

ACTIVITY CALENDAR – NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOTE: SCHEDULE OF ACTIVITIES/PROGRAMS MAY CHANGE WITHOUT NOTICE. THANK YOU!</p>					<p>1</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3rd 11:15 a.m. – Fitness – 2nd 12:00 p.m. Fitness 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Cotton Candy Social 4:00 p.m. Happy Half 6:45 p.m. Movie Night</p>	<p>2</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 1:45 p.m. Basketball – 2nd 2:30 p.m. Luke Sanford – Frank Sinatra Music 4:00 p.m. Happy Half 6:45 p.m. Art Class</p>
<p>3</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Van Strings Group Classical Music 4:00 p.m. Happy Half 6:45 p.m. Documentary</p>	<p>4</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness Class 11:00 a.m. Weight Class – 3rd 12:00 p.m. Weight Class – 4th 2:00 p.m. Indoor Bowling 4:00 p.m. Happy Half</p>	<p>5</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2nd 11:30 a.m. Picnic Lunch – 2nd 2:00 p.m. Parfait Social – 2nd 2:00 p.m. Sing along – 3rd 2:00 p.m. Domino – 4th 3:00 p.m. Sing along with Natassha- 4th 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half</p>	<p>6</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Chair Yoga 3rd 11:15 a.m. Fitness Class – 2nd 11:40 a.m. Chair Yoga 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Birthday Party Luna Rossa 2:00 p.m. 3rd Small Group 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Word Timer</p>	<p>7</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise with Aubrie 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 p.m. Zumba– 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Wailele Wai Wai Hula Dancers 1:15 p.m. 3rd Small Group 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. A Good Read</p>	<p>8</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3rd 11:15 a.m. – Fitness – 2nd 12:00 p.m. Fitness 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Patrick Ray – Classical Music 4:00 p.m. Happy Half 6:45 p.m. Movie Night</p>	<p>9</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 1:45 p.m. Bean Bag Toss - 2nd 2:30 p.m. Karaoke 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Art Class – Remembrance Day Theme</p>
<p>10</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Lorraine Smith Veterans Tribute 4:00 p.m. Happy Half 6:45 p.m. Arts & Crafts</p>	<p>11</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 10:00 a.m. Anna de Pensacola Remembrance Day Ceremony 2:00 p.m. Documentary Remembrance Day 4:00 p.m. Happy Half</p>	<p>12</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2nd 11:30 a.m. Picnic Lunch – 3rd 2:00 p.m. Coloring – 2nd 2:00 p.m. Sing Along 3rd 2:00 p.m. Domino - 4 3:00 p.m. Sing along 4th 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half</p>	<p>13</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Mindfulness Meditation – 3rd 11:15 a.m. Fitness Class – 2nd 12:00 p.m. Mindfulness Meditation - 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. War Theme - Robert Sproviero 2:00 p.m. 3rd Small Group 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Bingo</p>	<p>14</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise with Aubrie 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 p.m. Zumba – 4th 12:50 p.m. Walks/1-1 – 2nd 2:00 p.m. Music Therapy 2:00 p.m. Indoor Bowling 2:00 p.m. Tea & Toast 4:00 p.m. Happy Half 6:45 p.m. A Good Read</p>	<p>15</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3rd 11:15 a.m. – Fitness – 2nd 12:00 p.m. Fitness 4th 12:50 p.m. Walks/1-1 – 2nd 2:00 p.m. Karaoke 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Movie Night</p>	<p>16</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. One Key – (piano, violin, cello) 4:00 p.m. Happy Half 6:45 p.m. Art Class</p>

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<p>17</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 1:45 p.m. Coloring – 2nd 2:00 p.m. Bingo 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Word Timer</p>	<p>18</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness Class - 2 11:00 a.m. Fitness – 3rd 12:00 p.m. Fitness – 4th 2:00 p.m. Indoor Golf 4:00 p.m. Happy Half</p>	<p>19</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2nd 11:30 a.m. Picnic Lunch 2:00 p.m. Reminiscing - 2nd 2:00 p.m. Sing Along 3rd 2:00 p.m. Domino – 4th 3:00 p.m. Sing along 4th 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half</p>	<p>20</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Mindfulness Meditation -3rd 11:15 a.m. Fitness Class – 2nd 12:00 p.m. Mindfulness Meditation - 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Hot Chocolate & Donut Social 2:00 p.m. 3rd Small Group 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Bingo</p>	<p>21</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise with Aubrie 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 p.m. Zumba – 4th 2:00 p.m. Music Therapy 2:00 p.m. Indoor Golf 2:00 p.m. Men’s Club 12:50 p.m. Walks/1-1 – 2nd 1:15 p.m. 3rd Small Group 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. A Good Read</p>	<p>22</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3rd 11:15 a.m. – Fitness – 2nd 12:00 p.m. Fitness 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Music with Yuliya 4:00 p.m. Happy Half 6:45 p.m. Movie Night</p>	<p>23</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 1:45 p.m. Puzzles - 2nd 2:00 p.m. Flower Arranging 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Art Class</p>
<p>24</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Music with Christopher and Victoria 4:00 p.m. Happy Half 6:45 p.m. Bingo</p>	<p>25</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness Class - 2 11:00 a.m. Fitness – 3rd 12:00 p.m. Fitness – 4th 2:30 p.m. Documentary 4:00 p.m. Happy Half</p>	<p>26</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:15 a.m. Fitness - 2nd 11:30 a.m. Picnic Lunch - 4 2:00 p.m. Baking Club – 2nd 2:00 p.m. Sing Along 3rd 2:00 p.m. Domino - 4 3:00 p.m. Sing along 4th 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half</p>	<p>27</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Mindfulness Meditation - 3rd 11:15 a.m. Fitness Class – 2nd 12:00 p.m. Mindfulness Meditation - 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Hand Over Heart Welcome New Residents 2:00 p.m. 3rd Small Group 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Indoor Bowling</p>	<p>28</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise with Aubrie 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness– 3rd 12:00 p.m. Zumba – 4th 12:50 p.m. Walks/1-1 – 2nd 1:15 p.m. 3rd Small Group 2:00 p.m. Music Therapy 2:00 p.m. Bean Bag Toss 3:15 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Hangman</p>	<p>29</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3rd 11:15 a.m. – Fitness – 2nd 12:00 p.m. Fitness 4th 12:50 p.m. Walks/1-1 – 2nd 2:30 p.m. Rebecca Blair Celebration of Life 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Movie Night</p>	<p>30</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. Fitness – 2nd 11:00 a.m. Fitness – 3rd 12:00 pm. Fitness – 4th 12:50 p.m. Walks/1-1 – 2nd 1:45 p.m. A Good Read – 2nd 2:00 p.m. Karaoke 3:00 p.m. 4th Small Group 4:00 p.m. Happy Half 6:45 p.m. Art Class</p>