Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Exercise 11 Penny Ante Reminiscing Game 1:30 The Sunshine Protection Act & Authors' Day Facts Coming to You (1st, 2nd, & 3rd fls) 2 Table Games (ind.) 6 Movie Night (theatre) ***Daylight Saving Time- Fall Back***	**2** 10 Reach & Stretch 10:30 Hollywood Salute to Burt Lancaster 11 Creating with Nature: Leaf Designed Clay Dishes 1:30 Bingo 3:30 Indoor/Outdoor Walk or Roll (meet in lobby)	**3** 10 Tone It Up Exercise 10:30 Daily Chronicles & Doses of Laughter 11 Cover All Dice Game 1:30 Manicures, Music & Hand Massages 2:30 Music Trivia & Tunes 3:30 Champions of The Wild- (theatre) 5:30 Card Club Group	**4** 10 Exercise 10:30 Good News Review 11 Blink Card Game 1:30 Loom, Crochet, or Hobby Your Way w/Donna 2:30 Music with Meaning: The Story Behind the Songs **3-4 Wine Down Wednesday Happy Hour**	**5** 10 Sit & Get Fit **10:30 Activity Planning Mtg.** **11 Resident Council Mtg.** **1:30 Outing: Scenic Drive- Back Roads of Indian Valley (sign up- 2nd fl. theatre by 9am)** 2 Velvet Art Designs 3 Same Day Salute: Adams & Turner **5 Order Out & Dine In-2nd fl. (Order in Activities by noon)**	**6** 10 Reach & Stretch 10:30 Field of Gold: Unlocking the Value & Culture of Whole Grains 11 Rebound Shuffleboard 1:30 Making ImPRESSive Autumn Note Cards 2:30 Funny Couple Friday Facts & Fun 3:30 Train Dominoes Group	**7** 10:30 Easy Cardio-Exercises 11 Discovery Makes A Difference Pet Blanket Making & Donating 1:30 Joni Mitchell's Folk Song Days & Lost Friends Who Found Their Ways Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.)
8 10:30 Chair Yoga **11 Amen Corner & Hymn Songs Sing Along** 1:30 The Singing Rage & JFK's Age Coming to You (1st, 2nd, & 3rd fls) 2 Table Games (ind.) 6 Movie Night (theatre)	**9** 10 Reach & Stretch 10:30 Inspirational Stories by Inspiring People 11 3 Piece Suit Card Game 1:30 30 Minute 30 Ball Bingo **2:30 Meet & Greet: Cider & Donut Social- Get to Know Your New Neighbors** 3:30 Indoor/Outdoor Walk or Roll (meet in lobby)	**10** 10 Sit & Be Fit Exercise 10:30 Trivia Tuesday: Boost Your Brain 11 Creating Kindness Candy Wraps **1:30 Veteran's Recognition Program with John Rivers VFW Post 11322** 3 Travel Tour: Anniv. of The Badlands National Park (theatre) 5:30 Card Club Group	**11** 10 Easy Cardio 10:30 This Day in History **11 Veteran's Day Salute & Gratitude Gift (sponsored by Serentiy Hospice)** 1:30 The Story Behind the Music of Popular Patriotic Tunes 3:30 Wii Bowling (theatre) ***Veteran's Day***	**12** **10 Bible Study w Penny- (1st fl. lounge)** 10:30 Coupon Cutters 11 Daffy Definitions & Words of Wonder (1st fl. lounge) **1:30 Outing: Dairy Queen (sign up in the 2nd fl. theatre by 9am)** 2 Mandalas & Mood Music 3:30 Afternoon Exercise	**13** 10 Sit & Be Fit Exercise 10:30 A Nod to R.L. Stevenson 11 Paleontology Day: Discoveries from Java Man to Find What You Can 1:30 Relax & Rejuvenate w/ Guided Meditation (theatre) **2:30 Chef's Demo & Taste Balance Food Social** 3:30 Train Dominoes Group	**14** 10:30 Sittercise Exercise 11 Hollywood Ringo- A Famously Fun Game 1:30 Nellie Bly's Journey Began & Sudoku Puzzles to Solve If You Can Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)
