

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10a Morning Social 1 11a Coffee Hour 1p Crosswords Day Light Savings Time. Set your Clocks Back 820p Dallas Cowboys vs. Philadelphia Eagles <small>Daylight Saving Time Ends</small>	9a Current Events 2 930a Early Bird Stretches 10a BINGO/ Walking Club 11a Journaling Club/ Taboo 1p Pinecone bird feeders/ Salon 130p Effectively using your tablet/ Hearing Things 2p Piano with Carol F! 3p Computer Classes/ Pingpong	U.S General Election Day 3 9a Current Events 930a Range of Motion in hands 10a Zumba class in the theater/ Pokeno 11a Presidents Game/ Uno 130 What is Facebook with Albany Society/ Room Visits 3p Ice Breakers/ War Game	9a Current Events 4 930a Strength and Balance 10a BINGO/ Taboo 11a Armchair Travel to NYC 1130 Cooking Corner 1p Crocheting with Pat S/ Tea and Talk! 2p Karaoke/ Pokeno 3p Scrabble Tournament!	National Men Cook for Women 5 Day 9a Current Events 930a Dumbbell Strengthening 10a Build a Thankful Tree 11a Men Cooking for Women! 1p Salon open by appointment/ Homemade gifts for Holidays 2p Hearing Things game 3p Buzz word/ Room Visits	9a Current Events! 6 930 Arm Strengthening 10a BINGO/ Library Book Exchange! 11a Wheel of Fortune Tournament. Team, Prizes/UNO 1p Prayer in Theater/ Monopoly 2p Yoga class in Theater/ 3p Music Enrichment/black jack 6p Poker night with Greg	10a Morning Social 7 11a BINGO 1p Canvas Art 2p Mindful Coloring 7p Late night Games
10a Morning Social 8 11a Coffee Hour 1p Crosswords 820p New Orleans Saints vs. Tampa Bay Buccaneers	9a Current Events 9 930a Lower Body Exercises 10a BINGO/ Walking Club 11a Journaling Club/ Cornhole 1p Lucky Break. Wish upon A Bone/ Salon 2p Piano with Carol F/ Golfing 3p Computer Classes/ Shuffleboard	National Diabetes Awareness 10 9a Current Events 930a Strength & Balance 10a Pokeno/ Zumba Class*T 11a Over & under/ Room Visits 1p Feed the turkey Craft! 130 How to keep your lungs healthy/ Buzz word 3p Cornhole/ Designing Shirts for Diabetes Recognition!	Veterans Day!! 11 9a Current Events! 930a Upper Body Strengthening! 10a Veterans day BINGO 11a Donuts for the Vets! 1p Crocheting with Pat S/ Veterans Day Match Game 2p Vet Stories/ Fall Coloring 3p Scrabble Tournament/ War	9a Current Events 12 930a Leg Stretch Exercises 10a Auction Exchange! Bring something old to receive something new! 11a Armchair Travel to Santa fe 1130 Cooking Corner 1p Salon/ Cornhole 2p Hearing Things Game 3p Bucket List	Friday The 13th 13 9a Current Events! 930a Strength and Balance! 10a BINGO/ Library Book Exchange! 11a The Haunting of Hill House in the Theater/ Wheel of fortune 1p Prayer in Theater/ UNO 3p Music Enrichment/Manis 6p Poker night with Greg	10a Morning Social 14 11a Pokeno 1p Mindful Coloring 2p Fun Fall Crafts 7p Late night BINGO
10a Morning Social 15 11a Coffee Hour 1p Crosswords 820p Baltimore Ravens vs. New England Patriots	9a Current Events! 16 930a Upper body Strengthening 10a BINGO/ Walking Club! 11a Manicures/ Journaling 1130 Lets Make Dog Treats 1p Salon/ Thanksgiving memory match game 2p Sweet November Movie in Theater/ Piano with Carol F! 3p Golfing/ Computer Classes	Take a Hike Day 17 9a Current Events 930a Arm Stretches 10a Pokeno/ Turkey Bags! 11a Manicures Madness 1p Take a walk today/ Trivia 2p Pet Therapy 130p Balance and Falls W Albany Society/ Good Guess 3p Card Tricks!	9a Current Events 18 930a Range of Motion 10a BINGO/ Thanksgiving word searches 11a Colorful Chex Mix Jars! 1p Crocheting with Pat S/ Thankful Turkey Craft 2p Ping Pong/ Monopoly 3p Scrabble Tournament/ War Game	Native American Month 19 9a Current Events 930a Shoulder Exercises! 10a Pokeno/ Yahtzee Game 11a Fall Teepees/ Checkers Game 1p Resident Council/ Salon 2p Thankful for Family Frame! 3p Totem Pole Crafting/ Coffee Hour with Trivia	9a Current Events! 20 930a Arm and leg Exercises! 10a BINGO/ Library Book Exchange! 11a Yahtzee/ Wheel of Fortune 1p Prayer in Theater/ Ping Pong 2p Yoga Class in Theater/ Beach Ball Volleyball! 3p Music Enrichment/ Uno 6p Poker night with Greg!	10a Morning Social 21 11a BINGO 1p Adult Coloring 2p Trivia 7p Late night Games
10a Morning Social 22 11a Coffee Hour 1p Crosswords 820p Kansas City Chiefs vs. Las Vegas Raiders	9a Current Events 23 930a Upper leg exercises! 10a BINGO/ Walking Club 11a Thankful Turkey Box/ Journaling Club! 1p Salon/Donuts & Coffee Hour 2p Wishing our Pen Pals a Happy Thanksgiving/ Piano with Carol F! 3p Computer Classes/ Uno	National Care Givers Month 24 9a Current Events 930a Dumbbell Exercises! 10a Taboo/ Zumba Classes 11a Armchair travel to Romana, Dominican Republic! 1130a Cooking Corner 1p Fall Movies/ Trivia 2p Hot Fudge Sundaes for Aides 3p Table top Bowling/ UNO	9a Current Events 25 930a Leg Band Exercises! 10a Thanksgiving Brunch and Mimosas! Come Join us in Activities for a Fantastic Brunch. 2p BINGO/ War Game 3p Coffee Hour N Talk!	Happy Thanksgiving! 26 10a Morning Social Marathon! 11a A Christmas Story 820p Baltimore Ravens vs. Pittsburgh Steelers <small>Thanksgiving Day (US)</small>	Buy Nothing Day! 27 9a Current Events 930a Dumbbell Strengthening! 10a BINGO 11a Wheel of fortune Tournament 1p Prayer in Theater 2p Yoga in Theater 3p Music Enrichment 6p Poker night with Greg!	10a Morning Social 28 11a Pokeno 1p Trivia 2p Crafts 7p Late night Games!
10a Morning Social 29 11a Coffee Hour 1p Crosswords 820p Chicago Bears vs. Green Bay Packers	9a Current Events 30 930a Strength and Balance 10a BINGO/ Walking Club! 11a Journaling Club/ Hearing Things 1p Hot Cocoa and Cookies/ Salon open by appointment! 2p Piano with Carol F/ Crosswords 3p Taboo / Computer Class	 <h1 style="font-family: cursive;">November 2020</h1>				

All Activities will be held by Recreation Director Catie Badawy or Activities Aide Lauralee Sisum unless otherwise noted. Please wear jackets for Walking Club. Its cold outside!