

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Daylight Saving Time Begins 1</p> <p>AM Strength Training AM Sagely Well-Being AM Christian Service PM Knit-Nac (Sewing and Knitting) PM Thymeless - Signature Program PM Ice Cream Truck PM Community Garden Contribution PM Relax and Reminisce 1:1</p>	<p>2</p> <p>AM Dance Balance AM Bible Study with Beverley AM Thymeless - Signature Program AM Current Events PM Homemade Homemakers PM Mancave Club PM Building the Future PM Relax and Reminisce 1:1</p>	<p>Election Day 3</p> <p>AM Helping Hands AM Healthy Hearts with Heather AM Bookmarks Signature Program AM Election Day Politics News and Views AM Religious Worship PM High Tea PM Thymeless - Signature Program PM Marvellous Manicures PM Caring Charity</p>	<p>4</p> <p>AM Coffee and Conversation AM Move to the Music - Presented by James AM Non-Denominational Bible study [ENT] AM Thymeless - Signature Program PM Hand Massage Therapy PM Volunteer Victory PM Essence Signature Program PM Relax and Reminisce 1:1</p>	<p>5</p> <p>AM Dynamic Therapy Group- Fall Prevention Program AM News and Views AM Catholic Communion PM Patio Picnic [LAN] PM Green Thumb Gardening with Sheila PM Thymeless - Signature Program PM Pen Pal PM Movie Matinee</p>	<p>6</p> <p>AM Elevating Endurance AM Thymeless - Signature Program AM Word Cookie "Thanksgiving Edition" AM Readings of Faith with Helen PM Pay it Forward PM Painting Picasso [CS] PM Happy Hour PM Sparks Signature Program - Accelerated PM Relax and Reminisce 1:1</p>	<p>7</p> <p>AM Helping Hands AM Homemakers AM Dicerize AM Family Feud AM Meditation with Matt PM Thymeless - Signature Program PM Ladies' Pamper Party PM Stress Management PM Movie Matinee</p>		
<p>8</p> <p>AM Strength Training AM Sagely Well-Being AM Christian Service PM Knit-Nac (Sewing and Knitting) PM Thymeless - Signature Program 1:35 Piano Music with Alan Souza PM Community Garden Contribution PM Relax and Reminisce 1:1</p>	<p>9</p> <p>AM Dance Balance AM Bible Study with Beverley AM Thymeless - Signature Program AM Current Events PM Homemade Homemakers "Culinary Experience" PM Mancave Club PM Building the Future PM Relax and Reminisce 1:1</p>	<p>10</p> <p>AM Helping Hands AM Healthy Hearts with Heather AM Religious Worship AM Veterans Day Parade AM Brain Health University PM High Tea PM Thymeless - Signature Program PM Meditation Massage PM Caring Charity PM Movie Matinee</p>	<p>Veterans Day 11</p> <p>AM Move to the Music AM Coffee and Conversation AM Non-Denominational Bible study [ENT] AM Thymeless - Signature Program PM Hand Massage Therapy PM Volunteer Victory PM Essence Signature Program PM Relax and Reminisce 1:1</p>	<p>12</p> <p>AM Dynamic Therapy Group- Fall Prevention Program AM News and Views AM Catholic Communion PM Patio Picnic [LAN] PM Green Thumb Gardening with Sheila PM Thymeless - Signature Program PM Pen Pal PM Movie Matinee</p>	<p>13</p> <p>AM Elevating Endurance AM Thymeless - Signature Program AM Word Cookie "Thanksgiving Edition" AM Readings of Faith with Helen PM Pay it Forward PM Painting Picasso [CS] PM Happy Hour PM Sparks Signature Program - Accelerated PM Relax and Reminisce 1:1</p>	<p>14</p> <p>AM Helping Hands AM Homemakers AM Dicerize AM Family Feud AM Meditation with Matt PM Thymeless - Signature Program PM Ladies' Pamper Party PM Stress Management PM Movie Matinee</p>		