15 10:30 Exercise 11 Pokereno 1:30 Georgia O'Keefe Left Her Mark & A Jukebox Classic by Petula Clark Coming to You (1st, 2nd, & 3rd fls) 2 Table Games (ind.) 6 Movie Night (theatre)	**16** 10 Reach & Stretch 10:30 Not Your First Rodeo & Remembering Roy Rogers 11 Caring Creation- Team Member Gratitude Jar of Thanks & Inspiration 1:30 Bingo 3:30 Strength & Balance Program w/CIP Rehabilitation	**17** 10 Tone it Up Exercise 10:30 Famous Philosophers & World Peace Day Movement 11 Puckey- Tabletop Hockey 1:30 Manicures, Music & Hand Massages 2:30 Name That Singer/Song **3:30 Pray the Rosary- (theatre)** 5:30 Card Club Group	**18** **8:45 Campus Outing: McDonalds Bingo & Breakfast (sign up in 2nd fl. theatre)** 10 Exercise 10:30 Good News Review 11 Blackjack 21 1:30 Loom, Crochet, or Hobby Your Way w/Donna **3-4 Wine Down Wednesday Happy Hour**	**19** **10 Bible Study w Penny- (1st fl. lounge)** 10:30 Unscramble the Words 11 Chicken or The Egg Which Came First (1st fl. lounge) 1:30 Tone Up- Afternoon Exercise 2:30 A Step Back In Time: The 1940's (theatre) **5:30 Family & Friends Basket Bingo Night**	**20** 10 Focused Exercise for Body Fuel & Digestive Health 10:30 Circle of Kindness 11 Yammer Word Card Game **1:30 Elvis is in the House- Featuring the King of Entertainment~ Jeff Krick (sponsored by CIP Rehab)** 3 Indoor Scavenger Hunt- (meet in lobby) 3:30 Train Dominoes Group	**21** 10:30 Sweatin' to The Oldies Exercises 11 Armchair Travel & Taste to Turkey 1:30 World Hello Day Facts & Fun & Rebus Puzzles on The Run Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)
22 10:30 Chair TI Chi 11 Collector's Corner & Cranberry Coolers **11:15 Catholic Communion with Terri** 1:30 The Zodiac Way & Man of La Mancha Opened Today Coming to You (1st, 2nd, & 3rd fls) 2 Table Games (ind.) 6 Movie Night (theatre)	**23** 10 Reach & Stretch 10:30 Stories from Beyond- Coincidence or Connection? 11 Name That Tune of Thanks 1:30 Bingo 3:30 Indoor/Outdoor Walk or Roll (meet in lobby)	**24** 10 Sit & Be Fit Exercise 10:30 11 Scrabble Slam 1:30 Manicures, Music & Hand Massages **2:30 Solve A Crime Day- Mocktails & Mysteries** 3:30 Railroad Journey Travel Tour (theatre) 5:30 Card Club Group	**25** 10 Easy Cardio 10:30 A Musical Salute to Big Band Favorites 11 Uno with A Twist **1:30 Magic & Wonder Show with~ Damien the Magician (sponsored by CIP Rehab)** 3:30 Hook Ring Challenge- A Game of Skill & Luck	**26** 10:30 Easy Cardio-Exercises 11 Make & Take: Turkey Leg Treat Bags ****Holiday meal served at lunch*** 1:30 Distribution of Blessing Bags 2:30 Table Games (ind.) 4:30 Philadelphia Eagles vs Dallas Cowboys (theatre & FOX) ***Thanksgiving***	**27** 10 Sit & Be Fit Exercise 10:30 Say it With Music-Trivia & Tunes 11 Make & Taste: Great Grains Trail Mix 1:30 Lucky Leftovers Dice Game **2:30 November Birthday Social** 3:30 Train Dominoes Group	**28** 10:30 Sittercise Exercise 11 Jukebox Music Bingo 1:30 America's First Auto Race & Comfort Foods from Place to Place Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)
29 10:30 Exercise 11 Creative Crafting- Seasonal Door Decor 1:30 Howie Mendell You Might Not Know & Crosswrod Puzzles on The Go Coming to You (1st, 2nd, & 3rd fls) 2 Table Games (ind.) 6 Movie Night (theatre)	**30** 10 Reach & Stretch 10:30 Finishing Lyrics to Broadways Best 11 Climbing Jacob's Ladder- Roll to the Top 1:30 Bingo 3:30 Standing Balance: Tips & Strength Training	HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living				CELEBRATIONS ACTIVITIES & EVENTS

Please note: Activities are weather permitting & calendar is subject to change

Dawn Mason, Director of Celebrations (215) 257-6701 Ext. 114