

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><i>Thankful Grateful Blessed</i></p>		10:00 Baking Dog Treats 1:00 Scenic Drive to the ARK 1:45 Sit n' Fit 2:15 Rich Selquist ♪	10:00 Bingo 1:45 We've Got Spirit Day – Pom Poms ex. 2:30 Church Services - Apostolic Christian 6:00 Bingo	10:00 Tune Lovin' Thursday – Name That Tune 1:45 Drum Circle 2:15 Sandwich Game	9:30 Catholic Mass – SVC 10:00 Coffee Hour & Praise 1:45 Sit n' Fit 2:15 Candy Adventure Escape Room 6:00 Best Candy on the Block Board Game <small>National Candy Day</small>	10:00 Bingo 1:45 Pick a Flower Exercises 2:15 MONOPOLY Deal Card Game	
	9:30 Christian Union ch 6 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 "Fall Back" Day Timeline Review 3:00 Daylight Savings Board Game <small>Daylight Savings Time Ends</small>	10:00 Australian Recreation Day 1:00 Canvas Creations 6:00 7-11	Art Without Boundaries 10:00 Times We Treasure Tuesday – 20 Questions 1:45 Sit n' Fit 2:15 Tech Tuesday – Oculus Adventures 6:00 A Positive Note♪	10:00 Bingo 1:45 FITGO 2:30 Church Services - Christian Union 6:00 Bingo	10:00 Let's Get Cooking! 1:00 Tippy Creek presentation - SVC 2:15 Movie & Popcorn "An Old-Fashioned Thanksgiving" 2:30 Manicures	10:00 Coffee Hour & Praise 1:00 Naughty to Nice PHS Tour 1:45 Sit n' Fit 2:30 Veteran's Day Program – Metamora American Legion 6:00 Military Branch Flash Cards <small>Veterans Day Remembrance Day (Canada)</small>	10:00 Bingo 1:45 Pick a Flower Exercises 2:15 Steve Hargis ♪
	9:30 Christian Union ch 3 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Sundae Social & Word Games <small>Geography Week Begins</small>	10:00 Painted Feather Craft 1:45 Chair Volleyball 2:15 East or West – Can You Guess? 5:30 Winston Dunbar SVC ♪	10:00 Resident Council 1:00 Scenic Drive 1:45 Sit n' Fit 2:15 Quarterly Birthday Party	10:00 Bingo 1:45 FITGO 2:30 Church Services - SV Chaplain 6:00 Bingo	10:00 2nd Grade Buddies 1:45 Drum Circle 2:15 Greek Life <small>Baklava Day</small>	9:00 Festival of Trees - outing 10:00 Coffee Hour & Praise 1:45 Sit n' Fit 2:15 Ice Cream Cone Teepees 6:00 Pokeno	10:00 Bingo 1:45 Pick a Flower Exercises 2:15 Ken Hahn ♪
	9:30 Christian Union ch 2 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Who is Most Like the Turkey? & Stuff the Turkey Game	10:00 Thankful Cra & M&M Grateful Game 1:45 Chair Volleyball 2:15 Thanksgiving Trivia 6:00 Roll a Turkey	Art Without Boundaries 10:00 Turkey Day Family Feud 1:00 Scenic Drive 1:45 Sit n' Fit 2:15 Thanksgiving Virtual Scavenger Hunt	10:00 Bingo 1:45 FITGO 2:30 Church Services - Minister needed 6:00 Turkey Tail Bingo	9:00 Macy's Day Parade - NBC 10:00 Holiday Baking & Sharing Traditions 1:30 Turkey in the Straw Exercises 2:15 Thanksgiving Jeopardy <small>Thanksgiving Day (US)</small>	10:00 Coffee Hour & Praise 10:15 Santa Claus Parade - WMBD 1:45 Sit n' Fit 2:15 Black Friday Price is Right 6:00 Phase 10	10:00 Bingo 1:45 Pick a Flower Exercises 2:15 Pokeno
	9:30 Christian Union ch 2 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Chips	10:00 SnackPacks 1:45 Chair Volleyball 2:15 Pizza Party & Word Games 6:00 Skip-Bo	10:00 Gerry Seeley 1:00 Scenic Drive 1:45 Sit n' Fit 2:15 Giving Tuesday service project	10:00 Bingo 1:45 FITGO 2:30 Church Services - Minister needed 6:00 Bingo	 <p><i>November 2022 Health Center Activity Calendar</i></p>		