



# November 2021




Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Monday Meditation &amp; Stretch            10:00 Good Morning Chat &amp; Snack            10:30 Move to the Music            11:00 Deal or No Deal</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Wacky Wordies            1:30 Basketball            2:00 The Price is Right            2:30 Afternoon Snack            3:00 Fall Tree Painting            4:00 Card Sharks            4:30 Viewer's Choice</p>	<p><b>2 Election Day</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Bingo            10:00 Good Morning Chat &amp; Snack            10:30 Yoga            11:00 Election Mining            11:30 Presidential Mad Lib</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Junk Drawer Detective            1:30 Finish the Lyrics            2:00 Zumba            2:30 Afternoon Snack            3:00 Karaoke            4:00 Word Puzzles            4:30 Viewer's Choice</p>	<p><b>3</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Wednesday Walk Club            10:00 Good Morning Chat &amp; Snack            10:30 Would You Rather?            11:00 Jeopardy            11:30 4 Corners</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Jewelry Mining            2:00 Musical Chairs            2:30 Afternoon Snack            3:00 Giant Tic Tac Toe            4:00 Ring Toss            4:30 Viewer's Choice</p>	<p><b>4 King Tut Day</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 FROGS            10:00 Good Morning Chat &amp; Snack            10:30 Tai Chi            11:00 Comedy Hour            11:30 King Tut Facts &amp; Trivia</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Men's Club            2:00 Family Feud            2:30 Afternoon Snack            3:00 Giant Checkers            4:00 Adult Color            4:30 Viewer's Choice</p>	<p><b>5</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Friday Chair Fitness            10:00 Good Morning Chat &amp; Snack            10:30  <b>11:00 Pet Visits with Sassy</b>            11:30 Service Project</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Manicures            1:30 Floor is Lava            2:30 Afternoon Snack            3:00 Friday Film Festival            3:30 Color Creations            4:00 Game Group            4:30 Viewer's Choice</p>
<p><b>8</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Monday Meditation &amp; Stretch            10:00 Good Morning Chat &amp; Snack            10:30 Word Unscramble            11:00 Dance Exercises            11:30 Bean Bag Target</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Bubble Painting            1:30 Darts            2:00 November IQ            2:30 Afternoon Snack            3:00 Skee Ball            4:00 Ring Toss            4:30 Viewer's Choice</p>	<p><b>9</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Bingo            10:00 Good Morning Chat &amp; Snack            10:30 Yoga            11:00 Putt Putt            11:30 Music Requests</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Women's Club            1:30 November Trivia            2:00 Bird Feeders            2:30 Afternoon Snack            3:00 Leaf Impression Painting            4:00 Adult Color            4:30 Viewer's Choice</p>	<p><b>10</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Wednesday Walk Club            10:00 Good Morning Chat &amp; Snack  <b>10:30 Trip to Sweet Donkey Coffee</b>            11:00 Veterans Day Facts            11:30 Veterans Day Mining</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Card Making            2:00 Horse Race  <b>2:30 Birthday Celebrations</b>            3:00 Noodle Ball            4:00 Board Games            4:30 Viewer's Choice</p>	<p><b>11 Veterans Day</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 FROGS            10:00 Good Morning Chat &amp; Snack            10:30 Tai Chi            11:00 Veteran's Day Facts &amp; Trivia            11:30 Stomp Fitness</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Fly Swatter Paint            2:00 Travelogue            2:30 Afternoon Snack            3:00 Wind Sock            4:00 Word Puzzles            4:30 Viewer's Choice</p>	<p><b>12</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Friday Chair Fitness            10:00 Good Morning Chat &amp; Snack            10:30 Parachute Play            11:00 Musical Act It Out            11:30 Service Project</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Manicures            1:30 Jumbo Memory            2:30 Afternoon Snack            3:00 Friday Film Festival            3:30 Color Creations            4:00 Game Group            4:30 Viewer's Choice</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>15 America Recycles Day</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Monday Meditation &amp; Stretch            10:00 Good Morning Chat &amp; Snack            10:30 Recycling Craft            11:30 4 Corners</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Hula Hoop Dance            1:30 Corn Hole            2:00 Recycling Facts            2:30 Afternoon Snack            3:00 Charades            4:00 Ring Toss            4:30 Viewer's Choice</p>	<p><b>16 Button Day</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Bingo            10:00 Good Morning Chat &amp; Snack            10:30 Yoga            11:00 Button Mining            11:30 Family Feud</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Finish the Lyrics            1:30 Button Craft            2:30 Afternoon Snack            3:00 Bowling            4:00 Adult Color            4:30 Viewer's Choice</p>	<p><b>17</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Wednesday Walk Club            10:00 Good Morning Chat &amp; Snack  <b>10:30 Cello with Louann</b>            11:00 Rhymes with Thank            11:30 Turkey Ring Toss</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Roll &amp; Respond            2:00 Dance Exercises            2:30 Afternoon Snack            3:00 Floor is Lava            4:00 Card Sharks            4:30 Viewer's Choice</p>	<p><b>18</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 FROGS            10:00 Good Morning Chat &amp; Snack            10:30 Tai Chi            11:00 Daily Chronicles            11:30 Name That Tune</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Free Paint            2:00 Putt Putt            2:30 Afternoon Snack            3:00 Coffee Filter Turkey            4:00 Board Games            4:30 Viewer's Choice</p>	<p><b>19</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Friday Chair Fitness            10:00 Good Morning Chat &amp; Snack            10:30 Wheel of Fortune  <b>11:00 Pat Visits with Sassy</b>            11:30 Service Project</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Manicures            1:30 Skee Ball            2:30 Afternoon Snack            3:00 Friday Film Festival            3:30 Color Creations            4:00 Game Group            4:30 Viewer's Choice</p>
<p><b>22</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Monday Meditation &amp; Stretch            10:00 Good Morning Chat &amp; Snack            10:30 Music Requests            11:00 Darts            11:30 Thanksgiving Memory</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Jewelry Making            1:30 Strength Fitness            2:00 Noodle Ball            2:30 Afternoon Snack            3:00 Thankful Tree            4:00 Adult Color            4:30 Viewer's Choice</p>	<p><b>23</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Bingo            10:00 Good Morning Chat &amp; Snack            10:30 Yoga            11:00 Bean Bag Target            11:30 Jumbo Thanksgiving Word Search</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Name that Tune            1:30 Musical Chairs            2:00 Giant Checkers            2:30 Afternoon Snack            3:00 Pipe Cleaner Indian Corn            4:00 Card Sharks            4:30 Viewer's Choice</p>	<p><b>24</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Wednesday Walk Club            10:00 Good Morning Chat &amp; Snack  <b>10:30 Parkway Cruise</b>            11:00 Move to the Music            11:30 Would You Rather?</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Turkey Shoot            2:00 Thanksgiving Scavenger Hunt            2:30 Afternoon Snack            3:00 Turkey Race            4:00 Ring Toss            4:30 Viewer's Choice</p>	<p><b>25 Thanksgiving Day</b></p> <p style="text-align: center;"><b>Center is CLOSED for Thanksgiving</b></p> 	<p><b>26 Black Friday</b></p> <p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Friday Chair Fitness            10:00 Good Morning Chat &amp; Snack            10:30 The Price is Right            11:00 Shopping Categories            11:30 Service Project</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Manicures            1:30 Black Friday Mad Libs  <b>2:30 Welcome Party</b>            3:00 Friday Film Festival            3:30 Color Creations            4:00 Game Group            4:30 Viewer's Choice</p>



