

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

			<p align="center">1</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper - Poems</p>	<p align="center">2</p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax & Music</p>	<p align="center">3</p> <p>Breakfast – 8:30 Chair Exercises</p> <p>Lunch – 2pm Snack Time & Socialize</p> <p>Supper- Americas Funniest Videos</p>	<p align="center">4</p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p>
<p align="center">5</p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>11am Coffee & Convers</p>	<p align="center">6</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper – Poems & Coloring</p>	<p align="center">7</p> <p>Breakfast – 9:30am Coffee and Colors</p> <p>Lunch – Walk & Talk</p> <p>Supper – Relax & Reminisce</p>	<p align="center">8</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper - Poems</p>	<p align="center">9</p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax & Music</p>	<p align="center">10</p> <p>Breakfast – 8:30 Chair Exercises</p> <p>Lunch – 2pm Snack Time & Socialize</p> <p>Supper- Americas Funniest Videos</p>	<p align="center">11</p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised) <small>Veterans Day Remembrance Day (Canada)</small></p>
<p align="center">12</p> <p>“Day of Rest”</p> <p>11am Coffee & Convers</p> <p>1:30pm Church Services Methodist Church Grinnell</p> <p><small>Diwali (Hindi)</small></p>	<p align="center">13</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper – Poems & Coloring</p>	<p align="center">14</p> <p>Breakfast – 9:30am Coffee and Colors</p> <p>Lunch – Walk & Talk</p> <p>Supper – Relax & Reminisce</p>	<p align="center">15</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper - Poems</p>	<p align="center">16</p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax & Music</p>	<p align="center">17</p> <p>Breakfast – 8:30 Chair Exercises</p> <p>Lunch – 2pm Snack Time & Socialize</p> <p>Supper- Americas Funniest Videos</p>	<p align="center">18</p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p>
<p align="center">19</p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>11am Coffee & Convers</p>	<p align="center">20</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper – Poems & Coloring</p>	<p align="center">21</p> <p>Breakfast – 9:30am Coffee and Colors</p> <p>Lunch – Walk & Talk</p> <p>Supper – Relax & Reminisce</p>	<p align="center">22</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper - Poems</p>	<p align="center">23</p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax & Music</p> <p><small>Thanksgiving Day (US)</small></p>	<p align="center">24</p> <p>Breakfast – 8:30 Chair Exercises</p> <p>Lunch – 2pm Snack Time & Socialize</p> <p>Supper- Americas Funniest Videos</p>	<p align="center">25</p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p>
<p align="center">26</p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>11am Coffee & Convers</p>	<p align="center">27</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper – Poems & Coloring</p>	<p align="center">28</p> <p>Breakfast – 9:30am Coffee and Colors</p> <p>Lunch – Walk & Talk</p> <p>Supper – Relax & Reminisce</p>	<p align="center">29</p> <p>Breakfast- 9:30am Morning Stroll</p> <p>11am Coffee & Conversation Lunch – 1pm Sing Along</p> <p>Supper - Poems</p>	<p align="center">30</p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax & Music</p>	<p align="center"><u>November Birthdays</u></p> <p align="center">5th Mike Fiebelkorn 10th Judith Johnston-Slothouber 11th Hanley Johnson 30th Glenna Jontz</p>	