

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

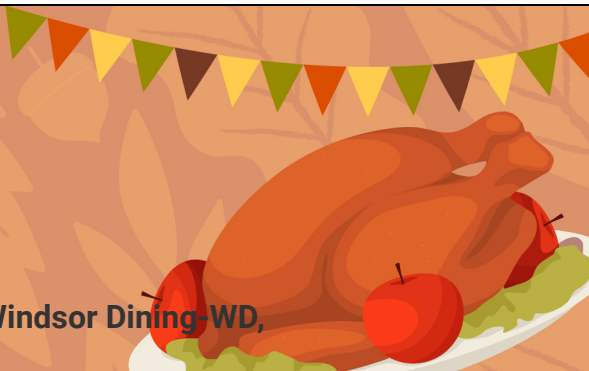
Saturday

Tradi**tion** NOVEMBER 2024

CALENDAR IS SUBJECT TO CHANGE.

SEE DAILY ACTIVITY SHEET FOR MOST UP TO DATE INFORMATION

Activity Location Directory: Lucy Stone Activity Room-LS, Mrs. Lincoln's Activity Room-ML, Windsor Dining-WD, Swift Dining-SD, Courtyard-CY, Pub-P, Theatre-T, Chapel-C, Library-L



3
10:00AM Catholic Mass on TV
10:30AM Word Puzzles (SL)
1:00PM Documentary (T)
2:00PM Rummy / 31 Skat (ML)
2:00PM Billiards
6:00PM New Movie Sunday
6:30PM Mexican Dominoes (L)

Daylight Saving Time Ends - Set Your Clocks Back

CANDY DAY 4
9:00AM Walmart Shopping Trip
9:00AM Exercise with Tara
9:30AM HIIT Standing Exercise
10:00AM Milton Hershey - The Man Behind the Chocolate Bar
1:00pm Candy Brownie Cookies
1:30PM Giant Candy Craft for Christmas Decorating
3:00PM Cedarbrook Hold'em (P)
6:00PM Movie Night (T)

5
9:00AM Exercise with Tara (LS)
10:00AM Exercise with Tara (LS)
10:30AM Tree Decorating Time (P)

2:00PM Quarter BINGO (P)
3:00PM Sing Along with Sandy (P)
6:00PM Resident Lead Games (P)

ELECTION DAY

6
9:00AM Exercise with Steph (LS)
9:30AM HIIT Standing Exercise
10:00AM One on One Visits with Steph
11:00AM Charades
1:00PM Knotty Knitters Knitting Club
2:00PM Cardio Drumming (LS)
3:00PM Who Am I
6:00PM World Travel Documentary (T)
6:30PM Mexican Dominoes (L)

7
9:00AM Exercise with Tara
10:00AM Exercise with Tara
10:00AM Catholic Mass w/ FR. Peter of Saint Mary's Parish
11:00AM Therapy Dog Freddy
2:00PM Quarter Bingo (P)
3:30PM Happy Hour (P)
6:00PM Resident Led Game Night

8
9:00AM Yankee Flee Market
9:30AM HIIT Standing Exercise (LS)
10:00AM Exercise with Ron (LS)
10:30AM Cedarbrook Cafe (ML)
1:00PM Artsong with Amy
6:00PM Movie Night

9
10:00AM - Exercise With John
11:00 Catholic Rosary & Prayer with Maureen of Divine Mercy Ministry
1:00PM Joyfulness
2:00PM Prize Bingo
2:00PM Cribbage
3:00PM Crafts - Fall Door Decore
6:00PM Movie Night (T)

10
10:00AM Catholic Mass on TV
10:30AM Cranium Crunches (SL)
1:00PM Documentary (T)
2:00PM Rummy / 31 Skat (ML)
2:00PM Billiards
6:00PM New Movie Sunday
6:30PM Mexican Dominoes (L)

9:00AM Big Y Shopping Trip 11
9:00AM Exercise with Tara
9:30AM HIIT Standing Exercise
10:30AM Veterans Day Discussion
1:00PM Chair Yoga with Lisa Z
1:30PM Veteran Appreciation
3:00PM Cedarbrook Hold'em (P)
6:00PM Veterans Day Concert (T)

Veterans Day

12
9:00AM Exercise with Tara (LS)
10:00AM Exercise with Tara (LS)
10:30AM This Is Jeopardy (T)
2:00PM Quarter BINGO (P)
3:30PM 60's Song Sing Along (LS)
6:00PM Resident Lead Games (P)

13
9:00AM Exercise with Tara (LS)
9:30AM HIIT Standing Exercise w/Tara
10:00AM One on One Visits with Steph
11:00AM Charades
1:00PM Blood Pressure Clinic
1:00PM Knotty Knitters Knitting Club
2:00PM Cardio Drumming (LS)
3:00PM Men's Billiards and Brews
6:00PM Nature Documentary (T)
6:30PM Mexican Dominoes (L)

14
9:00AM Exercise with Tara (LS)
10:00AM Exercise with Tara (LS)
10:30AM Win, Lose or Draw
2:00PM Quarter Bingo (P)
3:30PM Happy Hour
6:00PM Resident-Led Game Night

