

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**November 2017**  
**LifeCircles**



**5**

**Don't forget to change your clocks on the 5th!**  
**"Fall Back" 1 hour!**

**6**

10-10:30 Group Exercise  
10:45-11:30 Wisdom Sharing  
10:45-11:30 Men's Group  
1:15-1:45 Active Game  
2-2:45 Reminisce Group with Baker College Students  
3-3:30 Sing-a-Long

**7**

9:30-10:30 Manicures  
10:30-11:30 **Music with Marv Luttrell**  
1:15-1:45 Active Game  
2-2:45 Brain Games  
3-3:30 Horse Racing

**8**

9:30-10:30 Manicures  
10:30-11:30 **Music with Silverado**  
1:15-1:45 Active Game  
2-2:45 Trivia: Veteran's Day  
3-3:30 Chair Yoga

**9**

9:30-9:45 Morning Glories  
10-10:30 Active Game  
10:30-12 **VanderMill Outing**  
10:45-11:30 BINGO  
1:15-1:45 Group Exercise  
2-2:45 Sing-a-Long  
3-3:30 Patriotic Craft

**10**

9:30-9:45 Morning Glories  
10-10:30 Bible Lesson with Carleta  
10:45-11:30 Veteran's Day Program  
1:15-1:45 Group Exercise  
2-2:45 Brain Games  
3-3:30 Patriotic Craft




**11**

Veterans Day (US)  
Remembrance Day (Canada)



**12**

**Native American Heritage Month!**

**13**

9:30-9:45 Morning Moment  
10-10:30 Manicures  
10:30-11:30 **Music w/ Chris**  
1:15-2 Trivia: Native American Heritage Month  
2:15-2:45 Group Exercise  
3-3:30 Craft: Dream Catchers

**14**

9:30-9:45 Morning Moment  
10-10:30 Group Exercise  
10:30-12 **Scenic Drive Outing**  
10:45-11:30 BINGO  
1:15-1:45 Active Game  
2-2:45 Arm Chair Travels with Helen  
3-3:30 Craft: Dream Catchers

**15**

10-10:30 Active Game  
10:45-11:30 BINGO  
1:15-2 Armchair Travels with Gretchen: Ireland  
2:15-2:45 Group Exercise  
3-3:30 Sing-a-Long

**16**

9:30-9:45 Morning Moment  
10-10:30 Group Exercise  
10:45-11:30 Sacred Circle  
1:15-2 Antique Road Show  
2:15-2:45 Active Game  
3-3:30 Brain Games

**17**

9:30-9:45 Morning Glories  
10-10:30 Bible Lesson with Carleta  
10:45-11:45 Brendan's Brainstorm  
1:15-1:45 Active Game  
2-2:45 Yummy Inventions  
3-3:30 Chair Yoga



**18**

**"Tie One On" 19**

**Wear an Apron on the 20th- 22nd!**



**20**

9:30-9:45 Morning Moment  
10-10:30 Group Exercise  
10:30-12 **Russ's Outing**  
10:45-11:30 BINGO  
10:45-11:30 Men's Group  
1:30-2:30 **Music with Jean**  
2:45-3:30 Yummy Inventions

**21**


9:30-9:45 Morning Glories  
10-10:30 Chair Yoga  
10:45-11:30 BINGO  
1:15-1:45 Active Game  
2-2:45 Trivia: Thanksgiving  
3-3:30 Craft: Thanksgiving

**22**

9:30-9:45 Morning Moment  
10-10:30 Table Games  
10:30-11:15 **Time for Tai Ji with Chris Campbell**  
1:15-1:45 Active Game  
2-2:45 Brain Games  
3-3:30 Craft: Thanksgiving

**23**

**LifeCircles CLOSED For the Holiday!**



Thanksgiving Day (US)

**24**

9-9:45 Table Games  
10-10:30 Active Game  
10:45-11:30 BINGO  
12:30-1:00 Group Exercise



**25**

**HAPPY THANKSGIVING!**




**26**

**27**

9:30-9:45 Morning Moment  
10-10:30 Active Game  
10:45-11:30 Wisdom Sharing  
1:15-1:45 Group Exercise  
2-2:45 Sing-a-Long  
3-3:30 Creative Cuisine

**28**

9:30-9:45 Morning Moment  
10-10:30 Group Exercise  
10:45-1:15 **Music & Lunch Outing at St. Paul Episcopal**  
10:45-11:30 BINGO  
1:15-2 Brendan's Brainstorm  
2:15-2:45 Active Game  
3-3:30 Craft: Fall Bracelets

**29**

9:30-9:45 Morning Moment  
10-10:30 Horse Racing  
10:45-11:30 BINGO  
1:15-2 Trivia: It's Trivial  
2:15-2:45 Group Exercise  
3-3:30 Sing-a-Long

**30**

9:30-9:45 Morning Moment  
10-10:30 Chair Yoga  
10:45-11:30 BINGO  
1:30-2:30 **Music with Elvis**  
2:45 Snack Time  
3-3:30 Brain Games



**Wear Red, White & Blue Jeans On the 10th in honor of Veteran's Day!**  
**Wear an Apron on the 20th-22nd To Celebrate Apron Month!**  
**(Jeans Day if you wear an Apron!)**

