

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COOK FOR YOUR PET'S DAY 9:00 am Bingo 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Basketball 10:45 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball <small>Daylight Saving Time Ends</small>	2 9:00 am PS Walking Club 9:20 am Coffee Chat 10:20 am Brain Work 10:45 am Wii Bowling 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Puzzles w/Myra 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Sing-a-long 3:45 pm Balloon Volleyball	3 ELECTION DAY 9:00 am Sing-a-Long 9:00 am Coffee Chat 9:30 am Sitting Aerobics 9:35 am Outdoor Walk 10:15 pm Sitting Yoga 10:45 am Basketball 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball w/Myra 2:15 pm Nickel Bingo 3:45 pm Balloon Volleyball	4 PEANUT BUTTER LOVER'S DAY 9:00 am Sing-a-Long 9:20 am Coffee Chat 9:30 am Parachute 10:20 am Mental Stimulation 10:30 am Corn Hole 1:15 pm Nickel Bingo 1:45 pm Memory game w/Myra 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Bonanza 3:45 pm Balloon Volleyball	5 9:00 am Sing-a-Long 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:15 am Peg Stacker game 10:30 am Ring Toss 12:45 am Beverly Hillbillies 1:30 pm Nickle Bingo 1:45 pm Myra's Choice 2:30 pm Nickle Bingo 3:15 pm Bingo 3:45 pm Balloon Volleyball	6 NAT. NACHOS DAY 9:20 am Coffee Chat 9:30 am Parachute 10:15 am Sitting Yoga 10:20 am Brain Work 10:50 am Mind Joggers 12:45 pm Color Creations 1:15 pm Nickel Bingo 1:45 pm Trivia 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball	7 BOOK LOVER'S DAY 9:00 am Golden Girls 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Puzzles 3:45 pm Balloon Volleyball
8 9:00 am Sitting Aerobics 9:30 am Coffee Chat 9:30 am Juice Chat 10:20 am Basketball 11:00 pm Basketball 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Bingo 3:30 pm Finish the Lines 3:45 pm Balloon Volleyball	9 9:00 am PS Walking Club 9:00 am Golden Girls 9:20 am Coffee Chat 10:20 am Mental Stimulation 10:45 am Wii Bowling 1:15 pm Nickel Bingo 1:45 pm Basketball w/Myra 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Peg Stacker Game 3:45 pm Balloon Volleyball	10 VANILLA CUPCAKE DAY 9:00 am Sitting Yoga 9:00 am Coffee Chat 9:35 am Outdoor Walk 10:30 am <u>CHAT W/KATHLEEN</u> 12:45 pm Sing-a-long 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball w/Myra 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:45 pm Balloon Volleyball	11 VETERANS' DAY 9:00 am Sing-a-Long 9:20 am Coffee Chat/VD trivia 9:30 am Parachute 10:20 am Brain Work 10:30 am Corn Hole 12:45 pm Beverly Hillbillies 2:00 pm <u>VETERAN'S DAY PROGRAM</u> 3:45 pm Balloon Volleyball <small>Remembrance Day (Canada)</small>	12 9:00 am Sing-a-Long 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:30 am Putting Green 12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo 1:45 pm Ring Toss w/Myra 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:45 pm Balloon Volleyball	13 WORLD KINDNESS DAY 9:00 am Sing-a-long 9:20 am Coffee Chat 9:30 am Parachute 10:15 am <u>Scrap booking</u> 10:20 am Brain Work 10:50 am Mind Joggers 1:15 pm Nickel Bingo 1:45 pm Outdoor Walk 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball	14 NAT. GUACAMOLE DAY 9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:15 am Sitting Yoga 10:20 am Basketball 10:45 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:45 pm Balloon Volleyball
