

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

*9:00 am Hand Massages
 9:00 am Coffee Chat
 *9:35 am Exercise w/ Kathy
 10:00 am Sitting Aerobics
 *10:15 am Bingo
 10:30 am Cardio w/Kim
 12:45 pm Nickel Bingo
 *1:00 pm SHARON & SPARKY
 2:00 pm Nickel Bingo
 *2:30 pm Name Game
 3:15 pm BIRTHDAY PARTY w/ SWEET G'S
 3:15 pm Dominoes

2

NAT EATING HEALTHY DAY
 *9:00 am Sing-a-long
 9:20 am Coffee Chat
 *9:30 am Outdoor Walk
 10: 15 am Putting Green
 10:30 am 99 CENT STORE
 11:15 am PIANO MUSIC w/TODD
 *12:45 pm Basketball
 1:15 pm Nickel Bingo
 *1:30 pm Brain Work
 2:30 pm Nickel Bingo
 *2:15 pm Bingo
 3:45 pm Dominoes

3

CLICHÉ DAY
 *9:00 am Hand Massages
 9:15 am Catholic Communion
 10:30 am Bible Study w/Sheila
 *12:45 pm Balloon Volleyball
 1:00 pm Nickel Bingo
 *1:00 pm Ring Toss
 *1:45 pm Memory Game
 2:15 pm Nickel Bingo
 *2:30 pm Outdoor Walk
 3:20 pm Pretty Nails
 3:30 pm Dominoes

4

NAT JESREY FRIDAY
 *9:00 am Praise & Joy Sing-along
 9:20 am Coffee Chat
 *10:00 am Brain Power
 10:00 am Card making w/Tara
 *12:45 pm Balloon Volleyball
 1:15 pm Nickel Bingo
 *1:45 pm Name Game
 2:30 pm Nickel Bingo
 *2:45 pm Outdoor Walk
 3:45 pm Dominoes
 *3:35 pm Chicken Soup for the Soul

5

NAT DOUGHNUT DAY
 *9:00 am Daily Chronicle
 9:30 am Coffee Chat/Family Feud
 *9:30 am Sitting Yoga
 10:00 am Sitting Aerobics
 *10:20 am Easy Does it Trivia
 *10:00 am Garden Club
 10:50 am Word Mining
 *12:20 pm Outdoor Walk
 1:15 pm Nickel Bingo
 *1:45 pm Balloon Volleyball
 2:30 pm Nickel Bingo
 3:45 pm Volleyball

6

NAT NACHOS DAY
 *9:00 am Church Services
 9:30 am Coffee Chat
 10:00 am Sitting Aerobics
 *10:20 am Outdoor Walk
 *12:20 pm Ring Toss
 *1:00 pm Mental Stimulation
 1:15 pm Nickel Bingo
 *1:45 pm Color Creations
 *2:30 pm Puzzles
 2:30 pm Nickel Bingo
 *3:45 pm Volleyball
 Daylight Saving Time Ends

7

9:00 am PS Walking Club
 *9:00 am Hand Massages
 9:20 am Coffee chat
 10:15 am Wii Bowling
 *10:30 am Brain Work
 *12:45 pm Ring Toss
 1:15 pm Nickel Bingo
 *1:45 pm Bingo
 2:30 pm Nickel Bingo
 *2:30 pm Outdoor Walk
 3:35 pm Dominoes

8

ELECTION DAY
 *9:00 am Hand Massages
 9:00 am Coffee Chat
 *9:35 am Exercise w/Kathy
 10:30 am Balance class w/Kim
 *10:30 am Basketball
 *12:45 pm Mental Stimulation
 1:15 pm Nickel Bingo
 *1:45 pm Balloon Volleyball
 2:30 pm Nickel Bingo
 *2:30 pm Chicken Soup for the Soul
 3:45 pm Dominoes

9

*9:00 am Sing-a-long
 9:15 am Country Ride
 9:20 am Coffee Chat
 10:15 am Putting Green
 *10:25 am Brain Work
 11:00 am PALAYO'S
 *12:45 pm Beverly Hillbillies
 1:15 pm Nickel Bingo
 *1:45 pm Balloon Volleyball
 2:30 pm Nickel Bingo
 *2:45 pm Name Game

10

*9:00 am Hand Massages
 9:15 am Catholic Communion
 *10:20 am Mental Stimulation
 10:30 am Bible Study w/Sheila
 *12:45 pm Basketball
 1:00 pm Nickel Bingo
 *1:30 pm Outdoor Walk
 2:15 pm Nickel Bingo
 *2:45 pm Balloon Volleyball
 3:20 pm Pretty Nails
 3:30 pm Dominoes