# November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
29	30			
<p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Monday Meditation &amp; Stretch            10:00 Good Morning Chat &amp; Snack            10:30 Word Unscramble            11:00 Noodle Ball</p> <p><b>PM Activities:</b>            12:30 Rest and Relax            1:00 Wacky Wordies            1:30 Finish the Lyric            2:00 Zumba            2:30 Afternoon Snack            3:00 Charades            4:00 Ring Toss            4:30 Viewer's Choice</p>	<p><b>AM Activities:</b>            9:00 Coffee, Coloring &amp; Conversations            9:30 Bingo            10:00 Good Morning Chat &amp; Snack            10:30 Yoga            11:00 Deal or No Deal</p> <p><b>PM Activities:</b>            12:30 Rest and Relax  <b>1:30 Pet Visit with Roanoke Valley SPCA</b>            2:30 Afternoon Snack            3:00 Balloon Volleyball            4:00 Bowling            4:30 Viewer's Choice</p>			<p><b>Daily Schedule:</b>  <u>9:00 am- 10:00 am</u>  <b>Group and Individual Activities</b>  <u>10:00 am-10:30 am</u>  <b>Morning Snack</b>  <u>10:30 am-12:00 pm</u>  <b>Group Activities</b>  <u>12:00 pm-1:00 pm</u>  <b>Lunch / Rest and Relax</b>  <u>1:00 pm-2:30 pm</u>  <b>Group Activities</b>  <u>2:30 pm-3:00 pm</u>  <b>Afternoon Snack</b>  <u>3:00 pm -5:00 pm</u>  <b>Group and Individual Activities</b></p>