



November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:30 AM Exercise 11AM Monthly Goal Setting/ Funny Videos 2:30PM Sing A Long 2:30PM Spanish Handout 4PM Family Home Evening 7PM Movie Night CH.2	2 Day of the Dead 9AM-2PM Doctors Appts. 10:30AM Chair Yoga 11AM BYU Devotional 11AM History Lesson 3PM Outing 3PM "Ted Talk" Tuesday 7PM Movie Night CH.2	3 10:30AM Exercise 11AM Norway w/ Josh 3PM Shopping @ Smiths 3PM Jewelry Making 7PM Movie Night CH.2	4 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 11:30AM BP W/ Envision 3PM Bingo 3PM Board Games 7PM Movie Night CH.2	5 10:30AM Resident Led Exercise 10:30AM Nail Painting 3:00 PM Tracy Alder 7PM Movie Night CH.2	6 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2 Happy B-Day Dorothy!	
7 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3	8 Tongue Twister Day 10:30 AM Exercise 11AM Tongue Twisters 2:30PM Bear Stuffing 4PM Family Home Evening 7PM Movie Night CH.2	9 9AM-2PM Doctors Appts. 10:30AM Chair Yoga 11AM BYU Devotional 11AM Spanish Lesson 3PM Outing 3PM "Ted Talk" Tuesday 7PM Movie Night CH.2	10 Marine Corps B-Day 10:30AM Exercise 11AM Marine Corps Trivia 3PM Shopping @ Dollar Store 3PM Jewelry Making 7PM Movie Night CH.2	11 Origami Day/ 9/11 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 11:30AM BP W/ Envision 3PM Bingo 3PM Board Games 7PM Movie Night CH.2	12 10:30AM Exercise 11AM History Lesson 3:00 PM Ed & Ginny 7PM Movie Night CH.2	13 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2	
14 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3 Happy B-Day Gloria!	15 Guac Day 10:30 AM Exercise 11AM Check on Goals 2:30PM Branch Activity 4PM Family Home Evening 7PM Movie Night CH.2	16 9AM-2PM Doctors Appts. Dr Hoyal Visit 10:30AM Chair Yoga 11AM BYU Devotional 3PM Outing 3PM "Ted Talk" Tuesday 7PM Movie Night CH.2	17 10:30AM Exercise 11AM Bahamas w/ Josh 3PM Shopping @ Target 3PM Jewelry Making 7PM Movie Night CH.2	18 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 11:30AM BP W/ Envision 3PM Bingo 3PM Board Games 7PM Movie Night CH.2	19 10:30AM Resident Led Exercise 10:30AM Nail Painting 3:00 PM Heart and Soul 7PM Movie Night CH.2	20 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2	
21 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3	22 10:30 AM Exercise 11AM History Lesson 2:30PM Thanksgiving Activity 4PM Family Home Evening 7PM Movie Night CH.2	23 9AM-2PM Doctors Appts. 10:30AM Chair Yoga 11AM BYU Devotional 3PM Shopping @ Macey's 3PM "Ted Talk" Tuesday 7PM Movie Night CH.2	24 10:30AM Exercise 11:30AM Resident Council 3PM Resident Birthday Party 7PM Movie Night CH.2 Resident B-Day Party	25 Thanksgiving 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steve's Travel 11:30AM BP W/ Envision 3PM Bingo 3PM Board Games 7PM Movie Night CH.2	26 Black Friday 10:30AM Exercise 11AM History Lesson 3:00 PM Performance 7PM Movie Night CH.2	27 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2	
28 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3	29 Lemon Cream Pie Day 10:30 AM Exercise 11AM Check on Goals 2:30PM Iemon Cream Pie Social 4PM Family Home Evening 7PM Movie Night CH.2	30 9AM-2PM Doctors Appts. 10:30AM Chair Yoga 11AM Resident Council 3PM Outing 3PM "Ted Talk" Tuesday 7PM Movie Night CH.2	What key has legs, and can't unlock a door? A Turkey!			All Activities are Subject to Change.	

