

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday


Saturday

 <h1 style="color: #E67E22;">NOVEMBER 2023</h1> <h2 style="color: #34495E;">Terrace Activity Calendar</h2>							<p>1</p> <p>10:30a Balloon toss 11a Finish the lyrics 2p Move your muscles 2:30 Movie matinee</p>	<p>2</p> <p>10:30a Music w/ Austin S 2p Finish the phrase 3p Music & Manicures</p>	<p>3</p> <p>10:30a Stretch & Tone 11a Tover games 2p Enjoy a music concert 3p ice cream social</p>	<p>4</p> <p>10a Music on jukebox and relaxation 2p enjoy a movie</p>
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<p>5</p> <p>10a Enjoy Lawrence Welk show 2p Relaxation and music on jukebox</p>	<p>6</p> <p>10:30a Ball toss 11a Tover games 2p Manicures & Music 3p Nature Documentary</p>	<p>7</p> <p>10:15a Catholic Service 2nd fl 11a Tover games 2p Music w/ Steve & Helen 3p cheese & crackers social</p>	<p>8</p> <p>10:30a Chair yoga 11a Tover game 2p Afternoon stretch 2:30p Movie matinee</p>	<p>9</p> <p>10:30a Morning Stretch 11a sing along 2p Music w/ Dick F 3p Music & Manicures</p>	<p>10</p> <p>10:30a Chair exercise 11a Tover games 2p Enjoy the Lawrence welk show 3p root beer floats</p>	<p>11</p> <p>10a Music on jukebox and relaxation 2p enjoy a movie</p> <p style="text-align: right; font-size: small;">Veterans Day Remembrance Day (Canada)</p>
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<p>12</p> <p>10a Enjoy Lawrence Welk show 2p Relaxation and music on jukebox</p> <p style="font-size: x-small;">Diwali (Hindi)</p>	<p>13</p> <p>10:30a Chair exercise 11a Tover games 2p Manicures & Music 3p Enjoy a Movie</p>	<p>14</p> <p>10:30a Chair dancing 11a Finish the phrase 2p creative coloring 3p Reminisce & bake cookies</p>	<p>15</p> <p>10:30a Balloon toss 11a Nov Bday Party 2p Sing along w/ Fran 3p Move your muscles</p>	<p>16</p> <p>10:30a Prayer group w/ Rev Suzi 11a sing along 2p Finish the phrase 3p Music & Manicures</p>	<p>17</p> <p>10:30a Stretch & Tone 11a Tover games 2p Enjoy a music concert 3p ice cream social</p>	<p>18</p> <p>10a Music on jukebox and relaxation 2p enjoy a movie</p>
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<p>19</p> <p>10a Enjoy Lawrence Welk show 2p Relaxation and music on jukebox</p>	<p>20</p> <p>10:30a Ball toss 11a Tover games 2p Manicures & Music 3p Nature Documentary</p>	<p>21</p> <p>10:30a Music w/Ted H 2p Tover games 3p Cheese & crackers social</p>	<p>22</p> <p>10:30a Chair yoga 11:15a Mini Goat Visits 2p Afternoon stretch 2:30p Movie matinee</p>	<p>23</p> <p>10a Enjoy the Macy's Day Thanksgiving Parade! Ch. 3 on tv</p> <p style="font-size: x-small;">Thanksgiving Day (US)</p>	<p>24</p> <p>10:30a Chair exercise 11a Tover games 2p Enjoy the Lawrence welk show 3p root beer floats</p>	<p>25</p> <p>10a Music on jukebox and relaxation 2p enjoy a movie</p>
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<p>26</p> <p>10a Enjoy Lawrence Welk show 2p Relaxation and music on jukebox</p>	<p>27</p> <p>10:30a Chair exercise 11a Tover games 2p Manicures & Music 3p Enjoy a Movie</p>	<p>28</p> <p>10:30a Chair dancing 11a Finish the phrase 2p creative coloring 3p Reminisce & bake cookies</p>	<p>29</p> <p>10:30a Balloon toss 11a Finish the lyrics 2p Move your body 2:30p Movie matinee</p>	<p>30</p> <p>10:30a Sing along w/Rev Suzi 11:30a Tover games 2p Finish the phrase 3p Music & Manicures</p>	<p>All Activities are subject to change. Contact Kelsey, Activity Director with any questions at ext 214</p> 	
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