

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# NOVEMBER 2024

		<p>9:00 Daily Chronicles <b>1</b>                  9:30 Stretch and Flex                  10:00 Spa Day                  11:30 Afternoon Mixer                  1:30 Uplift Inspiration                  2:00 Table Talk                  3:00 Family Feud                  4:00 Game                  5:00 Movies and Munch</p>	<p><b>2</b>                  UPLIFT                  100                  OPEN                  9--5</p>			
<p><b>3</b>                  UPLIFT                  100                  OPEN                  12-5                  Daylight Saving Time Ends</p>	<p>9:00 Daily Chronicles <b>4</b>                  9:30 Stretch and Flex                  10:00 Craft Corner                  11:30 Social Hour                  1:30 Uplift Inspiration                  2:00 Country Western                  3:00 Welcome Book                  4:00 Spiritual Hour                  5:00 Movie Monday</p>	<p>9:00 Daily Chronicles <b>5</b>                  9:30 Move and Groove                  10:00 All about senses                  11:30 Name 5                  1:30 Uplift Inspiration                  2:30 Music Therapy                  3:30 Travel in the past                  4:00 Kick Ball                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>6</b>                  9:30 Cycling                  10:00 Creative Minds                  11:30 A to Z                  1:30 Uplift Inspiration                  2:00 Rock and Roll Hour                  3:00 BINGO                  4:00 Table Tennis                  5:00 Movies Madness</p>	<p>9:00 Daily Chronicles <b>7</b>                  9:30 Move and Groove                  10:00 Walking Club                  11:30 Travel in Time                  1:30 Uplift Inspiration                  2:00 Motown Hour                  3:00 Adventure Hour                  4:00 Darts                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>8</b>                  9:30 Stretch and Flex                  10:00 Game Time                  11:30 Book Club                  1:30 Uplift Inspiration                  2:00 Karaoke Hour                  3:00 Travel Time                  4:00 Game                  5:00 Movies and Munch</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p>9:00 Daily Chronicles <b>11</b>                  9:30 Stretch and Flex                  10:00 Craft Corner                  11:30 Social Hour                  1:30 Uplift Inspiration                  2:00 Country Western                  3:00 Welcome Book                  4:00 Trivia                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>12</b>                  9:30 Stretch and Flex                  10:00 All about Senses                  11:30 Name 5                  1:30 Uplift Inspiration                  2:00 Oldies but Goodies                  3:00 Trivia                  4:00 Cornball                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>13</b>                  9:30 Do Ten Exercises                  10:00 Creative Minds                  11:30 A to Z                  1:30 Uplift Inspiration                  2:00 Rock and Roll Hour                  3:00 BINGO                  4:00 Spiritual Hour                  5:00 Wind Down</p>	<p>9:00 Daily Chronicles <b>14</b>                  9:30 Do Ten Exercises                  10:00 Give Back Thurs.                  11:30 Travel in Time                  1:30 Uplift Inspiration                  2:00 Motown Hour                  3:00 Trivia Hour                  4:00 Spiritual Hour                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>15</b>                  9:30 Stretch and Flex                  10:00 Game Time                  11:30 Book Club                  1:30 Uplift Inspiration                  2:00 Karaoke Hour                  3:00 Travel Time                  4:00 Game                  5:00 Movies and Munch</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p>9:00 Daily Chronicles <b>18</b>                  9:30 Move and Groove                  10:00 Craft Corner                  11:30 Table Talk                  1:30 Uplift Inspiration                  2:00 Country Western                  3:00 Travel Time                  4:00 Trivia                  5:00 Movie Monday</p>	<p>9:00 Daily Chronicles <b>19</b>                  9:30 Do Ten Exercises                  10:00 All about senses                  11:30 Name 5                  1:30 Uplift Inspiration                  2:00 Oldies but Goodies                  3:00 Food for thought                  4:00 Kick Ball                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>20</b>                  9:30 Cycling                  10:00 Creative Minds                  11:30 A to Z                  1:30 Uplift Inspiration                  2:00 Rock and Roll Hour                  3:00 BINGO                  4:00 Table Tennis                  5:00 Movies Madness</p>	<p>9:00 Daily Chronicles <b>21</b>                  9:30 Move and Groove                  10:00 Walking Club                  11:30 Travel in Time                  1:30 Uplift Inspiration                  2:00 Motown Hour                  3:00 Adventure Hour                  4:00 Darts                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>22</b>                  9:30 Stretch and Flex                  10:00 Spa Day                  11:30 Afternoon Mixer                  1:30 Uplift Inspiration                  2:00 Table Talk                  3:00 Family Feud                  4:00 Game                  5:00 Movies and Munch</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p>9:00 Daily Chronicles <b>25</b>                  9:30 Move and Groove                  10:00 Craft Corner                  12:00 <b>THANKSGIVING LUNCHEON</b>                  2:00 Country Western                  3:00 Travel Time                  4:00 Trivia                  5:00 Movie and Munch</p>	<p>9:00 Daily Chronicles <b>26</b>                  9:30 Stretch and Flex                  10:00 All about Senses                  11:30 Name 5                  1:30 Uplift Inspiration                  2:00 Oldies but Goodies                  3:00 Trivia                  4:00 Cornball                  5:00 Movies and Munch</p>	<p>9:00 Daily Chronicles <b>27</b>                  9:30 Do Ten Exercises                  10:00 Creative Minds                  11:30 A to Z                  1:30 Uplift Inspiration                  2:00 Rock and Roll Hour                  3:00 BINGO                  4:00 Spiritual Hour                  5:00 Wind Down</p>	<p><b>28</b>                  UPLIFT                  100                  CLOSED                  Thanksgiving Day</p>	<p><b>29</b>                  UPLIFT                  100                  CLOSED</p>	<p><b>30</b>                  UPLIFT                  100                  OPEN                  9-5</p>