

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30a Sit n' Fit 1 10a Travelogue Tues. 2:15 Rich Selquist ♪ 6p Pumpkin Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	930a Sit n' Fit 2 10a Thanksgiving Decor 1:30 Lawrence Welk 2:30 Church Services -Apostolic Christian 6p Exercise 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Sit n' Fit 3 10a Sandwich Game 2p Sandwich Social 6p Leaf Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Catholic Mass- SV 4 9:30a Sit n' Fit 10a Coffee Hour & Praise 2:15 Door Wreaths 6:00 Turkey Toss 6:30 Wheel of Fortune 7p Treats&Tranquility	10a Match Bingo 5 2:15 Coffee Filter Turkeys 6p Birds Nest Toss 7p Lawrence Welk
9:30 Church DVD ch 26 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 2p Life-Sized Games 6p Woodland Creature Racing 7p Treats&Tranquility <small>Daylight Savings Time Ends</small>	9:30a Sit n' Fit 7 10a Fall Gnome Craft 1p Manicure Mondays 3p Coffee & Conversation 6p Apple Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Lloyd Hedges ♪ 8 1p Fall Drive 2p Small Groups/1:1 6p Positive Notes ♪ 6:30p Wheel of Fortune 7p Treats&Tranquility	930a Sit n' Fit 9 10a Scarecrow Faces 1:30 Lawrence Welk 2:30 Church Services -Christian Union 6p Exercise 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Sit n' Fit 10 10a Turkey Craft 2p Thirsty Thursday 6p Ball Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Sit n' Fit 11 10a Coffee Hour & Praise 2:30 Veteran's Day Program - Metamora American Legion 6p Faces & Places 6:30p Wheel of Fortune 7p Treats&Tranquility <small>Veterans Day Remembrance Day (Canada)</small>	10a Match Bingo 12 2:15 Steve Hargis ♪ 6p Dartball 7p Lawrence Welk
9:30 Church DVD ch 23 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 2p Roll-a-Turkey 6p Turkey Leg Ring Toss 7p Treats&Tranquility	9:30a Sit n' Fit 14 10a Pajama & Pickles Day 1p Manicure Mondays 3p Coffee & Conversation 5:30 Winston Dunbar SVC ♪ 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Sit n' Fit 15 10a Bundt Day - Monkey Bread 2p Turkey Bowling 6p Pumpkin Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	930a Sit n' Fit 16 10a Indian Corn Craft 1:30 Lawrence Welk 2:30 Church Services -SV Chaplain 6p Exercise 6:30p Wheel of Fortune 7p Treats&Tranquility	10a Washburn 2 nd 17 Grade Buddies 2p Pizza Party - Popcorn Shrimp Pizza 6p Leaf Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Sit n' Fit 18 10a Coffee Hour & Praise 2p Movie Day 6p Turkey Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	10a Match Bingo 19 2:15 Ken Hahn ♪ 6p Apple Toss 7p Lawrence Welk
9:30 Church DVD ch 20 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 2p Silhouette Ladies 6p Woodland Creature Racing 7p Treats&Tranquility	9:30a Sit n' Fit 21 10a Puttin' on the Ritz 1p Manicure Mondays 3p Coffee & Conversation 6p Noodle Ball 6:30p Wheel of Fortune 7p Treats&Tranquility	9:30a Sit n' Fit 22 10a Pizza Pan Door Hangers 2p Turkey Toss 6p Roll-a-Turkey 6:30p Wheel of Fortune 7p Treats&Tranquility	930a Sit n' Fit 23 10a Baking w/ Pumpkin 1:30 Lawrence Welk 2:30 Church Services -minister needed 6p Exercise 6:30p Wheel of Fortune 7p Treats&Tranquility	9:00 Macy's Day 24 Parade - NBC 9:30a Sit n' Fit 10a Thanksgiving RM 2p Thanksgiving Day Family Feud 6p Leaf Toss 6:30p Wheel of Fortune <small>Thanksgiving Day (US)</small>	9:30a Sit n' Fit 25 10a Coffee Hour & Praise 10:15 Santa Claus Parade - WMBD 2p Movie Day 6p Apple Toss 6:30p Wheel of Fortune 7p Treats&Tranquility	10a Match Bingo 26 2:15 Pour Painting 6p Turkey Toss 7p Lawrence Welk
9:30 Church DVD ch 27 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 2p Bowling 6p Dartball 7p Treats&Tranquility	9:30a Sit n' Fit 28 10a Christmas Door Decor 1p Manicure Mondays 3p Coffee & Conversation 6p Ball Toss 6:30p Wheel of Fortune	10a Gerry Seeley ♪ 29 2p Life-Size Connect 4 6p Art Daubers 6:30p Wheel of Fortune 7p Treats&Tranquility	930a Sit n' Fit 30 10a Christmas Ornaments 1:30 Lawrence Welk 2:30 Church Services -minister needed 6p Exercise 6:30p Wheel of Fortune 7p Treats&Tranquility	 <h1 style="text-align: center;">November 2022</h1> <h2 style="text-align: center;">Health Center Memory Care Activities</h2>		