


2023

NOVEMBER

Woodlands

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31 November 1: Covid Booster Clinic November 10: Blood Pressure Clinic. <i>November 11: Veterans Day, Thank you for your service to our country. Today, we honor YOU!</i>	01 10:00 Fitness is Golden 10:30 Three of a Kind 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 1-2-3 Bake! 3:00 Bake and Share 3:00 Been There! Done That!	02 10:00 Stretch and Flex 10:30 Life Occupations 11:00 Sing and Stroll 11:30 Wash Rinse Dry 1:30 Entertainment (Lobby) 2:30 Amazing People 3:30 Autumn Snacks	03 10:00 Chaboom! 11:30 Wash Rinse Dry 1:30 Autumn Scenic Tour 2:30 Word Scooping 3:00 Tea and Autumn Treats	04 10:00 Exercise Circle 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 Tabletop Games 2:30 Sing Along! 3:00 Sweet Treat Social
05 10:00 Exercise Circle 11:00 Psalms and Reflection 11:30 Wash Rinse Dry 1:30 Walking Group 2:30 Entertainment (Lobby) 3:00 Fruit Juice Social	06 10:00 Sit and Be Fit! 10:30 Brain Games 11:00 Stroll and Chat 11:30 Wash Rinse Dry 1:30 Legends of the Silver Screen 3:00 Autumn Spritzer and Donut Social	07 10:00 Vibrant Moves 10:30 Timeless Tunes 11:00 Walk and Talk 11:30 Wash Rinse Dry 1:30 Amazing Things 2:30 Decades of Fashion 3:00 Sandwich Social	08 10:00 Fitness is Golden 10:30 Three of a Kind 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 1-2-3 Bake! 3:00 Bake and Share 3:00 Been There! Done That!	09 10:00 Stretch and Flex 10:30 Life Occupations 11:00 Sing and Stroll 11:30 Wash Rinse Dry 1:30 Famous Quotes 2:30 Amazing People 3:30 Autumn Snacks	10 10:00 Movement and Melody 10:30 Word Scooping 11:30 Wash Rinse Dry 1:30 Veterans Day Party 2:30 Autumn Colors 3:00 Tea and Autumn Treats	Veteran's Day 11 10:00 Exercise Circle 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 Tabletop Games 2:30 Sing Along! 3:00 Sweet Treat Social
12 10:00 Exercise Circle 11:00 Psalms and Reflection 11:30 Wash Rinse Dry 1:30 Walking Group 2:30 Entertainment (Lobby) 3:00 Fruit Juice Social	13 10:00 Sit and Be Fit! 10:30 Brain Games 11:00 Stroll and Chat 11:30 Wash Rinse Dry 1:30 Legends of the Silver Screen 3:00 Autumn Spritzer and Donut Social	14 10:00 Vibrant Moves 10:30 Timeless Tunes 11:00 Walk and Talk 11:30 Wash Rinse Dry 1:30 Music w Paul C. 2:30 Decades of Fashion 3:00 Sandwich Social	15 10:00 Fitness is Golden 10:30 Three of a Kind 11:00 Walking Group 11:30 Wash Rinse Dry 2:00 Catholic Mass 3:00 Bake and Share 3:00 Been There! Done That!	16 10:00 Stretch and Flex 10:30 Life Occupations 11:00 Sing and Stroll 11:30 Wash Rinse Dry 1:30 Famous Quotes 2:30 Amazing People 3:30 Autumn Snacks	17 10:00 Chaboom! 10:30 Word Scooping 11:30 Wash Rinse Dry 1:30 Walks and Rhymes 2:30 Autumn Colors 3:00 Tea and Autumn Treats	18 10:00 Exercise Circle 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 Tabletop Games 2:30 Sing Along! 3:00 Sweet Treat Social
19 10:00 Exercise Circle 11:00 Psalms and Reflection 11:30 Wash Rinse Dry 1:30 Walking Group 2:30 Entertainment (Lobby) 3:00 Fruit Juice Social	20 10:00 Sit and Be Fit! 10:30 Entertainment (Lobby) 11:00 Stroll and Chat 11:30 Wash Rinse Dry 1:30 Legends of the Silver Screen 3:00 Autumn Spritzer and Donut Social	21 10:00 Vibrant Moves 10:30 Timeless Tunes 11:00 Walk and Talk 11:30 Wash Rinse Dry 1:30 Amazing Things 2:30 Decades of Fashion 3:00 Sandwich Social	22 10:00 Fitness is Golden 10:30 Three of a Kind 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 1-2-3 Bake! 3:00 Bake and Share 3:00 Been There! Done That!	Thanksgiving 23 9am - 12pm - Macy's Thanksgiving Day Parade on NBC 11:45 Thanksgiving Dinner 1:30 Simple Stretches 3:00 Decorative Coloring 3:30 Coffe & Snack	24 10:00 Movement and Melody 10:30 Word Scooping 11:30 Wash Rinse Dry 1:30 Walks and Rhymes 2:30 Entertainment (Lobby) 3:00 Autumn Treats	25 10:00 Exercise Circle 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 Tabletop Games 2:30 Sing Along! 3:00 Sweet Treat Social
26 10:00 Exercise Circle 11:00 Psalms and Reflection 11:30 Wash Rinse Dry 1:30 Walking Group 2:30 Entertainment (Lobby) 3:00 Fruit Juice Social	27 10:00 Sit and Be Fit! 10:30 Brain Games 11:00 Stroll and Chat 11:30 Wash Rinse Dry 1:30 Legends of the Silver Screen 3:00 Autumn Spritzer and Donut Social	28 10:00 Vibrant Moves 10:30 Timeless Tunes 11:00 Walk and Talk 11:30 Wash Rinse Dry 1:30 Amazing Things 2:30 Decades of Fashion 3:00 Sandwich Social	29 10:00 Fitness is Golden 10:30 Three of a Kind 11:00 Walking Group 11:30 Wash Rinse Dry 1:30 1-2-3 Bake! 3:00 Bake and Share 3:00 Been There! Done That!	30 10:00 Stretch and Flex 10:30 Life Occupations 11:00 Sing and Stroll 11:30 Wash Rinse Dry 1:30 Music w Paul C. 2:30 Amazing Things 3:30 Autumn Snacks	