



# November 2017 Activities Calendar

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|--|--|--|---|--|
| <p><b>OUTINGS FOR NOVEMBER:</b></p> <ul style="list-style-type: none"> <li>• 6th-Trip to Lake Placid</li> <li>• 8th-Shopping Trip Plattsburgh</li> <li>• 16th-Café Trip</li> <li>• 21st-Scenic Drive</li> </ul>   | <p><b>HAPPY BIRTHDAY</b></p> <p>OLGA FRANCE<br/>GERRY POWER<br/>ROBERT DAILY</p>  | <p><b>MEALTIMES &amp; ONE-ON-ONE:</b></p> <p>8:00-9:00am   Breakfast<br/>9:30-10:00am   1-on-1 Activity<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity<br/>5:00-6:00pm   Dinner</p>   | <p><b>1</b></p> <p>9:30-10am   1-on-1 Activity (Rm#104)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Rummicub (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#105)<br/>2:00pm   Prize Bingo (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Steel Magnolias (ICP)</p>     | <p><b>2</b></p> <p>9:30-10am   1-on-1 Activity (Rm#106)<br/>10:00am   Chair Aerobics (DR)<br/>10:30am   Music Gathering (DR)<br/>11:00am   Catholic Communion (DR)<br/>1-2:30pm   1-on-1 Activity (Rm#107)<br/>1:30pm   Yoga with Ellen (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: A Rvr Runs Thru It (ICP)</p>    | <p><b>3</b></p> <p>9:30-10am   1-on-1 Activity (Rm#108)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Coloring &amp; Word Srch (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#109)<br/>2:00pm   Music with Don &amp; Earl<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: My BF's Wedding (ICP)</p> | <p><b>4</b></p> <p>9:30-10am   1-on-1 Activity (Rm#110)<br/>10:00am   Arthritis Exercise (DR)<br/>10:30am   Crossword Puzzle (ICP)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#111)<br/>2:30pm   Bingo (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Waitress (ICP)</p>                |
| <p><b>5</b></p> <p>9:30-10am   1-on-1 Activity (Rm#310)<br/>9:45am   Transport to Comm. Church<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#311)<br/>1:00pm   Scrabble Tournament (DRS)<br/>2:30pm   Jeopardy (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   TV Ep.2 Sherlock Holmes (ICP)</p>                                | <p><b>6</b></p> <p>9:00am   Trip to Lake Placid<br/>9:30-10am   1-on-1 Activity (Rm#312)<br/>10:00am   Chair Exercise (DR)<br/>1-2:30pm   1-on-1 Activity (Rm#313)<br/>2:30pm   Reading Club (3LR)<br/>4:00pm   Dinner Depart: 99 Restaurant<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: The Queen (ICP)</p>                           | <p><b>7</b></p> <p>9:30-10am   1-on-1 Activity (Rm#314)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Make a Christmas Card (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#315)<br/>2:30pm   Jeopardy (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Heidi (ICP)</p>                  | <p><b>8</b></p> <p>9:00am   Shopping Trip<br/>9:30-10am   1-on-1 Activity (Rm#316)<br/>10:00am   Strength Exercise (DR)<br/>10:30am   Crossword Puzzle (ICP)<br/>1-2:30pm   1-on-1 Activity (Rm#317)<br/>2:30pm   Bingo (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Smitty (ICP)</p>       | <p><b>9</b></p> <p>9:30-10am   1-on-1 Activity (Rm#318)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Music Gathering (DR)<br/>11:00am   Catholic Mass (DR)<br/>1-2:30pm   1-on-1 Activity (Rm#319)<br/>1:30pm   Yoga with Ellen (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Walk the Line (ICP)</p>              | <p><b>10</b></p> <p>9:30-10am   1-on-1 Activity (Rm#320)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Craft Time (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#321)<br/>2:00pm   Music with Buggy (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Comedy (ICP)</p>                           | <p><b>11</b></p> <p>9:30-10am   1-on-1 Activity (Rm#101)<br/>10:00am   Chair Aerobics (DR)<br/>10:30am   Wii Bowling (ICP)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#102)<br/>2:00pm   Prize Bingo (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: DOCU-A Pice at Tble (ICP)</p>       |
