Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:15 FunHolidaysOfThisDay/MR 9:30 News Briefs/MR 9:45 What Happened On This day?MR 10:00 Coffee Break/MR 10:15 Who?When?Where?When?/MR 10:45 Tai Chi w/John (3rd Floor) 1:15 AfterLunchStretch/MR 1:30 Express Yourself(Art)/MR 2:30 Cranium Crunches!/MR 3:00 Delicious Tropical Smoothies Social 3:15 Reading Rhymes & Riddles/MR	2 9:15 Octopus Stretch/MR 9:30 Remember When...../MR 10:00 CoffeeNewsBreak/MR 10:15 Category Game/MR 11:00 Finish The Line.../MR 1:15 AfterLunchStretch/MR 1:30 MusicMerryGoRound/MR 2:00 Word Finder/MR 3:00 Afternoon Social 3:15 Rosary Society
3 9:00 Televised Catholic Mass/AR 9:00 LWF members are encouraged to join the A/L Activity Program(Sched Posted in The Lobby) 10:15 Holy Communion Service/AR 11:00 Follow Activity Schedule For Assisted Living(11-4)	4 9:00 Follow Schedule In Lobby	5 9:15 Catch Up ChitChat/MR 9:30 Feature Story Of The Day/MR 10:00 What's The Scoop?/MR 10:15 Know Your States/MR 10:30 Brain Busters!/MR 11:00 Relax&Meditate/MR 1:15 AfterLunch Stretch/FP 1:30 America The Beautiful/MR 2:30 Sing A Long Session/FP 3:00 Tropical Honey Snack Mix Social 3:15 Scrabble "Express"/MR	6 9:15 Go4Life Exercise/MR 9:30 Local News & Our Views/MR 9:45 Celebrity Birthday/MR 10:00 Fun With Our Zodiac Signs/MR 10:15 Today's Events In History/MR 10:30 Those Were The Days Fun Trivia/MR 11:00 CrosswordShorts/MR 1:15 AfterLunchStretch/MR 1:30 FillInTheMissingLetters/MR 2:30 Relax&Meditate/MR 3:00 Ice Cream Social (B)	7 9:15 Morning Stretch/MR 9:30 In The Good Ol' Days/MR 9:45 WhatFood Holiday Is It?/MR 10:00 Coffee&ChitChat/MR 10:15 Today's Celebrity/MR 10:30 Brain Energizer, Keeps Going, and Going../MR 11:00 Relax&Meditate/MR 1:15 AfterLunchStretch/MR 1:30 Music "Revue"/MR 2:30 WordScrambleRumble/MR 3:00 Fruit Parfait Social 3:15 Domino Drill!!/MR	8 9:15 FunHolidaysOfThisDay/MR 9:30 News Briefs/MR 9:45 What Happened On This day?MR 10:00 Coffee Break/MR 10:15 Who?When?Where?When?/MR 10:45 Tai Chi w/John (3rd Floor) 1:15 AfterLunchStretch/MR 1:30 Express Yourself(Art)/MR 2:30 Cranium Crunches!/MR 3:00 Delicious Tropical Smoothies Social 3:15 Reading Rhymes & Riddles/MR	9 9:15 Octopus Stretch/MR 9:30 Remember When...../MR 10:00 CoffeeNewsBreak/MR 10:15 Category Game/MR 11:00 Finish The Line.../MR 1:15 AfterLunchStretch/MR 1:30 MusicMerryGoRound/MR 2:00 Word Finder/MR 3:00 Afternoon Social 3:15 Rosary Society
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NOVEMBER 2019

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