

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

				1		2		3		4	
				9:30 - Meals From the Heartland ML 10:15 - Sing-Along 2:00 - Bingo 6:00 - Open Activity Room		10:15- What Am I? 2:00 Des Moines Senior Singers ML 3:45 - Let's Move 6:00 - Open Activity Room		10:15- Morning Buzz 2:00 - Table Top Bowling 6:00 - Open Activity Room		Activity Basket	
5		6		7		8		9		10	
9:30 - Westminster Church on DVD 2:00 - Movie: Mrs.Doubtfire		10:15 - Trivia 2:00 - Pet Visit with Bella 3:45 - Let's Move 6:00 - Open Activity Room		9:15 Live to be Healthy ML 10:15 - Devotions with Pastor Gundar 2:00 - Armchair Travel 6:00 - Open Activity Room		10:15 - Sentimental Reflections 2:00 - Bingo 6:00 - Open Activity Room		10:15 - Hearthside Book Club 2:00- Veterans Day Ceremony ML 3:45 - Let's Move 6:00 - Open Activity Room		10:15-Morning Buzz 2:15 -Merrymakers Barefoot Becky ML 6:00 - Open Activity Room	
11		12		13		14		15		16	
9:30 - Westminster Church on DVD 2:00 - Movie: RV Diwali (Hindi)		10:15 - Table Games 2:00 - Manicures 3:45 - Let's Move 6:00 - Open Activity Room		9:15 Live to be Healthy ML 10:15 - Devotions with Pastor Gundar 2:00 Arts & Crafts 3:00 - Catholic Service 6:00 - Open Activity Room		10:15 - Reminisce 2:00 - Bingo 6:00 - Open Activity Room		10:15 - Current Events 2:00 - Birthday Party 6:00 - Open Activity Room		10:15 - Morning Buzz 2:00 -Bean Bag Toss 6:00 - Open Activity Room	
17		18		19		20		21		22	
9:30 - Westminster Church on DVD 2:00 - Movie: Princess Diaries		10:15 - Timeless Trivia 2:00 - Sing with Zingg 3:45 - Let's Move 6:00 - Open Activity Room		9:15 Live to be Healthy ML 10:15 - Devotions with Pastor Gundar 2:00 - Table Talk 6:00 - Open Activity Room		10:15 - Sentimental Reflections 2:00 Bingo 6:00 - Open Activity Room		Happy Thanksgiving Activity Basket 6:00 - Open Activity Room Thanksgiving Day (US)		10:15-Morning Buzz 2:00 - Velcro Target Toss 6:00 - Open Activity Room	
23		24		25		26		27		28	
9:30 - Westminster Church on DVD 2:00 - Movie: Seabiscuit		10:15 - Reminisce 2:00 Manicures- 3:45 - Let's Move 6:00 - Open Activity Room		9:15 Live to be Healthy ML 10:15 - Devotions with Pastor Gundar 2:00 - Vintage Cafe - ML 3:00 - Catholic Service 6:00 - Open Activity Room		10:15 - Reminisce 2:00 - Bingo 6:00 - Open Activity Room		10:15 - What Am I? 2:00 - Canvas Painting Rec Room Happy Birthday Grace!		Activity Basket	
29		30		31							
9:30 - Westminster Church on DVD		10:15 - Reminisce 2:00 - Bingo 6:00 - Open Activity Room		10:15 - Sentimental Reflections 2:00 - Bingo 6:00 - Open Activity Room							