

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER 2023

Traditional Recreation Calendar



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|---|--|--|---|---|--|--|
| <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Rock n' Roll Fitness 2pm: All Saints Bingo 3:30pm: Social Gathering & Refreshments 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Happy Tunes (S) Stretch and Flex (W) 2pm: Drum Circle 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Dancing to the Oldies (W) Stretch and Flex (S) 2pm: Neighborhood Gathering (ADR) 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Moving & Groving 2pm: In the Kitchen with Nicole 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | | | |
| <p>9am: Morning Greetings 10am: Sunday Mass 11am: Nostalgia w/ Nan 2pm: Sunday Bingo 3:30pm: Snacks and Chats 4:30pm: Independent Activity</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sit n' Fit Fitness 2pm: Adoration (Chapel) 3:30pm: Finish the Line/Song 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Chair Yoga 2pm: Ageless Artists 3:30pm: Social Gathering/ Reminiscing 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Rock n' Roll Fitness 2pm: Bingo (ADR) 3:30pm: Social Gathering & Refreshments 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Happy Tunes (W) Stretch and Flex (S) 2pm: NDHC Service Awards 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 10:30am: Veteran's Day Recognition Ceremony (C) 2pm Happy Hour Social 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Moving & Groving 2pm: Patriotic Karaoke 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> <p style="text-align: right;"><small>Veterans Day Remembrance Day (Canada)</small></p> |
| <p>9am: Morning Greetings 10am: Sunday Mass 11am: Nostalgia w/ Nan 2pm: Sunday Bingo 3:30pm: Snacks and Chats 4:30pm: Independent Activity</p> <p style="text-align: right;"><small>Diwali (Hindi)</small></p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sit n' Fit Fitness 2pm: Adoration (Chapel) 3:30pm: Finish the Line/Song 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Chair Yoga 2pm: Ageless Artists 3:30pm: Social Gathering/ Reminiscing 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Rock n' Roll Fitness 12pm: SND Thanksgiving Dinner 2pm: Bingo (ADR) 3:30pm: Social Gathering & Refreshments</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Happy Tunes (S) Stretch and Flex (W) 2:30pm: Gregory Peters Entertainment 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Dancing to the Oldies (W) Stretch and Flex (S) 2pm Armchair Travels Hiking New Hampshire 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Moving & Groving 2pm: In the Kitchen with Nicole 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> |
| <p>9am: Morning Greetings 10am: Sunday Mass 11am: Nostalgia w/ Nan 2pm: Sunday Bingo 3:30pm: Snacks and Chats 4:30pm: Independent Activity</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sit n' Fit Fitness 2pm: Adoration (Chapel) 3:30pm: Finish the Line/Song 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Chair Yoga 2pm: Heather Ralston 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Rock n' Roll Fitness 2pm: Turkey Trot Bingo 3:30pm: Social Gathering & Refreshments</p> | <p>9am: Morning Greetings 10am: Thanksgiving Day Mass</p>  | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Dancing to the Oldies (W) Stretch and Flex (S) 2pm Neighborhood Mixer (ADR) 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Moving & Groving 2pm: Getting into the Holiday Spirit Karaoke 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> |
| <p>9am: Morning Greetings 10am: Sunday Mass 11am: Nostalgia w/ Nan 2pm: Sunday Bingo 3:30pm: Snacks and Chats 4:30pm: Independent Activity</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sit n' Fit Fitness 2pm: Adoration (Chapel) 3:30pm: Finish the Line/Song 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Chair Yoga 2pm: Ageless Artists 3:30pm: Social Gathering/ Remembering When 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Rock n' Roll Fitness 2pm: Bingo (ADR) 3:30pm: Social Gathering & Refreshments 4:30pm: Mail Call/ Room Visits</p> | <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Happy Tunes (W) Stretch and Flex (S) 2pm: Music with Chie 3:30pm: Snacks and Chats 4:30pm: Mail Call/ Room</p> | <p><i>Thanksgiving... For each new morning with its light For rest and shelter of the night For health and food, For love and friends, For everything thy goodness sends.</i></p> <p style="text-align: right;"><i>Ralph Waldo Emerson</i></p>  | |