












Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9 Resistance bands 10:30 Coffee & current events 1 manicures 2 popcorn 3-4 Bingo</p>  	<p>2 Day of the Dead Chair Yoga 9:30-11:30 Walmart pick up 1 Hot apple Cider 2-3:30 DIY Jewelry</p> 	<p>3 National Stress Awareness Day 9 Resistance Bands 10:30 Coffee & current events 1-2 Cooking Class 3-4 Happy Hour</p> 	<p>4 National candy Day 9 Chair Yoga 10:30 coffee & current events 1 Eclairs 2 Wire Crosses 3-4 Coloring Club</p> 	<p>5 9 Resistance Bands 9:30-11:30 Meijer pick up 1 Mock tails & canvas 3 cupcakes</p> 	<p>6 10 coffee & current events 11 Activity packet 11:30 movie</p> <p>Sunday</p> <p>7 Daylight savings Church 2 Coloring Pages</p>
<p>8 National Cappuccino Day 9 resistance Bands 10:30 Cappuccinos 1 manicures 2 sand Art 3 Popcorn & Movie</p> 	<p>9 9 Chair yoga 10:30 Coffee & current events 12:30 Butter Pecan Ice Cream 2 string Art 3-4 Thanksgiving wreaths</p> 	<p>10 National cupcake day 9 resistance Bands 10:30 Coffee & current events 1 Shadow painting 2 Soft Pretzel & cheese 3-4 Happy Hour</p> 	<p>11 National Sundaes Day 9 Chair yoga 10-11 Clothing Drive 1 DIY Mugs 2 Peanut Butter Fudge 3-4 DIY chalkboards</p> 	<p>12 9 Resistance Bands 10-11 Clothing Drive 1 Banana Bread 2-3:30 Trivia</p> 	<p>13 10 coffee & current events 11 Activity Packet 12 Movie</p> <p>Sunday</p> <p>14 Church 2 Coloring Pages</p>

<p>15 9 resistance Bands 9:30-11:30 Aldi 1-2:30 Dollar Tree 3-4 BINGO</p>  	<p>16 9 Chair yoga 9:30-11:30 Walmart 1 turkey clay pots 2-3:30 Five Below</p>  	<p>17 9 Resistance Bands 10:30 Hot Chocolate bar 12 November Birthday Party 1 Turkey clay pots cont. 2 Town Hall 3-4 Happy Hour</p> 	<p>18 9 chair yoga 10:30 coffee & current events 1 Clay leaf dishes 2 French Toast Bar 3-4 Fall sensory bottles</p> 	<p>19 9 Resistance Bands 10:30 coffee & current events 1 Thankful Stones 2 Stress Balls 3-4 Root Beer Floats</p> 	<p>20 10 coffee & current events 11 Activity Packet 12 Movie</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">Sunday</p> <p style="text-align: center;">21</p> <p style="text-align: center;">Church 2 Coloring pages</p>
<p>22 9 Resistance bands 9:30-11:30 Mystery Outing 1 DIY Prayer Beads 2 pumpkin pie 3-4 BINGO</p>  	<p>23 9 Chair yoga 11-1 Denny's 2 oil painting 3-4 clay pot gnomes</p> 	<p>24 9 resistance bands 9:30-11:30 Goodwill 1 Donuts 2 Food council 2:30 Activity council 3-4 Happy Hour</p>  	<p>25</p> 	<p>26 National Black Friday 9 Chair yoga 10:30 Coffee & current events 1 Sherbet 3-4 Snow Globes</p> 	<p>27 10 Coffee & current events 11 Activity packet 12-1 Karaoke</p>  <p style="text-align: center; border: 1px solid black; padding: 5px;">Sunday</p> <p style="text-align: center;">28 Church 2 Coloring Pages</p>
<p>29 Chadwick Boseman Day 9 Resistance bands 9:30-11:30 Salt & light 1 Apple pie 2 Mandala paintings 3-4 BINGO</p> 	<p>30 9 Chair yoga 10:30 Coffee & current event 1 December sign ups 2 Parfaits 3:15 Resident Council</p> 				

Key: Purple = Snacks, Green = Meetings/Council,
Blue = Parties/Special, Red = Outings, Pink = Clubs