| <p><b>12</b></p> <p>8:00-9:00am   Breakfast<br/>9:30-10am   1-on-1 Activity (Rm#103)<br/>9:45am   Transport to Comm. Church<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#104)<br/>2:00pm   Jeopardy (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   TV Ep.3 Sherlock Holmes (ICP)</p>  | <p><b>13</b></p> <p>9:30-10am   1-on-1 Activity (Rm#105)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Coloring &amp; Manicures (DRS)<br/>1-2:30pm   1-on-1 Activity (Rm#106)<br/>2:30pm   Reading Club (3LR)<br/>4:00pm   Dinner Depart: Pasquale's Rest.<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Hairspray (ICP)</p>           | <p><b>14</b></p> <p>9:30-10am   1-on-1 Activity (Rm#107)<br/>10:00am   Chair Aerobics (DR)<br/>10:30am   Easy Art with Torunn (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#108)<br/>2:30pm   Jeopardy (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Brick Lane (ICP)</p>             | <p><b>15</b></p> <p>9:30-10am   1-on-1 Activity (Rm#109)<br/>10:00am   River Walk<br/>10:30am   Board Games (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#110)<br/>2:30pm   Prize Bingo (DR)<br/>4:30pm   Happy Hour (DR)<br/>6:00pm   Movie: Sweet Home Alabama (ICP)</p>       | <p><b>16</b></p> <p>9:30-10am   1-on-1 Activity (Rm#111)<br/>10:00am   Café Trip to Peru<br/>10:00am   Arthritis Exercise (DR)<br/>10:30am   Music Gathering (DR)<br/>11:00am   Catholic Communion (DR)<br/>1:30pm   Yoga with Ellen (ICP)<br/>2-6pm   Thanksgiving Dinner (DR)<br/>6:00pm   Movie: C. BrwnThsgiving (ICP)</p> | <p><b>17</b></p> <p>9:30-10am   1-on-1 Activity (Rm#311)<br/>10:00am   Chair Exercise<br/>10:30am   Crossword Puzzle (ICP)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#312)<br/>2:00pm   Music w/Library Jam Band (DR)<br/>4:30pm   Happy Hour (DR)<br/>6:00pm   Movie: Iron Will (ICP)</p>               | <p><b>18</b></p> <p>9:30-10am   1-on-1 Activity (Rm#313)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Crafts &amp; Board Games (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#314)<br/>2:30pm   Crossword Puzzle (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Comedy (ICP)</p> |
| <p><b>19</b></p> <p>9:30-10am   1-on-1 Activity (Rm#315)<br/>9:45am   Transport to Comm. Church<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#316)<br/>1:00pm   Name That Tune (DR)<br/>3:00pm   Srabble Tournament (DRS)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   TV Ep.4 Sherlock Holmes (ICP)</p>                           | <p><b>20</b></p> <p>9:30-10am   1-on-1 Activity (Rm#317)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Coloring &amp; Gift Tag Making (DRS)<br/>1-2:30pm   1-on-1 Activity (Rm#318)<br/>2:00pm   Wii Bowling (DR)<br/>4:00pm   Dinner Depart: Applebee's Rest.