

November 2024

Living Room 954-900-2564

Monday

Tuesday

Wednesday

Thursday

Friday



1

9:00 – 9:45 Coffee & Chit Chat
9:45- 10:15 Sit & Be Fit
10:15- 11:30 Shabbat/ Entertainment Tessa Porter
11:30- 12:30 Lunch
12:30- 1:30 Current Events with Beth
1:30- 2:00 End of the Day Discussion

4

9:00 – 9:30 Coffee & Chit Chat
9:30- 10:20 Movin' and Groovin'
10:30- 11:20 Brain Games With Beth
11:30- 12:30 Lunch
12:15- 1:30 Game Hour with Val
1:30- 2:00 End of the Day Discussion

5

9:00 – 9:30 Coffee & Chit Chat
9:30- 10:20 Chair Yoga with Robyn
10:30- 11:20 Karaoke with Jaime
11:30- 12:30 Lunch
12:30- 1:30 Word Game with Robin
1:30- 2:00 End of the Day Discussion

6

9:00 – 9:30 Coffee & Chit Chat
9:30- 10:25 Yoga & Meditation with Robyn
10:15- 11:20 Garden with VIV
11:30- 12:30 Lunch
12:30- 1:30 Art with Jasmine
1:30- 2:00 End of the Day Discussion

7

9:00 – 9:30 Coffee & Chit Chat
9:30- 10:00 Chair Exercise
10:00- 10:30 Word Game with Val
10:40-11:30 Chicken Soup (book)
11:30- 12:30 Lunch
12:30- 1:30 Memory Magic with Viv
1:30- 2:00 End of the Day Discussion

8

9:00 – 9:30 Coffee & Chit Chat
9:30- 10:15 Sit & Be Fit
10:15- 11:30 Shabbat/ Entertainment Barbara Evans
11:30- 12:30 Lunch
12:30- 1:30 Current Events with Beth
1:30- 2:00 End of the Day Discussion

<p style="text-align: right;">11</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:30- 10:20 Movin' and Groovin' 10:30- 11:20 Brain Games With Beth 11:30- 12:30 Lunch 12:15- 1:30 Game Hour with Val 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">12</p> <p>9:00– 9:30 Coffee & Chit Chat 9:45- 10:20 Chair Yoga with Robyn 10:30- 11:20 11:30- 12:30 Lunch 12:30- 1:30 Word Game with Robyn 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">13</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:30- 10:25 Yoga & Meditation with Robyn 10:15- 11:20 Gardening 11:30- 12:30 Lunch 12:30- 1:30 Art with Diana 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">14</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:30- 10:00 Chair Exercise 10:00- 10:30 Word Game with Val 10:40-11:30 Chicken Soup 11:30- 12:30 Lunch 12:30- 1:30 Memory Magic with Viv 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">15</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:30- 10:15 Sit & Be Fit 10:15- 11:30 Shabbat/ Entertainment Noreena 11:30- 12:30 Lunch 12:30- 1:30 Current Events with Beth 1:30- 2:00 End of the Day Discussion</p>
<p style="text-align: right;">18</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:30- 10:20 Movin' and Groovin' 10:30- 11:20 Brain Games With Beth 11:30- 12:30 Lunch 12:15- 1:30 Game Hour with Val 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">19</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:30- 10:20 Chair Yoga with Robyn 10:30- 11:20 11:30- 12:30 Lunch 12:30- 1:30 Word Game with Robyn 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">20</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:45- 10:25 Yoga & Meditation with Robyn 10:15- 11:20 Gardening 11:30- 12:30 Lunch 12:30- 1:30 Art with Diana 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">21</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:45- 10:00 Chair Exercise 10:00- 10:30 Word Game with Val 10:40-11:30 Chicken Soup 11:30- 12:30 Lunch 12:30- 1:30 Memory Magic with Viv 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">22</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:45- 10:15 Sit & Be Fit 10:15- 11:30 Shabbat/ Entertainment Bealoo 11:30- 12:30 Lunch 12:30- 1:30 Current Events with Beth 1:30- 2:00 End of the Day Discussion</p>
<p style="text-align: right;">25</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:45- 10:20 Movin' and Groovin' 10:30- 11:20 Brain Games With Beth 11:30- 12:30 Lunch 12:15- 1:30 Game Hour with Val 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">26</p> <p>9:00 – 9:30 Coffee & Chit Chat 9:45- 10:20 Chair Yoga with Robyn 10:30- 11:20 Karaoke with Jaime 11:30- 12:30 Lunch 12:30- 1:30 Word Game with Robyn 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">27</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:25 Yoga & Meditation with Robyn 10:15- 11:20 Gardening with Viv 11:30- 12:30 Lunch 12:30- 1:30 Art with Diana 1:30- 2:00 End of the Day Discussion</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">CLOSED</p>

