

Sunday

Monday

Tuesday

Wednesday

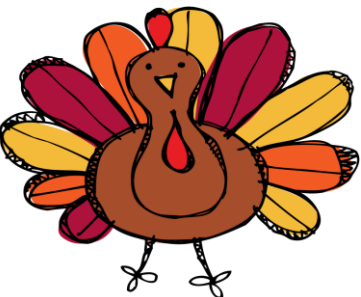
Thursday

Friday

Saturday

# November 2024

## Harmony Activity Calendar

<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Tai Chi &amp; Mindfulness <i>2pm: In the Kitchen' w/Shannon</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p> <p>Daylight Saving Time Ends</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Boppin with Robin</i> 3:30pm: Afternoon Munchies 4pm: Music and Movement 6pm: Evening Reflections</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Holiday Craft Corner</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Rosary and Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Chair Fitness 2pm: Junkdrawer Detective <i>3:30pm: Music with Heather</i> 4pm: Music and Movement 6pm: Classic Sitcoms</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Bell Choir Practice</i> <i>Harmony Bowling League</i> 3:30pm: Music Memories w/Chie 4pm: Music and Movement 6pm: Classic Sitcoms</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Sentimental Journey w/ Frank &amp; Friends <i>2pm: Celebrate Diwali</i> 3:30pm: Fireside Chats 4pm: Music and Movement 6pm: Old Movie Cinema</p> <p>Diwali (Hindu)</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Let's Get Shaking <i>2pm: Music and Movement w/Chie</i> 3:30pm: Snacks and Chats 4pm: Music and Memories 6pm: Rosary &amp; Hymns</p>
<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Tai Chi &amp; Mindfulness <i>2pm: In the Kitchen' w/Shannon</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Boppin with Robin</i> 3:30pm: Afternoon Munchies 4pm: Music and Movement 6pm: Evening Reflections</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Holiday Craft Corner</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Rosary and Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Chair Fitness 2pm: Junkdrawer Detective <i>3:30pm: Music with Heather</i> 4pm: Music and Movement 6pm: Classic Sitcoms</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Bell Choir Practice</i> <i>Harmony Bowling League</i> 3:30pm: Music Memories w/Chie 4pm: Music and Movement 6pm: Classic Sitcoms</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Sentimental Journey w/ Frank &amp; Friends <i>2pm: Neighborhood Mixer</i> 3:30pm: Fireside Chats 4pm: Music and Movement 6pm: Old Movie Cinema</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Let's Get Shaking <i>2pm: Music and Movement w/Jessica</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p>
<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Tai Chi &amp; Mindfulness <i>2pm: Manicures 7 Bubbly w/Jessica</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: <i>Honoring our Veterans Celebration</i> 2pm: Patriotic Sing Along 3:30pm: Afternoon Munchies 4pm: Music and Movement 6pm: Evening Reflections</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Holiday Craft Corner</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Rosary and Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Birthday Party w/PE James</i> 3:30pm: Acts of Kindness 4pm: Music and Movement 6pm: Classic Sitcoms</p> <p>World Kindness Day</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Bell Choir Practice</i> <i>Harmony Bowling League</i> 3:30pm: Music Memories w/Chie 4pm: Music and Movement</p> <p>National Diabetes Awareness Day</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Sentimental Journey w/ Frank &amp; Friends <i>2pm: Full Moon Social</i> 3:30pm: Fireside Chats 4pm: Music and Movement 6pm: Old Movie Cinema</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Let's Get Shaking <i>2pm: Music and Movement w/Chie</i> 3:30pm: Snacks and Chats 4pm: Music and Memories 6pm: Rosary &amp; Hymns</p>
<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Tai Chi &amp; Mindfulness <i>2pm: In the Kitchen' w/Shannon</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Arm Chair Travels "First Thanksgiving"</i> 3:30pm: Afternoon Munchies 4pm: Music and Movement 6pm: Evening Reflections</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Holiday Craft Corner</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Rosary and Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Calling All Bakers</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Classic Sitcoms</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Bell Choir Practice</i> <i>Harmony Bowling League</i> 3:30pm: Music Memories w/Chie 4pm: Music and Movement</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Sentimental Journey w/ Frank &amp; Friends <i>2pm: Family Paint &amp; Sip</i> 3:30pm: Fireside Chats 4pm: Music and Movement 6pm: Old Movie Cinema</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Let's Get Shaking <i>2pm: Music and Movement w/Jessica</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p>
<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Tai Chi &amp; Mindfulness <i>2pm: Manicures 7 Bubbly w/Jessica</i> 3:30pm: Snacks and Chats 4pm: Music and Movement 6pm: Rosary &amp; Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Boppin with Robin</i> 3:30pm: Afternoon Munchies 4pm: Music and Movement 6pm: Evening Reflections</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Holiday Craft Corner</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Rosary and Hymns</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Jukebox Fitness <i>2pm: Turkey Trot Bingo</i> 3:30pm: Afternoon Conversations 4pm: Music and Movement 6pm: Classic Sitcoms</p>	 <p>Thanksgiving Day</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Sentimental Journey w/ Frank &amp; Friends <i>2pm: Afternoon at the Movies</i> 3:30pm: Fireside Chats 4pm: Music and Movement 6pm: Old Movie Cinema</p>	<p>9am: Morning Greetings 10am: Daily Mass &amp; Rosary 11am: Let's Get Shaking <i>2pm: Piano Concert w/Chie</i> 3:30pm: Snacks and Chats 4pm: Music and Memories 6pm: Rosary &amp; Hymns</p>