily Dialogue 10:30 Chair Pilates w/ Golden 11:00 The Finer Things Men's Group 2:00 Artful Enrichment: Collaborative Mandela's 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Mind Stretchers | 10:00 Hello Morning! Stretch 10:30 The Daily Dialogue 11:00 Mitsy Kits Sewing Circle 2:00 Sheryl Faye Presents Ruth Bader Ginsburg 3:30 Chair Yoga w/Golden 4:30 Virtual Travel 6:30 TV or Movie Choice | | | |