15 AMERICA RECYCLES DAY 9:00 am Bingo 9:30 am Coffee Chat 10:20 am Easy-Does-It-Trivia 11:00 am November Trivia 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Sing-a-Long 2:30 pm Nickel Bingo 2:45 pm Ozzie and Harriet 3:30 pm Sitting Aerobics 3:45 pm Balloon Volleyball	16 9:00 am PS Walking Club 9:20 am Coffee Chat 10:20 am Mental Stimulation 10:45 am Wii Bowling 1:15 pm Nickel Bingo 1:45 pm <u>Thanksgiving Day craft w/Myra</u> 2:30 pm Nickel Bingo 3:00 pm Outdoor Walk 3:30 pm Balloon Volleyball 3:45 pm Balloon Volleyball	17 9:00 am Sitting Yoga 9:00 am Coffee Chat 9:35 am Outdoor Walk 11:00 am <u>TOWNHALL MEETING W/ SIOBHAN</u> 1:15 pm Nickel Bingo 1:45 pm Ring Toss w/Myra 2:30 pm Nickel Bingo 2:45 pm Mind Work 3:45 pm Balloon Volleyball	18 9:00 am Sing-a-Long 9:20 am Coffee Chat 10:20 am Brain Work 10:30 am Corn Hole 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Bingo w/Myra 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball	19 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:30 am Putting Green 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Trivia w/Myra 2:30 pm Nickel Bingo 2:45 pm Mind Work 3:30 pm I Love Lucy 3:45 pm Balloon Volleyball	20 9:00 am Sitting Yoga 9:20 am Coffee Chat 9:30 am Sing-a-Long 10:20 am <u>Thanksgiving Day Craft</u> 1:15 pm Nickel Bingo 1:45 pm Mental Stimulation 2:30 pm Nickel Bingo 3:30 pm Golden Girls 3:45 pm Balloon Volleyball	21 GINGERBREAD DAY 9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Haley's Choice 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Sing-a-Long 3:45 pm Balloon Volleyball
22 9:00 am Mental Stimulation 9:30 am Coffee Chat 9:30 am Juice Chat 10:20 am Balloon Volleyball 11:00 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Bowling 3:45 pm Balloon Volleyball	23 9:00 am PS Walking Club 9:20 am Coffee Chat 10:20 am Brain Work 10:45 am Wii Bowling 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Puzzles w/Myra 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Beverly Hillbillies 3:45 pm Balloon Volleyball	24 9:00 am Sitting Aerobics 9:00 am Coffee Chat 9:35 am Mental Stimulation 10:15 am Balloon Volleyball 10:30 am <u>RESIDENT COUNCIL MEETING</u> 1:15 pm Nickel Bingo 1:45 pm Ring Toss w/ Myra 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:45 pm Balloon Volleyball	25 9:00 am Sing-a-Long 9:20 am Coffee Chat 10:20 am Brain Work 10:30 am Corn Hole 12:45 pm Ozzie and Harriet 1:15 pm Nickel Bingo 1:45 pm Basketball w/Myra 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Puzzles 3:45 pm Balloon Volleyball	26 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:30 am Putting Green 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Trivia w/Myra 2:30 pm Nickel Bingo 2:45 pm Mind Work 3:30 pm Bingo 3:45 pm Balloon Volleyball <small>Thanksgiving Day (US)</small>	27 NAT. FLOSSING DAY 9:00 am Sitting Yoga 9:20 am Coffee Chat 9:30 am Parachute 10:20 am Mental Stimulation 10:30 am Basketball 10:50 am Mind Joggers 1:15 pm Nickel Bingo 1:45 pm Outdoor Walk 2:30 pm Nickel Bingo 3:30 pm Golden Girls 3:45 pm Balloon Volleyball	28 FRENCH TOAST DAY 9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Sing-a-Long 3:45 pm Balloon Volleyball
29 9:00 am Sing-a-long 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Basketball 10:50 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball	30 CYBER MONDAY 9:00 am PS Walking Club 9:00 am Color Creations 9:20 am Coffee Chat 10:20 am Brain Work 10:30 am <u>CHEF CHAT W/ TONY</u> 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Myra's Choice 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball					

November 2020

PARAMOUNT HOUSE SENIOR LIVING

ACTIVITIES SUBJECT TO CHANGE