

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 Spiritual Music 9:00 Breakfast 10:00 Church 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	10:00 Exercise 10:30 Sing-a-long songs 11:00 Daily Check-in 11:15 Refreshments 11:30 Aromatherapy 1:00 Rest/Relaxation 1:00 Reminiscing 2:00 Arts/Crafts 3:00 Movie/Snack	10:00 Exercise 10:30 Balloon Tennis 11:00 Refreshments 11:15 Daily check-in 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Book Reading 2:00 Arts & Crafts 3:00 Movie and a snack	Today's my Birthday 10:00 Exercise 11:00 Daily Check-in 11:30 Aromatherapy 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Movie/Snack	10:00 Exercise 10:30 Balloon Tennis 11:00 Refreshments 11:15 Daily check-in 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Book Reading 2:00 Arts & Crafts 3:00 Movie and a snack	10:00 Exercise 10:30 Free Dance 11:00 Refreshments 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Arts & Crafts 3:00 Movie and snack 4:30 Aromatherapy	8:00 Spiritual Music 9:00 Breakfast 10:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 5:00 Dinner
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