



# November

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1 Daylight Saving Ends!**



**2**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 **Mama's Virtual Cooking Class (A)**   
2:00 Bingo (A)  
3:00 Music First (A)

**3 Election Day!**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Funny Videos (A)  
2:00 Singing along (A)  
3:00 Jukebox (A)

**4**  
8:30 Hope Room Visits  
10:00 **Chair Zumba (A)**  
10:45 Current Events(A)  
2:00 Bingo (A)  
3:00 Relaxation Music (A)

**5**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Reminisce (A)  
2:00 **Arts and Crafts (A)**  
- **Autumn Leave Arts**  
3:00 Jukebox (A)

**6**  
8:30 Hope Room Visits  
9:00 Podiatry—Dr. Greenberg  
10:00 Exercise Class (A)  
10:45 Hymn Singing (A)  
2:00 Bingo (A)  
3:00 Music First (A)



**9**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 **How It's made (A)**  
2:00 Bingo (A)   
3:00 Music First (A)

**10**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Funny Videos (A)  
2:00 **Elvis Presley Concert - Live in Honolulu (A)**  
3:00 Jukebox (A)

**11 Veterans Day!**  
8:30 Hope Room Visits  
10:00 **Chair Zumba (A)**  
10:45 **Veterans Day Trivia (A)**  
2:00 Bingo (A)  
3:00 Relaxation Music (A)

**12**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Reminisce (A)   
2:00 **Nov Birthday Celebration**   
3:00 Jukebox (A)

**13 World Kindness Day!**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Hymn Singing (A)  
2:00 Bingo (A)  
3:00 Music First (A)



**16**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 **Mama's Virtual Cooking Class (A)**   
2:00 Bingo (A)  
3:00 Music First (A)

**17**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Funny Videos (A)  
2:00 Singing along (A)  
3:00 Jukebox (A)

**18 Happy Birthday, Donna!**  
8:30 Hope Room Visits  
10:00 **Chair Zumba (A)**  
10:45 Current Events(A)  
2:00 Bingo (A)  
3:00 Relaxation Music (A)

**19**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Reminisce (A)  
2:00 **Arts and Crafts (A)**  
- **Autumn Coloring**  
3:00 Jukebox (A)

**20**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Hymn Singing (A)  
2:00 Bingo (A)  
3:00 Music First (A)



**23 Happy Birthday, Ruth!**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 **How It's made (A)**  
2:00 Bingo (A)   
3:00 Music First (A)

**24**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 Funny Videos (A)  
2:00 **World Traveler (A) - France**  
3:00 Jukebox (A)

**25**  
8:30 Hope Room Visits  
10:00 **Chair Zumba (A)**  
10:45 Current Events(A)  
2:00 Bingo (A)  
3:00 Relaxation Music (A)

**26 Happy Thanksgiving!**  
8:30 Hope Room Visits  
10:00 Exercise Class (D)  
10:45 Reminisce (D)  
2:00 **Thanksgiving Party!**  
(Your Apartment)  
3:00 Jukebox (A)



**30**  
8:30 Hope Room Visits  
10:00 Exercise Class (A)  
10:45 **Mama's Virtual Cooking Class (A)**   
2:00 Bingo (A)  
3:00 Music First (A)



**Please note this calendar is subject to change.**