


November 2024 - Assisted Living/Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>EM Emotional</p> <p>EN Environmental</p> <p>IN Intellectual</p> <p>PH Physical</p> <p>VO Vocational</p> <p>SO Social</p> <p>SP Spiritual</p> <p>HO Holiday</p>	<p>CR First Floor Community Room</p> <p>FF First Floor Community Room</p> <p>SF second floor pub</p> <p>SP second floor pub</p>			<p>10:00 Chair Yoga! [SF] 1</p> <p>1:00 Spark Challenge Really Big Show!</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Open Gym! [SF] 2</p> <p>1:00 Lifetime Movie Marathon!</p> <p>6:00 Resident Led Happy Hour!- 2nd floor Pub.</p>
<p>10:00 Open Gym! [SF] 3</p> <p>1:00 Lifetime Movie Marathon!</p>	<p>10:00 Chair Yoga! [SF] 4</p> <p>10:30 Trivia Time! [SP]</p> <p>1:00 Uno in the pub!</p> <p>3:00 Sip & Paint!- Fall Flowers!</p>	<p>Election Day 5</p> <p>10:00 Church Service [CR]</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:00 Cribbage Group! [SP]</p> <p>1:00 Spark Challenge Deep Dive! [SP]</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 6</p> <p>1:00 Spark Challenge-Counting Steps!</p> <p>2:00 Bingo! [CR]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 7</p> <p>10:30 Coco & Coffee Word Puzzles in the Pub!</p> <p>1:00 "I am grateful" Project in the Pub!</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 8</p> <p>12:30 Cub Foods Shopping Trip!</p> <p>1:00 Spark Challenge Really Big Show!</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 9</p> <p>10:30 Trivia with Toni!</p> <p>2:00 Bingo!</p> <p>6:00 Resident Led Happy Hour!- 2nd floor Pub.</p>
<p>10:00 Chair Yoga! [SF] 10</p> <p>10:30 Trivia with Toni!</p> <p>12:00 Vikings Game Watch party! [FF]</p> <p>1:00 Thanksgiving Card making with Toni!</p>	<p>Veterans Day 11</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:30 Trivia Time! [SP]</p> <p>1:00 Farkel in the Pub!</p> <p>3:30 Veterans Day Celebration!</p>	<p>10:00 Church Service [CR] 12</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:00 Cribbage Group! [SP]</p> <p>1:00 Spark Challenge Deep Dive! [SP]</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 13</p> <p>1:00 Spark Challenge-Arm Crank!</p> <p>2:00 Bingo! [CR]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 14</p> <p>10:30 Coco & Coffee Word Puzzles in the Pub!</p> <p>12:30 Brunch at Southern Social!</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 15</p> <p>1:00 Spark Challenge Really Big Show!</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 16</p> <p>10:30 Trivia with LaQuinta in the Pub!</p> <p>1:30 Hot coco in the Pub!</p> <p>6:00 Resident Led Happy Hour!- 2nd floor Pub.</p>
<p>10:00 Chair Yoga! [SF] 17</p> <p>10:30 Trivia with LaQuinta in the Pub!</p> <p>12:00 Vikings Game Watch Party!</p>	<p>10:00 Chair Yoga! [SF] 18</p> <p>10:30 Trivia Time! [SP]</p> <p>1:00 Uno in the Pub!</p> <p>3:00 Resident Council</p> <p>3:30 Sip & Paint!- Thanksgiving Day Cards</p>	<p>10:00 Church Service [CR] 19</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:00 Cribbage Group! [SP]</p> <p>1:00 Spark Challenge Deep Dive! [SP]</p> <p>1:30 Chef Chat! [FF]</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 20</p> <p>1:00 Spark Challenge-Leg Crank!</p> <p>2:00 Bingo! [CR]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 21</p> <p>10:30 Coco & Coffee Word Puzzles in the Pub!</p> <p>1:00 Pie & Pastry demo in the pub!</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 22</p> <p>1:00 Spark Challenge Really Big Show!</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 23</p> <p>10:30 Trivia with Toni!</p> <p>2:00 Bingo!</p> <p>6:00 Resident Led Happy Hour!- 2nd floor Pub.</p>
<p>10:00 Chair Yoga! [SF] 24</p> <p>10:30 Trivia with Toni!</p> <p>12:00 Vikings Game Watch Party!</p> <p>1:00 Thanksgiving Movie Marathon!</p>	<p>10:00 Chair Yoga! [SF] 25</p> <p>10:30 Trivia Time! [SP]</p> <p>1:00 Thanksgiving Pictionary in the Pub!</p> <p>3:00 Sip & Paint!- Thanksgiving Table Centerpieces!</p>	<p>10:00 Church Service [CR] 26</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:00 Cribbage Group! [SP]</p> <p>1:00 Spark Challenge Deep Dive! [SP]</p> <p>3:30 Happy Hour! Thanksgiving Taste Test! [SF]</p>	<p>10:00 Chair Yoga! [SF] 27</p> <p>2:00 Turkey Bingo! [CR]</p> <p>3:00 Thanksgiving Team Trivia! [FF]</p> <p>3:30 Pumpkin Pie in the Pub!</p>	<p>Thanksgiving Day 28</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:30 Coco & Coffee Word Puzzles in the Pub!</p>	<p>Day after Thanksgiving Day 29</p> <p>10:00 Chair Yoga! [SF]</p> <p>1:00 Spark Challenge Really Big Show!</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia! [FF]</p>	<p>10:00 Chair Yoga! [SF] 30</p> <p>10:30 Trivia in the Pub with CC!</p> <p>1:35 Donuts in the Pub!</p> <p>6:00 Resident Led Happy Hour!- 2nd floor Pub.</p>