

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Sit and Be Fit! 11:15 Monday Morning Bingo – DR 1:15 3:30 Autumn Forest and Piano Music	2 9:00 Sit and Be Fit! 11:15 Memory Matching 2:00 UNO! 3:30 Wacky Wordies!	3 9:00 Sit and Be Fit! 11:15 Picture a Word 1:15 Scenic Drive 3:30 Music by Flip Side	4 9:00 Sit and Be Fit! 11:15 Junk Drawer Detective 1:15 Keep Paying it Forward 3:30 Balloon Tennis!	5 9:00 Sit and Be Fit! 11:15 Can You Picture This? 1:15 Dominoes 3:30 Happy Hour	6 9:30 Exercise – Walk 10:00 Coffee & Conversation 1:30 Fresh Air on the Patio! 3:00 Movie!
7 10:00 Exercise of Choice 1:15 Left-Right-Center 3:30 Tunes & TV <small>Daylight Saving Time Ends</small>	8 9:00 Sit and Be Fit! 11:15 Monday Morning Bingo – DR 1:15 I Have Never.... 3:30 Cranium Crunches	9 9:00 Sit and Be Fit! 11:15 Puzzles! 2:00 Cedar Valley Pet Visit 3:30 Manicures!	10 9:00 Sit and be Fit! 11:15 Junk Drawer Detective 1:15 Scenic Drive 3:30 Movie!	11 9:00 Sit and Be Fit! 10:30 Janet Lieb -Guitar 1:15 Change One Letter! 3:00 Afternoon Bingo! <small>Veterans Day Remembrance Day (Canada)</small>	12 9:00 Sit and Be Fit! 11:15 Magazine Read 1:15 Dominoes 3:30 Happy Hour – Music by Terry McCauley	13 9:30 Exercise – Walk 10:00 Coffee & Conversation 1:30 Dominoes 3:00 Movie!
14 10:00 Exercise of Choice 1:15 EZ Yahtzee! 3:30 Tunes & TV	15 9:00 Sit and Be Fit! 11:15 Monday Morning Bingo – DR 1:15 Family Feud Fun! 3:30 Funny Church Signs	16 9:00 Sit and Be Fit! 11:15 Create & Color 1:00 LaLa Ladies 3:30 Who Am I?	17 9:00 Sit and Be Fit! 11:15 Magazine Read 1:15 Scenic Drive 3:30 Movie!	18 9:00 Sit and Be Fit! 11:15 Country Music Sing Along 1:15 Tiny Hamster Video 3:30 Music by Flip Side	19 9:00 Sit and Be Fit! 11:15 UNO! 1:15 Dominoes 3:30 Happy Hour – Joan Ketels	20 9:30 Exercise – Walk 10:00 Coffee & Conversation 1:30 Puzzles! 3:00 Movie!
21 10:00 Exercise of Choice 1:15 Connect Four! 3:30 Tunes & TV	22 9:00 Sit and Be Fit! 11:15 Monday Morning Bingo – DR 1:15 Turkey Foot Dominoes 3:30 Finish the Feathers	23 9:00 Sit and be Fit! 11:15 Turkey Trivia 1:15 Manicures! 3:30 Thanksgiving Paint by Number	24 9:00 Sit and Be Fit! 11:15 Thanksgiving A to Z 1:15 Scenic Drive 3:30 Thanksgiving Puzzles	25 9:00 Watch Macy’s Thanksgiving Parade 11:15 Sit and Be Fit! 1:15 Tag Tom The Turkey! 3:30 Turkey Bingo! <small>Thanksgiving Day</small>	26 9:00 Sit and Be Fit! 11:15 Create & Color 1:15 Dominoes 3:30 Happy Hour	27 9:30 Exercise – Walk 10:00 Coffee & Conversation 1:30 Newspaper Read 3:00 Movie!
28 Happy Birthday Jackie! 10:00 Exercise of Choice 1:15 UNO! 3:30 Tunes & TV <small>Hanukkah Begins</small>	29 9:00 Sit and Be Fit! 11:15 Monday Morning Bingo – DR 1:15 What Am I? 3:30 Paint By Number	30 9:00 Sit and Be Fit! 11:15 Question Ball 1:15 EZ Trivia 3:30 Balloon Tennis!	<h1>November 2021</h1> <i>Boyson Heights - Memory Support</i>			

Activities are Subject to Change.

CH= Community Hub

HH= Hospitality Hub

DR= Dining Room