15
9:30AM HIIT Standing Exercise (LS)
10:00AM Exercise with Ron (LS)
10:00AM AL/Crossroads Hot Chocolate Outing
1:30PM Frank Bly's Art Presentation (P)
2:00PM Best of Goldie on Laugh In
3:30PM Goldie Hawn - The Not So Dumb Blond
6:00PM Movie Night

16
10:00AM - Exercise With John
11:00 Catholic Rosary & Prayer with Maureen of Divine Mercy Ministry
1:00PM Joyfulness
2:00PM Caden on Piano
2:00PM Cribbage
3:00PM Crafts - Music Note Pendant
6:00PM Movie Night (T)

17
10:00AM Catholic Mass on TV
10:30AM Cranium Crunches (SL)
1:00PM Protestant Worship Service with Pastor Katie (C)
2:00PM Billiards
2:00PM Rummy / 31 Skat (ML)
6:00PM New Movie Sunday
6:30PM Mexican Dominoes (L)

MICKY MOUSE DAY 18
9:00AM Walmart Shopping Trip
9:00AM Exercise with Tara
9:30AM HIIT Standing Exercise
10:30AM Micky Mouse Ear Craft
1:30PM Learn how to draw Micky
3:00PM Cedarbrook Hold'em (P)
6:00PM It All Started with a Mouse

19
9:00AM Exercise with Tara (LS)
10:00AM Exercise with Tara (LS)
10:30AM Wheel of Fortune (T)
2:00PM Quarter BINGO (P)
3:30PM Country Songs Sing Along
6:00PM Resident Lead Games (P)

20
9:00AM Exercise with Tara (LS)
9:30AM HIIT Standing Exercise w/Tara
10:30AM Chef Demo
1:00PM Knotty Knitters Knitting Club
1:00PM Manicures by Steph (LS)
2:00PM Cardio Drumming (LS)
3:00PM Woman and Wine Club
6:00PM World Travel Documentary (T)
6:30PM Mexican Dominoes (L)

21
9:00AM Exercise with Tara (LS)
10:00AM Exercise with Tara (LS)
10:30AM Win, Lose or Draw
11:00AM Therapy Dog Freddy (P)
2:00PM Stephen George Performs
3:30PM Happy Hour (P)
6:00PM Resident Led Game Night

22
9:30AM HIIT Standing Exercise w/ Tara
10:00AM Exercise with Ron (LS)
10:30AM Cedarbrook Cafe (ML)
1:00PM Goodwill Shopping Trip
3:30PM Charlie Brown Documentary
6:00PM Movie Night

23
10:00AM - Exercise with John
10:30AM - Cedarbrook Coffee Shop
1:00PM Joyfulness with John
2:00PM Cameron Sutphin's Country Music Show
2:00PM Cribbage (ML)
3:00PM Crafts - Holiday Soaps
6:00PM Classic Movie Night (T)

24
10:00AM Catholic Mass on TV
10:30AM Cranium Crunches (SL)
1:00PM Documentary
2:00PM Rummy / 31 Skat (ML)
2:00PM Billiards
6:00PM Movie Time
6:30PM Mexican Dominoes (L)

9:00AM Big Y Shopping Trip 25
9:00AM Exercise with Tara
9:30AM HIIT Standing Exercise
10:00AM Target Toss
1:00PM One on One with John
1:00PM Chair Yoga with Lisa Z
1:30pm Virtual Rock & Roll HOF
3:00PM Cedarbrook Hold'em (P)
6:00PM Movie Night

26
9:00AM Exercise with Tara (LS)
10:00AM Exercise with Tara (LS)
10:30AM This Is Jeopardy (T)
2:00PM Quarter BINGO (P)
3:30PM Name that Tune
6:00PM Resident Lead Games (P)

27
9:00AM Exercise with Tara (LS)
9:30AM HIIT Standing Exercise w/Tara
10:00AM One on One Visits with Steph
11:00AM Charades
1:00PM Knotty Knitters Knitting Club
1:00PM Manicures by Steph (LS)
2:00PM Cardio Drumming (LS)
3:00PM What am I
6:00PM Nature Documentary (T)
6:30PM Mexican Dominoes (L)

28
Happy Thanksgiving
We will have various word Puzzles and Games to work on as well as
9:00AM Macy's Thanksgiving Day Parade
2:00PM Movie - It's a Wonderful Life
6:00PM Resident-Led Game Night

Thanksgiving Day

29
9:30AM HIIT Standing Exercise (LS)
10:00AM Exercise with Ron (LS)
10:30AM Cedarbrook Cafe (ML)
1:00PM Christmas Decoration Sorting
1:00PM How It's Made
3:30PM Ted Williams Presentation
6:00PM Movie Night

30
10:00AM - Exercise With John
11:00 Catholic Rosary & Prayer with Maureen of Divine Mercy Ministry
1:00PM Joyfulness
2:00PM Prize Bingo
2:00PM Cribbage
3:00PM Crafts - Holiday Ornaments
6:00PM Movie Night (T)