

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# NOVEMBER

## LEMAY AVENUE HEALTH & REHAB FACILITY

**1 Daylight Savings Ends**

9:30AM News Reading, LE-2  
10:30AM Hymn Music & Devotional, DR-2  
2:00PM Decorating for Thanksgiving, DR-2  
4:30PM Thanksgiving Stories DR-2  
6:30PM Fall Spice Aromatherapy, LE-2

**2**

9:15AM Current Events, LE-2  
10:30AM Bingo, DR-2  
2:00PM Fall Leaves Painting, LE-2  
4:30PM Thankful Reading, LE-2  
6:30PM Pass the Pigs, LE-

**3**

9:30AM News Readings, LE-2  
10:30AM Seated Stretching, DR-2  
2:00PM November A-Z, LE-2  
4:30PM Lava Lamp Experiment, LE-2  
6:30PM Hand Massages, LE-

**4**

9:30AM Current Events, LE-2  
10:30AM Exercise, DR-2  
1:45PM BINGO, DR-1  
4:30PM Fun Fall Trivia, DR-2  
6:30PM Reminiscing Group, LE-2

**5**

9:15AM Current Events, DR-2  
10:30AM Exercise Group, DR-2  
2:00PM Fall Leaf Bookmarks, DR-2  
4:30PM Hand Massages, DR-2  
6:30PM The Great Courses, LE-2

**6**

9:15AM News Readings, DR-1  
10:30AM Seated Stretching, DR-2  
1:00PM Making Sugar Cookies, DR-2  
3:00PM Snacks, DR-2

**7**

9:15AM News Reading, LE-2  
10:30AM Seated Exercise, DR-2  
1:30PM Garden Club, 2200 Hall  
3:00PM Snack Time, DR-2  
4:30PM History Lesson, DR-2  
6:30PM Hot Apple Cider with Conversation, LE-2

**8**

9:30AM News Reading, LE-2  
10:30AM Hymn Music & Devotional, DR-2  
2:00PM Watercolor Painting, DR-2  
4:30PM Thankful Wall, LE-2  
6:30PM Relaxing Music, LE-2

**9**

9:15AM Current Events, LE-2  
10:30AM Bingo, DR-2  
2:00PM Q-Tip Painting, LE-2  
4:30PM Aromatherapy, LE-2  
6:30PM PVC Marble Roller Coaster, LE-2

**10**

9:30AM News Readings, LE-2  
10:30AM Seated Stretching, DR-2  
2:00PM November Word Scramble, LE-2  
4:30PM Inverted Balloon Experiment, LE-2  
6:30PM Hot Towels, LE-2

**11 Veteran's Day**

9:30AM Current Events, LE-2  
10:30AM Exercise, DR-2  
1:45PM BINGO, DR-1  
3:00PM Veterans Day Celebration with Cookie provided by Daughters of the American Revolution, DR-1  
6:30PM Remember When Group, LE-2

**12**

9:15AM Current Events, DR-2  
10:30AM Exercise Group, DR-2  
2:00PM Farkle, DR-2  
4:30PM Hand Massages, DR-2  
6:30PM The Great Courses, LE-2

**13**

9:15AM News Readings, DR-1  
10:30AM Seated Stretching, DR-1  
2:00PM Resident Choice Music, DR-1  
3:00PM Snacks, DR-1

**14**

9:15AM News Reading, LE-2  
10:30AM Seated Exercise, DR-2  
1:30PM Garden Club, 2200 Hall  
4:30PM Joke Time, DR-2  
6:30PM Hot Cocoa and Chat, LE-2

**15**

9:30AM News Reading, LE-2  
10:30AM Hymn Music & Devotional, DR-2  
2:00PM Guided Painting with Alex, LE-2  
4:30PM Thankful Wall, LE-2  
6:30PM Relaxing Art, LE-2

**16**

9:15AM Current Events, LE-2  
10:30AM Bingo, DR-2  
2:00PM Yarn Pumpkins, LE-  
4:30PM Thankful Reading, LE-2  
6:30PM Yahtzee, LE-2

**17**

9:30AM News Readings, LE-2  
10:30AM Seated Stretching, DR-2  
2:00PM 2nd Floor Hall Meeting, LE-2  
4:30PM Hot Ice Experiment, LE-2  
6:30PM Hand Massages, LE-2

**18**

9:30AM Current Events, LE-2  
10:30AM Exercise, DR-2  
1:45PM BINGO, DR-1  
4:30PM Fun Fall Trivia, DR-2  
6:30PM Reminiscing Group, LE-2

**19**

9:15AM Current Events, DR-2  
10:30AM Exercise Group, DR-2  
2:00PM Coffee Filter Turkeys, DR-2  
4:30PM Hand Massages, DR-2  
6:30PM The Great Courses, LE-2

**20**

9:15AM News Readings, DR-1  
10:30AM Seated Stretching, DR-1  
1:00PM Making Rice Crispy Treats, DR-1  
3:00PM Snacks, DR-1

**21**

9:15AM News Reading, LE-2  
10:30AM Seated Exercise, DR-2  
1:30PM Garden Club, 2200 Hall  
4:30PM History Lesson, DR-2  
6:30PM Hot Apple Cider with Conversation, LE-2

**22**

9:30AM News Reading, LE-2  
10:30AM Hymn Music & Devotional, DR-1  
2:00PM Watercolor Painting, DR-2  
4:30PM Thankful Wall, LE-2  
6:30PM Pumpkin Spice Tea & Music, LE-2

**23**

9:15AM Current Events, LE-2  
10:30AM Bingo, DR-2  
2:00PM, LE-2  
4:30PM Aromatherapy, LE-2  
6:30PM PVC Xylophone Craft, LE-2

**24**

9:30AM News Readings, LE-2  
10:30AM Seated Stretching, DR-2  
2:00PM Thanksgiving Word Scramble, LE-2  
4:30PM Rainbow Milk Experiment, LE-2  
6:30 Hot Towels, LE-2

**25**

9:30AM Current Events, LE-2  
10:30AM Exercise, DR-2  
1:45PM BINGO, DR-1  
4:30PM Strange but True, DR-2  
6:30PM Remember When Group, LE-2

**26**

**Thanksgiving**  
9:15AM Macy's Day Parade with Hot Chocolate and Coffee, DR-2  
2:00PM Turkey Trivia, DR-2  
3:30PM Hand Massages, DR-

**27**

9:15AM News Readings, DR-1  
10:30AM Seated Stretching, DR-1  
2:00PM Resident Choice Music, DR-1  
3:00PM Snacks, DR-1

**28**

9:15AM News Reading, LE-2  
10:30AM Seated Exercise, DR-2  
1:30PM Garden Club, 2200 Hall  
4:30PM Joke Time, DR-2  
6:30PM Hot Cocoa and Chat, LE-2

**29**

9:30AM News Reading, LE-2  
10:30AM Hymn Music & Devotional, DR-1  
2:00PM Take down Decorations, DR-1  
4:30PM Reading Group, LE-2  
6:30PM Calming Music and Tea, LE-2

**30**

9:15AM Current Events, LE-2  
10:30AM Bingo, DR-2  
2:00PM Pinecone Gnomes, DR-1  
4:30PM Reading Group, LE-2  
6:30PM

*Second Floor Activities*

Please be aware that all activities are subject to change