



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	9:30 Chair Yoga Class <b>1</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Daily Chronicles 3:00 BINGO! 5:00 Dinner 6:00 "Beethoven 2" Netflix	9:30 Exercise & Stretching <b>2</b> 10:30 Hydration/Trivia 12:00 Hand Care/ Lunch 1:00 Nails with Connie! 2:00 Finish the Phrase 3:00 Sing a Long! 5:00 Dinner 6:00 Charlie Brown	9:30 Guitar Music with David! <b>3</b> 10:30 Drink Cart 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:30 Tiki Bus Ride! 3:30 Daily Chronicles/ Current Events 5:00 Dinner 6:00 "Run, Don't Walk" DVD <i>Happy Birthday Mikey!</i>	9:30 AM Music <b>4</b> 10:30 Sit & Be Fit 12:00 Hand Care / Lunch 2:00 Bowling! 3:00 Daily Chronicles & Current Events 5:00 Dinner 6:00 "The Parent Trap"	9:30 Morning Stretch <b>5</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Friday Outing! 3:00 The Best of Dean Martin 5:00 Dinner 6:00 Netflix Movie Night	9:30 Morning Exercise <b>6</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Noodle Ball! 3:00 Popcorn & a Movie 5:00 Dinner 6:00 Rat Pack Concert – Youtube
9:30 Chair Yoga <b>7</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Trivia Game 3:00 Sunday Funday! –B 5:00 Dinner 6:00 "The Sandlot" DVD  <small>Daylight Saving Time Ends</small>	9:30 Exercise Class <b>8</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Noodle Ball! 3:00 Dance Party! 5:00 Dinner 6:00 "Julie & Julia" Netflix	9:30 Sit & Be Fit! <b>9</b> 10:30 Word Scramble 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:00 Daily Chronicles 3:00 BINGO! 5:00 Dinner 6:00 "Viva Las Vegas" DVD <i>Happy Birthday Bud!</i>	9:30 Chair Dance Class <b>10</b> 10:30 Anonyms & Trivia 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:00 Let's Play Dominoes 3:00 Card Games 5:00 Dinner 6:00 "Jersey Boys" Netflix	9:30 Chair Exercise Video <b>11</b> 10:30 I Dream of Jeannie 12:00 Hand Care / Lunch 2:00 3:00 Veterans Day Social – Bistro 5:00 Dinner 6:00 "Yankee Doodle Dandy" DVD  <small>Veterans Day Remembrance Day (Canada)</small>	9:30 Chair Yoga <b>12</b> 10:30 Finish the Phrase 12:00 Hand Care / Lunch 2:00 Bowling! 3:00 Name that Tune 5:00 Dinner 6:00 "Jumanji" Netflix	9:30 Relaxation Music <b>13</b> 10:30 Seated Tai Chi Class 12:00 Hand Care / Lunch 2:00 Sing a Long with Suzie Q 3:00 Snack Break! 5:00 Dinner 6:00 "La La Land"
9:30 Sunday News / <b>14</b> Daily Chronicles 10:30 Hydration 12:00 Hand Care / Lunch 2:00 White Board Game 3:00 Sunday Funday! –B 5:00 Dinner 6:00 Relax with a Movie	9:30 Exercise / BeFit <b>15</b> 10:30 Daily Chronicles 12:00 Hand Care / Lunch 2:00 Ring Toss 3:00 Bowling Competition 5:00 Dinner 6:00 "Instant Family" DVD	9:30 Sit & Be Fit <b>16</b> 10:30 Hydration 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:00 Let's Do Some Cooking 3:00 One on One Visits 5:00 Dinner 6:00 "Hook" Netflix	9:30 Guitar Music with David! <b>17</b> 10:30 Morning Exercise 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:00 Piano Music with Blair – Lobby 3:00 Fireplace Chat & Drinks 5:00 Dinner 6:00 "Top Gun" DVD	9:30 Chair Dance Class <b>18</b> 10:30 Best of Dean Martin – Youtube 12:00 Hand Care / Lunch 2:00 Noodle Ball! 3:00 Reminiscing Game 5:00 Dinner 6:00	9:30 Group Stretch <b>19</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Friday Outing! 3:00 Snack Break 5:00 Dinner 6:00 "Little Rascals"	9:30 Chair Dance Class <b>20</b> 10:30 I Love Lucy 12:00 Hand Care / Lunch 2:30 Travel Hour: Germany 3:30 Snack Break 5:00 Dinner 6:00 Netflix Movie Night
9:30 Sunday News <b>21</b> 10:30 Trivia Game 12:00 Care / Lunch 2:00 Lemonade on the Patio 3:00 Sunday Funday! –B 5:00 Dinner 6:00 Musical Movie Night	9:30 Chair Yoga <b>22</b> 10:30 Hydration 12:00 Hand Care / Lunch 1:45 Daily Chronicles 2:15 Arts & Crafts 5:00 Dinner 6:00 "Guys & Dolls" DVD	9:30 Chair Tai Chi <b>23</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Coloring Pages 3:00 Musical Tune-Up with Mary! 5:00 Dinner 6:00 "Letters to Juliet"	9:30 Chair Exercise Clas <b>24</b> 10:30 Hydration 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:00 Baking Class! 3:00 Thanksgiving Trivia 5:00 Dinner 6:00 "The Holiday" Netflix	Happy Thanksgiving!! <b>25</b> 9:00 Macy's Thanksgiving Day Parade 10:00 Donut Holes & Coffee 12:00 Hand Care / Lunch 2:00 Holiday Coloring Pages 3:00 Charlie Brown and the Great Pumpkin 5:00 Dinner  <small>Thanksgiving Day</small>	9:30 Chair Yoga <b>26</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Friday Outing! 3:00 The Lucy Show 5:00 Dinner 6:00 "Grumpy Old Men" DVD	9:30 Morning Exercise <b>27</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Noodle Ball! 3:00 Ice Cream Cones 5:00 Dinner 6:00 "Freedom Writers" Netflix
9:30 Sunday News <b>28</b> 10:30 Drink Cart 12:00 Hand Care / Lunch 2:00 Word Scramble 3:00 Sunday Funday! –B 5:00 Dinner 6:00 Netflix Movie Night  <small>Hanukkah Begins</small>	9:30 Chair Dance Clas <b>29</b> 10:30 Hydration 12:00 Hand Care / Lunch 2:00 Crossword Puzzle Questions 3:00 BINGO! 5:00 Dinner 6:00 "Legally Blonde"	9:30 Sit & Be Fit <b>30</b> 10:30 Hydration 12:00 Hand Care / Lunch 1:00 Nails with Connie! 2:00 Arts & Crafts 3:00 Let's Use Our Brains! 5:00 Dinner 6:00 Resident's Choice Movie Night	<h1>November 2021</h1> <h2>Inspirations Activity Calendar</h2>			

The Preserve at Clearwater. Activities are Subject to Change.