

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November Birthdays Sandford Shlyen 11-16 Becky Shields 11-22 Gerald Dunn 11-23 Vivian P. Allemang 11-23 William Dickerson 11-26 Carolyn Patterson 11-28	1 10:00-10:30-Exercise (CA) 10:30-11:00 - Dear Abby / Coffee (CA) 11:00-11:30-Trivia (CA) 2:00 -3:00-Art Therapy /Jac (CA) 3:00-3:45 - Afternoon Dance /Michele (CA) 6:30-7:30 - Bingo (LR)	2 10:00-10:30 - Remember When? (CA) 10:30 -11:30 - Gardening Group (CA) 1:30-2:30 - Cooking Demo (CA) 2:30-3:30 - Sing-a-Long (CA) 3:30-4:00 - Guess the Person? (CA) 6:00pm - Yoga Guided Meditation (C5) Commonwealth of Virginia General Election Day	3 National Sandwich Day 10:00-10:30 - Balloon Toss (CA) 10:30-11:00 - Current Events (CA) 11:00-2:00 - Outing: Chillis (O) 2:30-4:00 - Malt Shop Memories & Music (CA) 6:30-8:30 - Movie Night (L)	4 National Candy Day 10:00-11:30 Crafts/Arts Group (CA) 1:30-2:30 - Pretty Nails /Coffee (CA) 2:30-3:30 - Ice Cream Social (CA) 6:30-8:30 - Movie Night (L)	5 10:00-10:30 - Balloon Volley (CA) 10:30-10:45-Morning News/Coffee (CA) 10:45-11:30 - Name That Tune? (CA) 1:30-2:15 - Feeding the Spirit (CA) 2:15-2:45 - Puppy Time with Yanni (CA) 2:45-3:45 - Sing-a-long (CA) 3:45-4:15 - Spelling Bee (CA) 6:30-8:30 - Movie Night (L)	6 10:00-10:30 - Exercise (CA) 10:30-11:00 - Trivia (CA) 2:00-4:00 Crafts (LR) 6:30-8:30 Movie Night (L)
7 Daylight Saving Day 10:30-11:30 Bingo (LR) 2:00-3:00Social Hour Featuring Dynamic Duo (LR) 2:30-3:45 Non-Denominational Christian Services (C) 3:30-4:30 Trivia (LR) 6:30-8:30 Movie Night (L)	8 10:00-10:30-Exercise (CA) 10:30-11:00 - Dear Abby / Coffee (CA) 11:00-11:30-Trivia (CA) 2:00 -3:00-Art Therapy /Jac (CA) 3:00-3:45 - Afternoon Dance /Michele (CA) 6:30-7:30 - Bingo (LR)	9 10:00-10:30 - Remember When? (CA) 10:30 -11:30 - Gardening Group (CA) 1:30-2:30 - Cooking Demo (CA) 2:30-3:30 - Sing-a-Long (CA) 3:30-4:00 - Guess the Person? (CA) 6:00pm - Yoga Guided Meditation (C5)	10 10:00-10:30 - Balloon Toss (CA) 10:30-11:00 - Current Events (CA) 11:00-2:00 - Outing: IHOP (O) 2:30-4:00 - Malt Shop Memories & Music (CA) 6:30-8:30 - Movie Night (L)	11 Veterans Day 10:00-11:30 Crafts/Arts Group (CA) 1:30-2:30 - Pretty Nails /Coffee (CA) 2:30-3:30 - Ice Cream Social (CA) 6:30-8:30 - Movie Night (L)	12 National Happy Hour Day 10:00-10:30 - Balloon Volley (CA) 10:30-10:45-Morning News/Coffee (CA) 10:45-11:30 - Name That Tune? (CA) 1:30-2:15 - Feeding the Spirit (CA) 2:15-2:45 - Puppy Time with Yanni (CA) 2:45-3:45 - Sing-a-long (CA) 3:45-4:15 - Spelling Bee (CA) 6:30-8:30 - Movie Night (L)	13 10:00-10:30 - Exercise (CA) 10:30-11:00 - Trivia (CA) 2:00-4:00 Crafts (LR) 6:30-8:30 Movie Night (L)
