

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Daylight Saving Time Ends	2 9:00 Exercise 10:00 Monday Morning Bingo! 2:00 Crossing a "Bridge" to November	3 9:00 Exercise 10:00 Make "Give Thanks" Door Hangers 2:00 Bowling	4 9:00 Spiritual Reflection 10:00 Right-Left-Center 2:00 Exercise Class	5 9:00 Exercise 10:00 Do You Hear What I Hear Autumn Video 2:00 Balloon Volleyball	6 9:00 Exercise 10:00 Saxophone Trivia 2:00 Saxophone Day! Puzzle, Facts and Listen to Music 3:00 Happy Hour!	7
8 10:00 Bible Trivia	9 9:00 Exercise 10:00 Monday Morning Bingo! 2:00 Make Diabetic-Friendly Peanut Butter Fudge	10 9:00 Exercise 10:00 Toilet Paper Pumpkins 2:00 Yahtzee	11 9:00 Meditation 10:00 Veterans Day Prayer and Making Cards 2:00 Exercise Class 3:30 Ice Cream Sundae! <small>Veterans Day Remembrance Day (Canada)</small>	12 9:00 Exercise 10:00 "Hair-Story" of Facial Hair 2:00 Make Cherry Ginger Lemon Bubbly	13 9:00 Exercise 10:00 Watch New York, New York video 2:00 Fall Coloring Pages 3:00 Happy Hour!	14 Aviation Month 10:00 Aviation Puzzles and Fun Facts
 15	16 9:00 Exercise 10:00 Monday Morning Bingo! 2:00 Balloon Tennis	Wear Purple 17 9:00 Exercise 10:00 Alzheimer's Puzzles 2:00 Make "Purple" Stretch Bracelet	18 9:00 Spiritual Reflection 10:00 Fall Puzzles 2:00 Exercise Class	19 9:00 Exercise 10:00 Trivia 2:00 Remembering Songs about Gratitude	20 9:00 Exercise 10:00 "Thankful For" Activity 2:00 Let's Take A Drive 3:00 Happy Hour!	 21
22 10:00 Spiritual Music	23 9:00 Exercise 10:00 Turkey Bingo! 2:00 Make Nutter Butter Thanksgiving Cupcakes!	24 9:00 Exercise 10:00 Burlap & Buttons Napkin Ring 2:00 Let's Go On A Hike!	25 9:00 Meditation 10:00 Turkey Trivia 2:00 Exercise Class	 <small>Thanksgiving Day (US)</small>	26 9:00 Exercise 10:00 Remembering Trip To The Grocery Store 2:00 Family Feud 3:00 Happy Hour!	27 9:30 Exercise for Better Breathing
29	30 9:00 Exercise 10:00 Question Ball 2:00 Finish the Song Lyrics					

Activities are Subject to Change