11

*9:00 am Praise & Joy Sing-along
 9:20 am Coffee Chat
 *10:00 am Brain Work
 *10:30 am Pet Therapy w/Kim
 10:30 am Nickle Bingo
 *12:45 pm Ring Toss
 1:15 pm Nickel Bingo
 *1:45 pm Name Game
 *2:00 pm Outdoor Walk
 3:00 pm VETERAN'S DAY CEREMONY
 Veterans Day
 Remembrance Day (Canada)

12

WINE TOURISM DAY
 *9:00 am Daily Chronicle
 9:30 am Coffee Chat/Family Feud
 10:00 am Sitting Yoga
 *10:20 pm Jay's Choice
 10:50 am October Trivia
 *12:20 pm Outdoor Walk
 1:15 pm Nickel Bingo
 *1:30 pm Sitting Yoga
 2:30 pm Nickel Bingo
 *2:30 pm Color Creations
 3:45 pm Volleyball

13

*9:00 am Church Services
 9:30 am Coffee Chat
 10:00 am Sitting Aerobics
 *10:20 am Trivia/Reminisce
 10:45 am Putting Green
 *12:20 pm Outdoor Walk
 *1:00 pm Golden Girls
 1:15 pm Nickel Bingo
 *2:00 pm Peg Stacker Game
 2:30 pm Nickel Bingo
 *3:45 pm Balloon Volleyball

14

LOOSEN UP, LIGHTEN UP DAY
 *9:00 am Hand Massages
 9:20 am Coffee Chat
 *9:30 am Chicken Soup for the Soul
 10:00 am Brain Work
 10:15 am Wii Bowling
 12:45 pm Nickel Bingo
 *1:45 pm Name Game
 2:00 pm Nickel Bingo
 *2:30 pm Outdoor Walk
 *3:00 pm Golden Girls
 3:15 pm KENDALL
 3:20 pm Dominoes

15

*9:00 am Hand Massages
 9:00 am Coffee Chat
 *9:35 am Exercise w/Kathy
 10:30 am Townhall Meeting w/Richie
 *10:30 am Basketball
 *12:45 pm Mental Stimulation
 12:45 pm Nickel Bingo
 *1:45 pm Balloon Volleyball
 2:00 pm Nickel Bingo
 *2:45 pm Nail Care
 3:15 pm SWEET G'S
 3:15 pm Dominoes

16

*9:00 am Sing-a-long
 9:20 am Coffee Chat
 *9:30 am Brain Work
 10:30 am WALMART
 10:30 am Corn Hole
 *12:45 pm Basketball
 12:45 pm Nickel Bingo
 *1:30 pm Brain Work
 2:00 pm Nickel Bingo
 *2:15 pm Outdoor Walk
 3:15 pm ALVIN
 3:15 pm Dominoes

17

NAT FARM JOKE DAY
 *9:00 am Hand Massages
 9:15 am Catholic Communion
 *10:30 am Brain Power
 10:30 am Bible Study w/Sheila
 *12:45 pm Basketball
 1:00 pm Nickle Bingo
 *1:30 pm Name Game
 2:15 pm Nickel Bingo
 *2:45 pm Outdoor Walk
 3:20 pm Pretty Nails
 3:30 pm Dominoes

18

*9:00 am Praise & Joy Sing-along
 9:20 am Coffee Chat
 *10:00 am Card making w/Tara
 10:00 am Thanksgiving Craft
 10:45 am Resident Family Stories
 *12:45 pm Balloon Volleyball
 1:15 pm Nickel Bingo
 *1:45 pm Name Game
 2:30 pm Nickel Bingo
 *2:30 pm Outdoor Walk
 3:45 pm Dominoes

19

WORLD TOILET DAY
 *9:00 am Daily Chronicle
 9:30 am Coffee Chat/Family Feud
 10:00 am Sitting Aerobics
 *10:00 pm Garden Club
 *10:20 pm Jay's Choice
 10:50 am November Trivia
 *12:20 pm Outdoor Walk
 12:45 pm Nickel Bingo
 *1:30 pm Sitting Yoga
 2:00 pm Nickel Bingo
 *2:30 pm Color Creations
 3:15 pm DJ NOEL

20

*9:00 am Church Services
 9:30 am Coffee Chat
 10:00 am Sitting Aerobics
 *10:20 am Jay's Choice
 10:50 am Word Mining
 *12:20 pm Outdoor Walk
 1:15 pm Nickel Bingo
 *2:00 pm Color Creations
 2:30 pm Nickel Bingo
 *2:45 pm Puzzles
 *3:45 pm Volleyball