14 10:30-11:30 Bingo (LR) 2:00-3:00Social Hour Featuring (LR) 2:30-3:45 Non-Denominational Christian Services (C) 3:30-4:30 Trivia (LR) 6:30-8:30 Movie Night (L)	15 10:00-10:30-Exercise (CA) 10:30-11:00 - Dear Abby / Coffee (CA) 11:00-11:30-Trivia (CA) 2:00 -3:00-Art Therapy /Jac (CA) 3:00-3:45 - Afternoon Dance /Michele (CA) 6:30-7:30 - Bingo (LR) Music	16 National Fast Food Day 10:00-10:30 - Remember When? (CA) 10:30 -11:30 - Gardening Group (CA) 1:30-2:30 - Cooking Demo (CA) 2:30-3:30-Sing-a-Long (CA) 3:30-4:00 - Guess the Person? (CA) 6:00pm - Yoga Guided Meditation (C5)	17 10:00-10:30 Balloon Toss (CA) 10:30-11:00-Current Events (CA) 11:00-2:00-Outing: Surf Rider(O) 2:30-4:00 - Malt Shop Memories & Music (CA) 6:30-8:30 - Movie Night (L)	18 10:00-11:30 Crafts/Arts Group (CA) 1:30-2:30 - Pretty Nails /Coffee (CA) 2:30-3:30 - Ice Cream Social (CA) 6:30-8:30 - Movie Night (L)	19 10:00-10:30 - Balloon Volley (CA) 10:30-10:45-Morning News/Coffee (CA) 10:45-11:30 - Name That Tune? (CA) 1:30-2:15 - Feeding the Spirit (CA) 2:15-2:45 - Puppy Time with Yanni (CA) 2:45-3:45 - Sing-a-long (CA) 3:45-4:15 - Spelling Bee (CA) 6:30-8:30 - Movie Night (L)	20 10:00-10:30 - Exercise (CA) 10:30-11:00 - Trivia (CA) 2:00-4:00 Crafts (LR) 6:30-8:30 Movie Night (L)
21 10:30-11:30 Bingo (LR) 2:00-3:00 Social Hour Featuring Eddie Sal (LR) 2:30-3:45 Non-Denominational Christian Services (C) 3:30-4:30 Trivia (LR)	22 10:00-10:30-Exercise (CA) 10:30-11:00 - Dear Abby / Coffee (CA) 11:00-11:30-Trivia (CA) 2:00 -3:00-Art Therapy /Jac (CA) 3:00-4:00 Birthday Social /Eddie Sal (LR) 6:30-7:30 - Bingo (LR)	23 10:00-10:30 - Remember When? (CA) 10:30 -11:30 - Gardening Group (CA) 1:30-2:30 - Cooking Demo (CA) 2:30-3:30-Sing-a-Long (CA) 3:30-4:00 - Guess the Person? (CA) 6:00pm Yoga Guided Meditation (C5)	24 10:00-10:30 Balloon Toss (CA) 10:30-11:00-Current Events (CA) 11:30-1:00 Meal Of The Month: (CA) 2:30-4:00 - Malt Shop Memories & Music (CA) 6:30-8:30 - Movie Night (L)	25 Thanksgiving Day 10:00-11:30 Crafts/Arts Group (CA) 1:30-2:30 - Pretty Nails /Coffee (CA) 2:30-3:30 - Ice Cream Social (CA) 6:30-8:30 - Movie Night (L)	26 10:00-10:30 - Balloon Volley (CA) 10:30-10:45-Morning News/Coffee (CA) 10:45-11:30 - Name That Tune? (CA) 1:30-2:15 - Feeding the Spirit (CA) 2:15-2:45 - Puppy Time with Yanni (CA) 2:45-3:45 - Sing-a-long (CA) 3:45-4:15 - Spelling Bee (CA)	27 10:00-10:30 - Exercise (CA) 10:30-11:00 - Trivia (CA) 2:00-4:00 Crafts (LR) 6:30-8:30 Movie Night (L)
28 Hanukkah Night 1 10:30-11:30 Bingo (LR) 2:00-3:00 Social Hour Featuring(LR) 2:30-3:45 Non-Denominational Christian Services (C) 3:30-4:30 Trivia (LR) 6:30-8:30 Movie Night (L)	29 Hanukkah Night 2 10:00-10:30-Exercise (CA) 10:30-11:00 - Dear Abby / Coffee (CA) 11:00-11:30-Trivia (CA) 2:00 -3:00-Art Therapy /Jac (CA) 3:00-3:45 - Afternoon Dance /Michele (CA) 6:30-7:30 - Bingo (LR)	30 Hanukkah Night 3 10:00-10:30 - Remember When? (CA) 10:30 -11:30 - Gardening Group (CA) 1:30-2:30 - Cooking Demo (CA) 2:30-3:30-Sing-a-Long (CA) 3:30-4:00 - Guess the Person? (CA) 6:00pm Yoga Guided Meditation (C5)		Color Key: Spiritual Social Creative Physical Outdoors Entertainment Cognitive & Intellectual	Room Key: AR-Art Room C-Chapel H- Hallway CR-Ceramics Room LR-Living Room L-Library	Room Key Cont. AF-All Floors C5-Channel Five O-Outing DR-Dining Room CA-MEU Common Area MG-MEU Outside/Garden Area
				November 2021	Memory Enhancement Unit	