

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2023</h1> <p>Spring Ridge Assisted Living</p>			<p>11:00 November Calendars & decorations</p>	<p>11:00 Hot cocoa & cookies</p> <p>1:00 Meeting w/Lanette</p> <p>2:30 Golden Zumba</p>	<p>11:00 Exercise club</p> <p>1:00 Walmart</p>	<p>11:00 Hair Day</p> <p>1:00 Penny blackjack</p> <p>2:00 Manicures</p>
<p>11:00 Sit & stretch. 5</p> <p>1:00 Card's Game</p> <p>2:00 Worship & singing</p> <p>Seahawks vs Ravens 10:00</p>	<p>11:00 Coffee social 6</p> <p>1:00 Hallway strolls</p> <p>3:00 Reading time</p> <p>Happy B-day Eileen J</p>	<p>11:00 Exercise club 7</p> <p>1:00 Dietary meeting w/Shanequa</p> <p>3:00 Penny blackjack</p> <p>Happy B-day Roger B</p>	<p>11:00 Daily chronicles & coffee 8</p> <p>Bingo!</p> <p>1:00</p> <p>3:00 Thanksgiving crafts</p>	<p>11:00 Throw & Tell 9</p> <p>1:00 Yahtzee</p> <p>2:00 Pie social</p>	<p>11:00 Exercise club 10</p> <p>Bingo!</p> <p>1:00</p> <p>2:30 Veteran's Day celebration</p>	<p>11:00 Hair Day 11</p> <p>1:00 Veteran's Day Cookies and Hot cocoa</p> <p>2:00 Trivia time</p> <p>Veterans Day Remembrance Day (Canada)</p>
<p>11:00 Chair stretches 12</p> <p>1:00 After lunch walk</p> <p>3:00 Social hour</p> <p>Seahawks vs Commanders 1:25</p> <p>Diwali (Hindi)</p>	<p>11:00 Coffee & chat 13</p> <p>1:00 Sit and stretch</p> <p>3:00 Golden oldies</p>	<p>11:00 Applebee's 14</p> <p>1:00 Penny blackjack</p> <p>2:30 November Birthday celebrations</p>	<p>11:00 Daily chronicles & coffee 15</p> <p>Bingo!</p> <p>1:00</p> <p>3:00 Fancy manicures</p>	<p>11:00 Throw & Tell 16</p> <p>1:00 Scenic drive</p> <p>3:00 Council meeting w/Patty</p>	<p>11:00 Exercise club 17</p> <p>Bingo!</p> <p>1:00</p> <p>3:00 Photo reminisce</p>	<p>11:00 Hair Day 18</p> <p>1:00 Movie and popcorn</p> <p>2:00 Hand massage</p>
<p>Residents & Family Thanksgiving Dinner 4:30 to 6:00</p> <p>Seahawks vs Rams 1:25</p>	<p>11:00 Hot cocoa & chat 20</p> <p>1:00 Walking club</p> <p>3:00 Puzzle time</p>	<p>11:00 Exercise club 21</p> <p>1:00 Thanksgiving cookies decoration</p> <p>3:00 Manicures</p>	<p>11:00 Daily chronicles & coffee 22</p> <p>Bingo!</p> <p>1:00</p> <p>3:00 Thanksgiving trivia and snacks</p>	<p>11:00 Hair Day 23</p> <p>Happy THANKSGIVING Day</p> <p>Thanksgiving Day (US)</p>	<p>11:00 Exercise club 24</p> <p>Bingo!</p> <p>1:00</p> <p>3:00 Cheese and crackers</p>	<p>11:00 Coffee and chat 25</p> <p>1:00 Hallway strolls</p> <p>2:00 Golden oldies</p>
<p>11:00 Sit & stretch 26</p> <p>1:00 Card's Game</p> <p>3:00 Sunday Music</p>	<p>11:00 Coffee social 27</p> <p>1:00 Hallway strolls</p> <p>3:00 Reading time</p>	<p>11:00 Exercise club 28</p> <p>12:30 Festival of Trees</p>	<p>11:00 Daily chronicles & coffee 29</p> <p>Bingo!</p> <p>1:00</p> <p>3:00 Golden Zumba</p>	<p>11:00 Throw & Tell 30</p> <p>1:00 Safety meeting w/Brandon</p> <p>3:00 Jenga</p> <p>Seahawks vs Cowboys 5:15</p>	<p>November is the month to remind us to be thankful for the many positive things happening in our life.</p>	