<p>15</p> <p>AM Strength Training AM Sagely Well-Being AM Christian Service PM Knit-Nac (Sewing and Knitting) PM Thymeless - Signature Program PM Ice Cream Truck PM Community Garden Contribution PM Relax and Reminisce 1:1</p>	<p>16</p> <p>AM Dance Balance AM Bible Study with Beverley AM Thymeless - Signature Program AM Current Events PM Homemade Homemakers PM Mancave Club PM Building the Future PM Relax and Reminisce 1:1</p>	<p>17</p> <p>AM Helping Hands AM Healthy Hearts with Heather AM Brain Health University AM Religious Worship PM High Tea PM Thymeless - Signature Program PM Meditation Massage PM Marvellous Manicures PM Caring Charity PM Movie Matinee</p>	<p>18</p> <p>AM Move to the Music AM Coffee and Conversation AM Non-Denominational Bible study [ENT] AM Thymeless - Signature Program PM Hand Massage Therapy PM Volunteer Victory PM Essence Signature Program PM Relax and Reminisce 1:1</p>	<p>19</p> <p>AM Dynamic Therapy Group- Fall Prevention Program AM News and Views AM Catholic Communion PM Patio Picnic [LAN] PM Green Thumb Gardening with Sheila PM Thymeless - Signature Program PM Pen Pal "Thankful Thursday" PM Movie Matinee</p>	<p>20</p> <p>AM Elevating Endurance AM Thymeless - Signature Program AM Word Cookie "Thanksgiving Edition" AM Readings of Faith with Helen PM Pay it Forward PM Painting Picasso [CS] PM Happy Hour PM Sparks Signature Program - Accelerated PM Relax and Reminisce 1:1</p>	<p>21</p> <p>AM Helping Hands AM Homemakers AM Dicerize AM Family Feud AM Meditation with Matt PM Thymeless - Signature Program PM Ladies' Pamper Party PM Stress Management PM Movie Matinee</p>		
<p>22</p> <p>AM Strength Training AM Sagely Well-Being AM Christian Service PM Knit-Nac (Sewing and Knitting) PM Thymeless - Signature Program 1:35 Piano Music with Alan Souza PM Community Garden Contribution PM Relax and Reminisce 1:1</p>	<p>23</p> <p>AM Dance Balance AM Bible Study with Beverley AM Thymeless - Signature Program AM Current Events PM Homemade Homemakers PM Mancave Club PM Building the Future PM Relax and Reminisce 1:1</p>	<p>24</p> <p>AM Helping Hands AM Healthy Hearts with Heather AM Brain Health University AM Religious Worship PM High Tea PM Thymeless - Signature Program PM Marvellous Manicures PM Caring Charity PM Movie Matinee</p>	<p>25</p> <p>AM Move to the Music AM Coffee and Conversation AM Non-Denominational Bible study [ENT] AM Thymeless - Signature Program 11:30 Thanksgiving - Zoom PM Hand Massage Therapy PM Volunteer Victory PM Essence Signature Program PM Relax and Reminisce 1:1</p>	<p>Thanksgiving 26</p> <p>AM Dynamic Therapy Group- Fall Prevention Program AM News and Views AM Catholic Communion PM Patio Picnic [LAN] PM Green Thumb Gardening with Sheila PM Thymeless - Signature Program PM Pen Pal PM Movie Matinee</p>	<p>27</p> <p>AM Elevating Endurance AM Thymeless - Signature Program AM Twisted Trivia AM Readings of Faith with Helen PM Pay it Forward PM Painting Picasso [CS] PM Happy Hour PM Sparks Signature Program - Accelerated PM Relax and Reminisce 1:1</p>	<p>28</p> <p>AM Helping Hands AM Homemakers AM Dicerize AM Family Feud AM Meditation with Matt PM Thymeless - Signature Program PM Ladies' Pamper Party PM Stress Management PM Movie Matinee</p>		
<p>29</p> <p>AM Strength Training AM Sagely Well-Being AM Christian Service PM Knit-Nac (Sewing and Knitting) PM Thymeless - Signature Program PM Ice Cream Truck PM Community Garden Contribution PM Relax and Reminisce 1:1</p>	<p>30</p> <p>AM Dance Balance AM Bible Study with Beverley AM Thymeless - Signature Program AM Current Events PM Homemade Homemakers PM Mancave Club PM Building the Future PM Relax and Reminisce 1:1</p>					<div style="background-color: #f08080; padding: 10px; text-align: center;">  <p>SENIOR LIFESTYLE your <i>life</i>, your <i>style</i></p> </div>		<p>"Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves." — Unknown</p>