

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

HOUSE

1
Sittercise
Current Events
Good old Rock
Roll – Music from
the 50's and 60's

2
Balloon Toss
BUS RIDE
Life back in 1950's
& 1960's

3
Exercises
Current Events
Cliché Day
Bingo

4
Ring Toss
Trivia
Cooking Class:
Chocolate Chip
Cookies

5
TV Church
Services
Double Meaning
Day
Remembering
Vivien Leigh

6
Stretches
Current Events
Famous Pairs
Manicures

7
Exercises
Hand Massages
Where in the world
trivia
**Happy Birthday
Wanda!**

8
Sittercise
Current Events
Cooking Class:
Peach Cobbler

9
Balloon Toss
BUS RIDE
Miniature Horses

10
Exercises
Current Events
Music with Jeff

11
Ring Toss
Trivia
MIM
Bingo

Veterans Day
Remembrance Day (Canada)

12
TV Church
Services
Favorite Hymns
Chicken Soup for
the Soul Day

Diwali (Hindi)

13
Stretches
Current Events
Broncos/Bills
6:15pm
Manicures

14
Exercises
World News
All about cars
Miniature Horses

15
Sittercise
Current Events
Cooking Class:
Pumpkin Pie
Pudding

16
Balloon Toss
BUS RIDE
All about Fast
Food
**Happy Birthday
Cossie!!**

17
Exercises
Current Events
Take a Hike today
– Virtual Hikes
M & M Pong

18
Ring Toss
Trivia
Bingo
Sing a Song
Saturday

19
TV Church
Services
MIM
Broncos/Vikings
6:20pm

20
Stretches
Current Events
Manicures
Stately Knowledge
Day

21
Exercises
Miniature Horses
Word Searches
Movie and
Popcorn

22
Sittercise
**Remembering
JFK**
Horoscopes
Cooking Class:
TBD

23
**HAPPY
THANKSGIVING**

Thanksgiving Day (US)

24
Exercises
Current Events
Native American
Heritage Day
M & M Pong

25
Ring Toss
Trivia
Bingo
MIM

26
TV Church
Services
Casablanca's
Anniversary Day
Broncos/Browns
2:05pm

27
Stretches
Current Events
Manicures
Coloring Pages

28
Exercises
World News
Funny Baby and
Animal Videos –
Youtube

29
Sittercise
Current Events
Cooking Class:
TBD

30
Balloon Toss
BUS RIDE
Crazy Hat Day