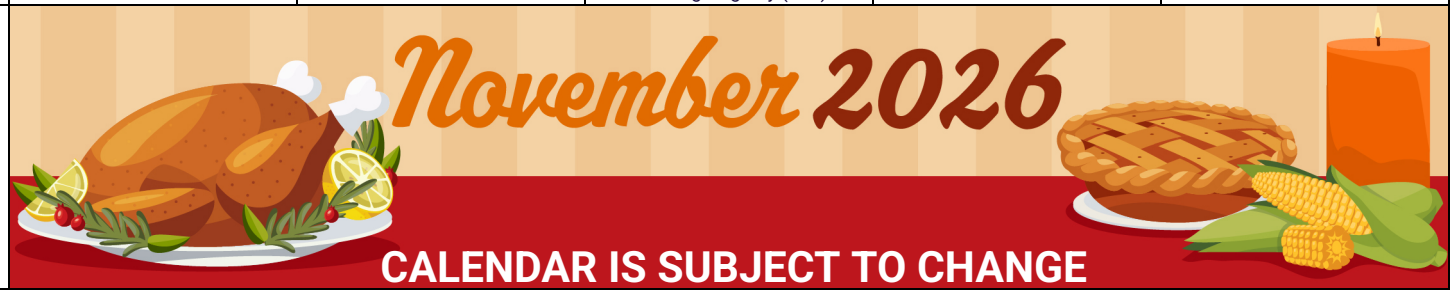
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:00 CHAPEL** 3:00 Snack Time Daylight Saving Time Ends	2 10:00 Monday Morning Music AM Manicures 11:15 Exercise Class 1:00 Bible Study-CH **2:00 Bingo** 3:00 Matching Game 4:00 Play Cards	3 10:00 Sip & Chat 11:00 Senior Fit Exercise **2:30 Wheel of Fortune** 3:30 Cribbage 6:30 Coloring Club (Self Guided in Act. Room)	4 **10:00 CHAPEL** 11:15 Exercise Class 1:30 Wii Bowling **2:30 Popcorn Social** 3:30 Badoodle 4:00 Play Cards	5 10:00 Hymn Sing 11:00 Senior Fit Exercise **2:00 Bingo** 3:30 Cribbage 6:30 Puzzle Time (Self Guided in Act. Rm)	6 10:00 Music Time/Karaoke & Dance 11:15 Exercise Class **2:00 Phil Hague on Harmonica in the Chapel** 3:30 Play Cards	7 **2:00 Bingo** 3:00 Snack Time (Self Guided Activities) 6:00 Lawrence Welk (Ch. 5) 7:00 Hallmark New Movie Night (HALL CH)
8 **10:00 CHAPEL** **2:00 BINGO** 3:00 Snack Time Diwali (Hindi)	9 10:00 Monday Morning Music AM Manicures 11:15 Exercise Class 1:00 Bible Study-CH **2:00 Bingo** 3:00 Quix Game 4:00 Play Cards	10 10:00 Sip & Chat 11:00 Senior Fit Exercise **2:00 Baking & Trivia** 3:30 Cribbage 6:30 Coloring Club (Self Guided in Act. Room)	11 **10:00 CHAPEL** 11:15 Exercise Class **2:00 Veteran's Program- featuring Young Patriots Choir (Chapel)** 4:00 Play Cards Veterans Day Remembrance Day (Canada)	12 10:00 Hymn Sing 11:00 Senior Fit Exercise **2:00 Bingo** 3:30 Cribbage 6:30 Puzzle Time (Self Guided in Act. Rm)	13 10:00 Music Time/Karaoke & Dance 11:15 Exercise Class 2:00 Table Games **1:30 Crafts Class** 3:30 Play Cards	14 **2:00 Bingo** 3:00 Snack Time (Self Guided Activities) 6:00 Lawrence Welk (Ch. 5) 7:00 Hallmark New Movie Night (HALL CH)
15 **10:00 CHAPEL** 3:00 Snack Time	16 10:00 Monday Morning Music AM Manicures 11:15 Exercise Class 1:00 Bible Study-CH **2:00 Bingo** 3:00 LCR Game 4:00 Play Cards	17 **10:00 West Connection Music Program (CH)** 11:00 Senior Fit Ex. **2:30 Wheel of Fortune** 3:30 Cribbage 6:30 Coloring Club Self Guided in A.R.	18 **10:00 CHAPEL** 11:15 Exercise Class 1:30 Wii Bowling **2:30 Birthday Party** 3:30 Beach Ball Fun 4:00 Play Cards	19 10:00 Hymn Sing 11:00 Senior Fit Exercise **2:00 Bingo** 3:30 Cribbage 6:30 Puzzle Time (Self Guided in Act. Rm)	20 10:00 Music Time/Karaoke & Dance 11:15 Exercise Class **1:30 Craft Class** 2:00 Table Games 3:30 Play Cards	21 **2:00 Bingo** 3:00 Snack Time (Self Guided Activities) 6:00 Lawrence Welk (Ch. 5) 7:00 Hallmark New Movie Night (HALL CH)
22 **10:00 CHAPEL** **2:00 BINGO** 3:00 Snack Time	23 10:00 Monday Morning Music AM Manicures 11:15 Exercise Class 1:00 Bible Study-CH **2:00 Bingo** 3:00 Matching Game 4:00 Play Cards	24 10:00 Sip & Chat 11:00 Senior Fit Ex. **2:00 Thanksgiving Social** 3:30 Cribbage 6:30 Coloring Club (Self Guided in Act. Room)	25 **10:00 CHAPEL** 11:15 Exercise Class 1:30 Wii Bowling **2:30 Table Games** 3:30 Balloon Fun 4:00 Play Cards	26 **HAPPY THANKSGIVING!!** (self Guided Activities) **7:30AM Macy's Thanksgiving Parade (CH. 9)** **11:00AM National Dog Show (CH. 9)** Thanksgiving Day (U.S.)	27 10:00 Music Time/Karaoke & Dance 11:15 Exercise Class **2:00 Bingo** 3:30 Play Cards	28 **2:00 Bingo** 3:00 Snack Time (Self Guided Activities) 6:00 Lawrence Welk (Ch. 5) 7:00 Hallmark New Movie Night (HALL CH)
29 **10:00 CHAPEL** 3:00 Snack Time	30 10:00 Monday Morning Music AM Manicures 11:15 Exercise Class 1:00 Bible Study-CH **2:00 Bingo** 3:00 Christmas Decorating					

HEALTH CENTER ACTIVITY CALENDAR VALLEY VIEW VILLAGE