

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>C – Courtyard A – Activity Room L – Lobby</p>					
<p>3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket</p> <p>12:30 – Lunch 1:30 – Sandwich Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 1:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Sandwich Day</p>	<p>4. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p>12:30 – Lunch 1:30 – Candy Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Candy Day</p>	<p>5. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p>12:30 – Lunch 1:30 – Football Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Football Day</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Hangman Word Game</p> <p>12:30 – Lunch 1:30 – Stress Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Craft: Hershey Kiss Turkey 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Stress Awareness Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Senior Moments (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Bittersweet Chocolate Day</p>	<p>8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 1:30 – STEM Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National STEM Day</p>	<p>9. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Chester and Henry Music Performance (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Art Museum Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fusion Fitness with Daniel (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Go To An Art Museum Day</p>
<p>10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket</p> <p>12:30 – Lunch 1:30 – Vanilla Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Vanilla Cupcake Day</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Crafting with Linda (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Veterans Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Veteran's Day</p>	<p>12. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco 12:30 – Lunch 1:30 – Mayflower Trivia 2:00 – Sing-Along with Susie Q 2:00 – Body and Brain Yoga with Karen (A) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Happy Hour Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 9:30 – Elvis Presley Concert 9:30 – Karaoke Gang (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Native American Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:00 – Craft: Paper Roll Turkey Windsock 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner World Kindness Day</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Golden Serenaders (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Family Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Family Day</p>	<p>15. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p>12:30 – Lunch 1:30 – Recycling Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Swatter Balloon Volleyball 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner America Recycles Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Zumba with Annette (A) 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Button Trivia 2:00 – Saturday Movie Matinee 2:00 – Thanksgiving Activities with Grace and Friends (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Button Day</p>
<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket</p> <p>12:30 – Lunch 1:30 – Butter Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Butter Day</p>	<p>18. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p>12:30 – Lunch 1:30 – Mickey Mouse Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Mickey Mouse's Birthday</p>	<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Dean Martin Concert 10:00 – Piano Performance with Roy (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Monopoly Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Play Monopoly Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music with Mike Kahue (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Turkey Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:00 – Craft: Thankful Tree 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Absurdity Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Mellow Friends Karaoke Group (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Gingerbread Trivia 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Gingerbread Cookie Day</p>	<p>22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Performance with Glenna and Dave (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pilgrims Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Go For A Ride Day</p>	<p>23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Family Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Swatter Balloon Volleyball 3:00 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Family Volunteer Day</p>
<p>24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket</p> <p>12:30 – Lunch 1:30 – Unique Talents Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Celebrate Your Unique Talent Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Body and Brain Tai Chi w/Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Parfait Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Parfait Day</p>	<p>26. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p>1:30 – Plymouth Rock Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Giving Tuesday</p>	<p>27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu?</p> <p>12:30 – Lunch 1:30 – Jukebox Trivia 2:00 – Sensory Shenanigans 2:00 – Sing-Along with Susie Q 2:00 – Van Ride 3:00 – Craft: Paper Roll Turkeys 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Jukebox Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Thanksgiving Bingo</p> <p>12:30 – Lunch 1:30 – Thanksgiving Trivia 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Happy Thanksgiving Day</p>	<p>29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Inspirational Music with Wally A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Electronics Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Electronic Greetings Day</p>	<p>30. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – PCHS Spanish Club Gingerbread House Decorating (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Mousse Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game 3:00 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Mousse Day</p>

We hope you will join us for these activities! Please speak with your activities assistant or the Activity Director if you have suggestions, comments, or questions about activities. Please note that all activities and times are subject to change.