


November 2022

Arbor Terrace Shrewsbury The Gardens

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> Arts & Education Deep Connections Health & Wellness Purposeful Living Recreation & Leisure Spiritual Journey 	Welcome to November Day 1 AM 🟢 Namaste Morning [R] AM 🟢 Tone It Up [SS] AM 🟢 Forever His Followers "Eucharist Service" [SS] AM 🟢 Guess Who? November Dates [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Tea & Trivia Tuesday [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Kermit the frog day 2 AM 🟢 Chair Exercise [SS] AM 🟢 Namaste Morning [R] AM 🟢 Pet Therapy with Ruby [SS] AM 🟢 It's not easy being green words [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Scenic Bus Ride PM 🟡 Afternoon Movie Club [SS] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	Count your coins day 3 AM 🟢 Music and Movement [SS] AM 🟢 Namaste Morning [R] AM 🟡 Counting Coins [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Thirsty Thursday [TP] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	National Candy Day 4 AM 🟢 Armchair Yoga [SS] AM 🟢 Namaste Morning [R] AM 🟡 Heart Expressions [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Rosary and Scriptures [SS] PM 🟡 Candy Bingo [R] PM 🟡 Happy Hour [C] PM 🟡 Evening Movie [SS]	Happy Birthday Serge M. Nat King Cole Day 5 AM 🟢 Chair Dancing [SS] AM 🟢 Namaste Morning [R] AM 🟡 Celebrity Biographies "Nat King Cole" [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Lucky 7 [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]
Fall Back Day 6 AM 🟢 Namaste Morning [R] AM 🟢 Sunday Stretch [SS] AM 🟢 Catholic Mass from Washington [SS] AM 🟡 Matter of time crossword [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Pearls & Oysters [TP] PM 🟡 Sunday Social And Music PM 🟡 Evening Movie [SS]	First Congresswoman Day 7 AM 🟢 Morning Chair Exercises [SS] AM 🟢 Namaste Morning [R] AM 🟡 Book Club with Chris PM 🟡 Crocheting Club PM 🟡 Rest and Relaxation [SS] PM 🟡 Prize Bingo [SS] PM 🟡 Famous Firsts Trivia [SS] PM 🟡 Evening Movie [SS]	Election Day 8 AM 🟢 Namaste Morning [R] AM 🟢 Tone It Up [SS] AM 🟢 Forever His Followers "Eucharist Service" [SS] AM 🟡 Guess Who? Election Day [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Tea & Trivia Tuesday [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Happy Birthday Trudy M. World Freedom Day 9 AM 🟢 Chair Exercise [SS] AM 🟢 Namaste Morning [R] AM 🟢 Chair Exercise [SS] AM 🟢 Pet Therapy with Ruby [SS] AM 🟡 World Freedom Day History [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Scenic Bus Ride PM 🟡 Afternoon Movie Club [SS] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	Marine Corp Anniversary 10 AM 🟢 Music and Movement [SS] AM 🟢 Namaste Morning [R] AM 🟡 Creative Coloring [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Entertainment With Russ [TP] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Veteran's Day 11 AM 🟢 Armchair Yoga [SS] AM 🟢 Namaste Morning [R] AM 🟡 Heart Expressions [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Rosary and Scriptures [SS] PM 🟡 Veteran's Day Celebration [TP] PM 🟡 Happy Hour [C] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	Princess Grace Day 12 AM 🟢 Chair Dancing [SS] AM 🟢 Namaste Morning [R] AM 🟡 Celebrity Biographies "Princess Grace" [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Lucky 7 [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]
Harvest Celebration Day 13 AM 🟢 Namaste Morning [R] AM 🟢 Sunday Stretch [SS] AM 🟢 Catholic Mass from Washington [SS] PM 🟡 Harvest Celebration's around the world [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Protestant Services with Pastor Sam [TP] PM 🟡 Pearls & Oysters [TP] PM 🟡 Sunday Social And Music PM 🟡 Evening Movie [SS]	Where in the world day? 14 AM 🟢 Morning Chair Exercises [SS] AM 🟢 Namaste Morning [R] AM 🟡 Book Club with Chris PM 🟡 Rest and Relaxation [SS] PM 🟡 Prize Bingo [SS] PM 🟡 Where in the world? [SS] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	I love to write day... 15 AM 🟢 Namaste Morning [R] AM 🟢 Tone It Up [SS] AM 🟢 Forever His Followers "Eucharist Service" [SS] AM 🟡 Thank you notes [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Tea & Trivia Tuesday [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Aviation History Day 16 AM 🟢 Chair Exercise [SS] AM 🟢 Namaste Morning [R] AM 🟡 Pet Therapy with Ruby [SS] AM 🟡 Aviation History [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Scenic Bus Ride PM 🟡 Afternoon Movie Club [SS] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	World Peace Day 17 AM 🟢 Music and Movement [SS] AM 🟢 Namaste Morning [R] AM 🟡 Creative Coloring "Peace Doves" [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Lecture with Paul PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	National Princess Day 18 AM 🟢 Armchair Yoga [SS] AM 🟢 Namaste Morning [R] PM 🟡 Resident Council [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Rosary and Scriptures [SS] PM 🟡 Bingo [R] AM 🟡 Who am I? "Princess" [SS] PM 🟡 Evening Movie [SS]	Sing a song Saturday 19 AM 🟢 Chair Dancing [SS] AM 🟢 Namaste Morning [R] AM 🟡 Celebrity Biographies [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Lucky 7 [SS] PM 🟡 Singing Saturday [SS] PM 🟡 Evening Movie [SS]
Let the Games Begin 20 AM 🟢 Namaste Morning [R] AM 🟢 Sunday Stretch [SS] AM 🟢 Catholic Mass from Washington [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Puzzles & Table Games [SS] PM 🟡 Pearls & Oysters [TP] PM 🟡 Sunday Social And Music PM 🟡 Evening Movie [SS]	Happy Birthday Loren E Puttin' On the Ritz Day 21 AM 🟢 Morning Chair Exercises [SS] AM 🟢 Namaste Morning [R] AM 🟡 Book Club with Chris PM 🟡 Rest and Relaxation [SS] PM 🟡 Prize Bingo [SS] PM 🟡 Sing-A-Long "Putting on the ritz" [SS] PM 🟡 Evening Movie [SS]	Let's Talk Turkey Tuesday 22 AM 🟢 Namaste Morning [R] AM 🟢 Tone It Up [SS] AM 🟢 Forever His Followers "Eucharist Service" [SS] AM 🟡 Guess Who? Turkey Talk [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Tea & Trivia Tuesday [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Word Puzzle Wednesday 23 AM 🟢 Chair Exercise [SS] AM 🟢 Namaste Morning [R] AM 🟡 Pet Therapy with Ruby [SS] AM 🟡 Word Puzzle [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Scenic Bus Ride PM 🟡 Afternoon Movie Club [SS] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	Happy Thanksgiving 24 AM 🟢 Music and Movement [SS] AM 🟢 Namaste Morning [R] AM 🟡 Thanksgiving Day Parade [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Thanksgiving Holiday Social [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Leftovers Friday 25 AM 🟢 Armchair Yoga [SS] AM 🟢 Morning Chair Exercises AM 🟢 Namaste Morning [R] AM 🟡 Left Over Recipes [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Rosary and Scriptures [SS] PM 🟡 Bingo [R] PM 🟡 Happy Hour [C] PM 🟡 Evening Movie [SS]	Casablanca's Anniversary 26 AM 🟢 Chair Dancing [SS] AM 🟢 Namaste Morning [R] AM 🟡 Celebrity Biographies "Casablanca" [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Lucky 7 [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]
Pins and Needles Day 27 AM 🟢 Namaste Morning [R] AM 🟢 Sunday Stretch [SS] AM 🟢 Catholic Mass from Washington [SS] AM 🟡 Musical Review Pins and Needles [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Pearls & Oysters [TP] PM 🟡 Sunday Social And Music PM 🟡 Evening Movie [SS]	Black and White Ball Anniversary 28 AM 🟢 Morning Chair Exercises [SS] AM 🟢 Namaste Morning [R] AM 🟡 Book Club with Chris PM 🟡 Crocheting Club PM 🟡 Rest and Relaxation [SS] PM 🟡 Prize Bingo [SS] PM 🟡 Black and White Ball [SS] PM 🟡 Evening Movie [SS]	Happy Birthday Dorothy R. Little Women Day 29 AM 🟢 Namaste Morning [R] AM 🟢 Tone It Up [SS] AM 🟢 Forever His Followers "Eucharist Service" [SS] AM 🟡 Guess Who? "Little Woman" [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Tea & Trivia Tuesday [SS] PM 🟡 Music and Memories [SS] PM 🟡 Evening Movie [SS]	Happy Birthday Ruth H. Rockefeller Center Christmas Tree Lighting 30 AM 🟢 Chair Exercise [SS] AM 🟢 Namaste Morning [R] AM 🟡 Pet Therapy with Ruby [SS] AM 🟡 The History of Christmas Trees [SS] PM 🟡 Rest and Relaxation [SS] PM 🟡 Scenic Bus Ride PM 🟡 Afternoon Movie Club [SS] PM 🟡 Sing-A-Long [SS] PM 🟡 Evening Movie [SS]	Location Keys Cypress Cafe C Reflections R Sunflower Square SS The Pavillion TP		