21

WORLD HELLO DAY
 *9:00 am Hand Massages
 9:20 am Coffee Chat
 *9:45 am Chicken Soup for the Soul
 *10:00 am Thanksgiving Day Craft
 10:15 am Wii Bowling
 *12:45 pm Sing-a-Long
 1:15 pm Nickel Bingo
 *1:45 pm Name Game
 *2:30 pm Outdoor Walk
 2:30 pm Nickel Bingo
 *3:15 pm BIRTHDAY PARTY w/ KENDALL

22

*9:00 am Price is Right
 9:30 am Coffee Chat
 *9:35 am Exercise w/Kathy
 10:00 am LAPS
 *10:00 am Chicken Soup for the Soul
 *10:20 am Mental Stimulation
 *12:20 pm Ozzie and Harriette
 12:45 pm Nickel Bingo
 2:00 pm Nickel Bingo
 *2:15 pm Outdoor Walk
 3:45 pm Resident Council
 6:30 pm MOVIE NIGHT

23

*9:00 am Sing-a-long
 9:20 am Coffee Chat
 9:20 am Country Ride
 *9:30 am Trivia
 10:30 am Nickel Bingo
 11:00 am DENNYS
 *12:45 pm Basketball
 *1:30 pm Brain Work
 1:30 pm Nickel Bingo
 *2:15 pm Color Creations
 3:00 pm PIE WALK

24

HAPPY THANKSGIVING
 *9:00 am Hand Massages
 9:00 am Anahi's Choice
 *10:00 am Nail Care
 10:15 am Nickel Bingo
 *12:45 pm Balloon Volleyball
 *1:45 pm Bingo
 2:15 pm Nickel Bingo
 3:30 pm Dominoes
 *3:30 pm Trivia/Reminisce
 Thanksgiving Day (US)

25

*9:00 am Praise & Joy Sing-along
 9:20 am Coffee Chat
 10:00 am Exercise w/ Anahi
 *10:00 am Brain Work
 *10:30 am Walk w/Kim
 10:30 am Putting Green
 *12:45 pm Ring Toss
 1:15 pm Nickel Bingo
 *1:45 pm Name Game
 2:30 pm Nickel Bingo
 *3:00 pm Outdoor Walk
 3:45 pm Dominoes

26

*9:00 am Daily Chronicle
 9:30 am Coffee Chat
 *9:30 am Sitting Yoga
 *10:00 am Garden Club
 *10:20 am Jay's Choice
 10:50 am Hangman
 *12:20 pm Outdoor Walk
 1:15 pm Nickel Bingo
 *1:45 pm Puzzles
 2:30 pm Nickel Bingo
 *2:45 pm Puzzles
 *3:45 pm I Love Lucy

27

PIE IN THE FACE DAY
 *9:00 am Church Services
 9:30 am Coffee Chat
 *9:30 am Sing-a-Long
 10:00 am Sitting Aerobics
 *10:20 am Basketball
 *12:20 pm Outdoor Walk
 *1:00 pm Name Game
 1:15 pm Nickel Bingo
 2:30 pm Nickel Bingo
 *2:45 pm Peg Stacker Game
 3:45 pm Spiritual Music w/Suzanne
 *3:45 pm Balloon Volleyball

28

9:00 am PS Walking Club
 *9:00 am Hand Massages
 9:20 am Coffee Chat
 10:15 am Wii Bowling
 *10:35 am Chicken Soup for the Soul
 *12:45 pm Ring Toss
 1:15 pm Nickel Bingo
 *1:45 pm Bingo
 2:30 pm Nickel Bingo
 *2:30 pm Outdoor Walk
 *3:15 pm Puzzles
 3:45 pm Resident Council

29

*9:00 am Hand Massages
 9:00 am Coffee Chat
 *9:35 am Cross body Training w/Kathy
 10:30 am Tai Chi class w/Kim
 *10:30 am Basketball
 *12:45 pm Mental Stimulation
 12:45 pm Nickel Bingo
 *1:45 pm Balloon Volleyball
 2:00 pm Nickel Bingo
 3:15 pm BIRTHDAY PARTY w/ SWEET G'S
 3:15 pm Dominoes

30

NAT PERSONAL SPACE DAY
 *9:00 am Sing-a-long
 9:20 am Coffee Chat
 *9:30 am Brain Work
 10:30 am NATIONAL ARMORY MUSEUM
 *12:45 pm Basketball
 1:15 pm Nickel Bingo
 *2:30 pm Outdoor Walk
 2:30 pm Nickel Bingo
 *3:30 pm Chicken Soup for the Soul
 3:45 pm Dominoes

November 2022
PARAMOUNT HOUSE SENIOR LIVING

ACTIVITIES SUBJECT TO CHANGE *MEMORY CARE MEMORY MATTERS SUPPORT GROUP MEETS EVERY SECOND TUESDAY OF THE MONTH AT 11:30 AM