

# November 2024

## AL Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note all activities are subject to change.  <b>Please sign up with Bethany for activities in Red.</b>                      Community Life Director, Bethany Swan,                      can be reached by phone or email.                      (763)235-2138                      Bethany.swan@lifesparks.com</p> 						
<b>3</b> <i>Daylight Saving Time Ends</i>  Exercise Videos, Movies, and Table Games Available	<b>4</b> 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin 3:30 Get to Know Your New Executive Director and Director of Nursing!	<b>5</b> 10:30 <b>Bus Tour: I Spy Scavenger Hunt</b> 2:30 Candy Bingo 4:00 Seated Stretches	<b>6</b> 10:00 Coffee & Donuts with Peggy 11:30 Chair Yoga 3:30 Reader's Theatre: Much Ado About Nothing, Act 6 4:30 Visits with Kim	 <b>7</b> 10:00 TV Lounge: TED Talk "Why We Laugh" Video 11:30 Music with Shannon 3:00 Food Committee Meeting with Chef Tyler 3:30 Resident Council	<b>1</b> 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 Snack Bingo	<b>2</b>  Exercise Videos, Movies, and Table Games Available
<b>10</b> 11:30 Exercise with Alexis 3:00 Bingo with Alexis	<b>11</b> <i>Veterans Day</i> 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC) 4:00 Veterans Reception	<b>12</b> 11:00 <b>Lunch Outing: IHOP</b> 2:30 Candy Bingo 4:00 Seated Stretches	<b>13</b> <i>World Kindness Day</i> 10:00 Coffee & Donuts with Peggy 11:00 Chair Yoga with Allison 3:30 Kindness Day Social 4:30 Visits with Kim	<b>14</b> 10:00 TV Lounge: The First Cowboys Video 11:30 Walkin' and Rollin' Club 3:30 Thanksgiving Family Feud & Happy Hour	<b>15</b> <i>Sharon's Birthday!</i> 🎉 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 Quarter Bingo	<b>16</b>  Exercise Videos, Movies, and Table Games Available
<b>17</b>  Exercise Videos, Movies, and Table Games Available	<b>18</b> 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC) 3:30 Coffee with Megan!	<b>19</b> 10:00 Protestant Church Service (TV) 11:30 Seated Stretches 2:30 Candy Bingo	<b>20</b> 10:00 Coffee with Peggy 11:00 Church & Communion with Pastor Cullen 3:30 Let's Bake: Thanksgiving Crescent Rolls 4:30 Visits with Kim 6:30 Pet Visits with Jax & Claire	<b>21</b> 10:00 TV Lounge: TED Talk "Why Do We Sleep?" 11:30 Music with Shannon 3:30 Crafternoon: Community Thankful Tree 5:30 <b>Family Meeting with New Administration</b>	<b>22</b> 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 <b>Bus Outing: Shopping at Target</b>	<b>23</b> 11:30 Exercise with Alexis 3:00 Manicures with Alexis
<b>24</b> 11:30 Exercise with Alexis 3:00 Bingo with Alexis	<b>25</b> 10:00 Catholic Mass (TV) And Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC)	<b>26</b> 10:00 Protestant Church Service (TV) 11:30 Seated Stretches 3:00 November Birthday Party with Ross McLeod	<b>27</b> 10:00 Coffee & Donuts with Peggy 11:00 Chair Yoga with Allison 2:30 Rock N' Roll Bingo 4:30 Visits with Kim	 <b>28</b>	<b>29</b> 10:30 Pet Visits with Lily and Ranger 11:30 Hike Over the River & Through the Woods with Bethany 3:00 Prize Bingo	<b>30</b> <i>Betty P.'s Birthday!</i> 🎉  Exercise Videos, Movies, and Table Games Available