

NOVEMBER 2023

ALL ACTIVITIES
ARE SUBJECT
TO CHANGE

MON	TUE	WED	THU	FRI	SAT
 NATIVE AMERICAN HERITAGE MONTH					
		 1	BINGO! 2	BINGO! 3	 4
		8:30 Morning Exercise 9:45 Yoga ball 10:45 Fall Crafts	8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi  	8:30 Morning Exercise 9:45 Bingo 10:45 English Class 10:45 Play Cards	9:30 Morning Exercise 10:00 Movie Time 11:00 Free Time 
BINGO! 6	 7	 8	BINGO! 9	 BINGO! 10	BINGO! 11
8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Stretch	8:30 Morning Exercise 9:45 Shopping-Walmart 10:45 Kick Ball  ELECTION DAY	8:30 Morning Exercise 9:45 Elastic Band 10:45 Joke Time 	Hair Cut & Nail 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi  	8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class 10:45 Latin Dance 	9:30 Morning Exercise 10:00 TACY Foundation 11:00 Bingo 
BINGO! 13	 14	 15	BINGO! 16	BINGO! 17	 18
8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Shoulders Neck Stretch  KINDNESS DAY	8:30 Morning Exercise 9:45 Shopping-H-Mart 10:45 DIY Colors 	8:30 Morning Exercise 9:45 Finger Exercise 10:45 Origami  	8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi  	8:30 Morning Exercise 9:45 Bingo 10:45 English Class 10:45 Table Games 	9:30 Morning Exercise 10:00 11:00 Free Time stay healthy
BINGO! 20	 21	 22	23	BINGO! 24	BINGO! 25
8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Eyes Care Time 	8:30 Morning Exercise 9:45 Shopping-Ollie's 10:45 Read Article Aloud 	8:30 Morning Exercise 9:45 Play Sandbags 10:45 Knitting 	CENTER CLOSED Happy Thanksgiving	8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class 10:45 Latin Dance 	9:30 Morning Exercise 10:00 Movie Time 11:00 Bingo 
BINGO! 27	 28	29	BINGO! 30		
8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch 	8:30 Morning Exercise 9:45 Shopping-Marshalls 10:45 Sign Language 	8:30 Morning Exercise 9:45 Chair Pilates 10:45 Jewelry Crafts 	8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi 	November	