

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coffee Talk / Current Events Today In History Chair Exercise <b>VA Patient Advocat 11:00am-3:00pm</b> Lunch Therapeutic Arts and Crafts Brain Fitness Bingo	2 Coffee Talk / Current Events Today In History Chair Exercise Golf Lunch Therapeutic Arts and Crafts Air Hockey Basketball	3 Coffee Talk / Current Events Today In History Chair Exercise Music Therapy Lunch Therapeutic Arts and Crafts Progressive Relaxation Board Games / Free Time	4 Coffee Talk / Current Events Today In History Chair Exercise Pet Therapy Lunch Sports Movie and Popcorn Stress management	5 November is:  Alzheimer's Disease Awareness Month
	6	7	8	9	10	11
	Coffee Talk / Current Events Today In History Chair Exercise Sports Lunch Therapeutic Arts and Crafts Trivia Stress management	 Coffee Talk / Current Events Today In History Chair Exercise Yoga Lunch Therapeutic Arts and Crafts <b>Caregiver Support Teleconference</b> Dial in: 1-734-746-0035 at 7pm Access Code: 431-053-517#	Coffee Talk / Current Events Today In History Chair Exercise <b>Mowtown Museum Field Trip</b> Lunch Inspiration Stress management Progressive Relaxation	Coffee Talk / Current Events Today In History Chair Exercise Music Therapy Lunch Therapeutic Arts and Crafts Brain Fitness Bridge	Coffee Talk / Current Events Today In History Chair Exercise Yoga Lunch Dominos <b>Army Members Visit</b>	
13	14	15	16	17	18	19
	Coffee Talk / Current Events Today In History Chair Exercise Yoga Lunch Therapeutic Arts and Crafts Brain Fitness Dominos	Coffee Talk / Current Events Today In History Chair Exercise Pet Therapy Lunch Therapeutic Arts and Crafts Stress management Inspiration	Coffee Talk / Current Events Today In History Chair Exercise <b>Bowling Club Field Trip</b> Lunch Therapeutic Arts and Crafts Air Hockey Progressive Relaxation	Coffee Talk / Current Events Today In History Chair Exercise Music Therapy Lunch <b>Parade Company Tour Field Trip</b> Pull Your Secret Santa	Coffee Talk / Current Events Today In History Chair Exercise Nintendo Wii Lunch Pet Therapy Movie and Popcorn Pull Your Secret Santa	
20	21	22	23	24	25	26
	Coffee Talk / Current Events Today In History Chair Exercise Sports Lunch Therapeutic Arts and Crafts Stress management Inspiration	<b>Caregiver Support Teleconference</b> Dial in: 1-734-746-0035 at 7pm Access Code: 431-053-517# 				
27	28	29	30			
	Coffee Talk / Current Events Today In History Chair Exercise Yoga Lunch Therapeutic Arts and Crafts Adapted Sports Air Hockey	 Coffee Talk / Current Events Today In History Chair Exercise Golf Lunch Therapeutic Arts and Crafts Air Hockey Inspiration	Coffee Talk / Current Events Today In History Chair Exercise Trivia Lunch Therapeutic Arts and Crafts Trivia Brain Fitness			Lunch at 12:00 PM, Snack 2:00 PM, Late Snack 5:00 PM

