

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>Good Shepherd Cottages</h1>							
10:00- Worship Service (64) 11:30-12:30- Lunch 2:00- Trivia 3:00 Coffee Time 6:30- Evening Exercises (64) <small>Daylight Saving Time Ends</small>	10:00- 1:1 Wellness Visits 7 10:30- Puzzles & Word Games 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Power Pump & Balloon Ball 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 8 10:30- Pokeno 11:30-12:30- Lunch 1:30- Concertina Music w/ Jim! 2:30- Aromatherapy Hand Massages 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 9 10:30- Color Me Calm 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Cardio Kickboxing & Ball Toss 3:00- Coffee Time 3:30- Rosary 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 10 10:30- Bean Bag/Ring Toss 11:30-12:30- Lunch 1:30- Manicures & Music 2:30- Communion 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 11 10:30- Reminiscing 11:30-12:30- Lunch 1:00- Veteran's Day Celebration 2:00- Church Service (MB) 3:00- Coffee Time 6:30- Evening Exercises (64) <small>Veterans Day Remembrance Day (Canada)</small>	11:00- EnerG Exercises (64) 11:30- 12:30- Lunch 2:00- Color Me Calm 3:00- Coffee Time 6:30- Evening Exercises (64)	
10:00- Worship Service (64) 11:30-12:30- Lunch 2:00- Trivia 3:00 Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 14 10:30- Puzzles & Word Games 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Power Pump & Balloon Ball 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 15 10:30- Guitar w/Bob (MB) 11:30-12:30- Lunch 1:30- Sing Alongs 2:00- Brain Games 2:30- Aromatherapy Hand Massages 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 16 10:30- Color Me Calm 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Cardio Kickboxing & Ball Toss 3:00- Coffee Time 3:30- Rosary 6:30- Evening Exercises (64)	11:30-12:30- Lunch 17 1:00- Activity Sheets & Trivia 3:00- Coffee Time 4:00- Manicures 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 18 10:30- Reminiscing 11:30-12:30- Lunch 1:30- Birthday Celebration 2:00- Church Service 3:00- Coffee Time 6:30- Evening Exercises (64)	11:00- EnerG Exercises (64) 11:30- 12:30- Lunch 2:00- Color Me Calm 3:00- Coffee Time 6:30- Evening Exercises (64)	
10:00- Worship Service (64) 11:30-12:30- Lunch 2:00- Trivia 3:00 Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 21 10:30- Puzzles & Word Games 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Power Pump & Balloon Ball 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 22 10:30- Pokeno 11:30-12:30- Lunch 1:30- Balloon Ball 2:00- Movie Matinee 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 23 10:30- Color Me Calm 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Cardio Kickboxing & Ball Toss 3:00- Coffee Time 3:30- Rosary 6:30- Evening Exercises (64)	8:00- Macy's Thanksgiving Day Parade 24 11:30-12:30- Lunch 3:00- Coffee Time 6:30- Evening Exercises (64) Happy Thanksgiving! <small>Thanksgiving Day (US)</small>	10:00- 1:1 Wellness visits 25 10:45- Piano w/Steve (VT) 11:30-12:30- Lunch 1:30- EnerG Exercises 2:00- Church Service (MB) 3:00- Coffee Time 6:30- Evening Exercises (64)	11:00- EnerG Exercises (64) 11:30- 12:30- Lunch 2:00- Color Me Calm 3:00- Coffee Time 6:30- Evening Exercises (64)	
10:00- Worship Service (64) 11:30-12:30- Lunch 2:00- Trivia 3:00 Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 28 10:30- Puzzles & Word Games 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Power Pump & Balloon Ball 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 29 10:30- Guitar w/Bob (MB) 11:30-12:30- Lunch 1:30- Sing Alongs 2:00- Brain Games 2:30- Aromatherapy Hand Massages 3:00- Coffee Time 6:30- Evening Exercises (64)	10:00- 1:1 Wellness Visits 30 10:30- Color Me Calm 11:30-12:30- Lunch 1:00- Bingo (MB) 2:30- Cardio Kickboxing & Ball Toss 3:00- Coffee Time 3:30- Rosary 6:30- Evening Exercises (64)	<h1>November 2022</h1>			

Activities and Locations are Subject to Change when necessary.