<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Practical Magic (ICP)</p> | <p><b>21</b></p> <p>9:30am   Scenic Drive<br/>9:30-10am   1-on-1 Activity (Rm#319)<br/>10:00am   Chair Aerobics (DR)<br/>10:30am   Easy Pastel w/ Torunn (DRS)<br/>1-2:30pm   1-on-1 Activity (Rm#320)<br/>2:30pm   Jeopardy (ICP)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Sleepless in Seattle (ICP)</p> | <p><b>22</b></p> <p>8:00-9:00am   Breakfast<br/>9:30-10am   1-on-1 Activity (Rm#321)<br/>10:00am   Chair Exercise (DR)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#101)<br/>2:30pm   Gospel w/Doc (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: On Golden Pond (ICP)</p>     | <p><b>23</b></p> <p><b>HAPPY THANKSGIVING</b></p> <p>10:00am   Strength Exercise (DR)<br/>10:30am   Music Gathering (DR)<br/>11:00am   Catholic Communion (DR)<br/>2:30pm   Rummicub (DRS)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Frozen River (ICP)</p>   | <p><b>24</b></p> <p>9:30-10am   1-on-1 Activity (Rm#104)<br/>10:00am   River Walk<br/>10:30am   Board Games<br/>1-2:30pm   1-on-1 Activity (Rm#105)<br/>1:00pm   Shopping Trip<br/>2:00pm   Music with Lou Allen (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Comedy (ICP)</p>                                   | <p><b>25</b></p> <p>9:30-10am   1-on-1 Activity (Rm#106)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Christmas Cookies (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#107)<br/>2:00pm   Prize Bingo (DRS)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Annie Hall (ICP)</p>         |
| <p><b>26</b></p> <p>9:30-10am   1-on-1 Activity (Rm#108)<br/>9:45am   Transport to Comm. Church<br/>1-2:30pm   1-on-1 Activity (Rm#109)<br/>1:00pm   Christmas song sing-along<br/>1:00pm   NFL: Saints vs Packers (ICP)<br/>2:30pm   Jeopardy (ICP)<br/>3:30pm   Depart Archie Fisher Concert<br/>6:00pm   TV Ep.5 Sherlock Holmes (ICP)</p> | <p><b>27</b></p> <p>9:30-10am   1-on-1 Activity (Rm#110)<br/>10:00am   Chair Exercise (DR)<br/>10:30am   Coloring &amp; Manicures (DRS)<br/>1-2:30pm   1-on-1 Activity (Rm#111)<br/>2:00pm   Music with Buggy (DR)<br/>4:00pm   Dinner Depart: McLean's Rest.<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Second Hand Lions (ICP)</p>  | <p><b>28</b></p> <p>9:30-10am   1-on-1 Activity (Rm#310)<br/>10:00am   River Walk<br/>10:30am   Easy Wool Work (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#311)<br/>2:30pm   Yathzee (DRS)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: The Three Stooges (ICP)</p>                      | <p><b>29</b></p> <p>9:30-10am   1-on-1 Activity (Rm#312)<br/>10:00am   Strength Exercise (DR)<br/>10:30am   Name That Tune (DRS)<br/>12:00-1:00pm   Lunch<br/>1-2:30pm   1-on-1 Activity (Rm#313)<br/>2:00pm   Prize Bingo<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Mrs. Doubtfire (ICP)</p> | <p><b>30</b></p> <p>10:00am   Arthritis Exercise (DR)<br/>10:30am   Music Gathering (DR)<br/>11:00am   Catholic Mass (DR)<br/>1:30pm   Yoga with Ellen (ICP)<br/>2:00pm   Monthly Book Club (3LR)<br/>3:00pm   Resident Council (DR)<br/>4:00pm   Happy Hour (DR)<br/>6:00pm   Movie: Prancer (ICP)</p>                        | <p><b>ROOM &amp; FLOOR KEY</b></p> <p>3BB: Balcony, Floor 3B<br/>3LR: Living Room, Floor 3<br/>DR: Dining Room, Floor 2B<br/>DRL: Dining Room Lounge, Floor 2B<br/>DRS: Dining Room Stage, Floor 2<br/>DRTV: Dining Room TV, Floor 2B<br/>ICP: Ice Cream Parlor, Floor 1</p>  |  |

EVENING, SATURDAY AND SUNDAY ACTIVITIES WILL BE LEAD BY RCA'S UNLESS OTHERWISE NOTED. DOCUMENTATION OF ACTIVITIES IS REQUIRED. ALL SUPPLIES AND DIRECTION WILL BE PROVIDED.

Support is available by contacting Torunn Lyngroth Aberle at (518) 817-9108 ext 407 or at [torunn@champlainassistedliving.com](mailto:torunn@champlainassistedliving.com)