





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Alternatives</b></p> <p>Every day we have several activities available for our participants who would like to do some other than what is on the calendar. They included Board Games, Card Games, Small Crafts and Coloring Pages.</p>	<p><b><u>FYI:</u></b></p> <p><i>The Caregiver's Support Group is held the second Tuesday of every month. Come join us on November 14<sup>th</sup> at 1:30pm.</i></p> <p><i>Meals (see attached menus)</i>            9:30 – AM Snack            12 Noon – Lunch            2:30 – PM Snack</p>			<p><b>Adele Gliexner 1</b></p> <p>10:00 Bingo            11:00 Senior Zumba            11:30 Current Events/            Walking Club</p> <p><b>1:00 Adele Gliexner</b>            2:00 Afternoon Stretch            3:00 December IQ            3:00 Stuffed Holiday Ornaments            3:30 Pictionary            4:00 Polar Express            4:30 Reminisce            5:00 Polar Express Movie</p>

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<p><b>Christmas Shopping Trip</b> <b>4</b></p> <p>10:00 Chair Aerobics</p> <p>10:30 December Trivia</p> <p>11:00 Gift Categories</p> <p>11:00 Council Meeting</p> <p>11:30 Current Events</p> <p>1:00 Cinnamon Ornaments</p> <p>1:30 Wisdom of Aging</p> <p>2:00 Basketball</p> <p>3:00 Yoga with Jeanni!</p> <p>3:30 Nutrition</p> <p>4:00 Where am I?</p> <p>4:30 Reminisce</p> <p>5:00 I Love Lucy</p>	<p><b>5</b></p> <p>10:00 Bingo</p> <p>11:00 Auction Day!</p> <p>11:30 Current Events</p> <p>1:00 Hearth and Heart</p> <p>1:00 Coloring Club</p> <p>1:30 Categories</p> <p>2:00 Cornhole</p> <p>3:00 Squirrely About Squirrels</p> <p>3:00 Walking Club</p> <p>3:30 Trivial Pursuit</p> <p>4:00 Hangman</p> <p>4:30 Ball Toss</p> <p>5:00 Cheers</p>	<p><b>6</b></p> <p><b>Radford Nursing Students</b></p> <p>10:00 Morning Movement</p> <p>10:00 Stamped Snowmen</p> <p>10:30 Word Games</p> <p>Wednesday</p> <p>11:00 Trivia</p> <p>11:30 Current Events</p> <p>1:00 Balloon Volleyball</p> <p>1:00 Walking Club</p> <p>2:00 Music Request</p> <p>3:00 Yoga with Jeanni!</p> <p>3:30 Tall Tales</p> <p>4:00 Laughter Hour</p> <p>4:30 Favorite Things!</p> <p>5:00 Fawltly Towers</p>	<p><b>7</b></p> <p>10:00 Senior Stretch</p> <p>10:30 Toys Price is Right</p> <p><b>11:00 Rev. Glokner</b></p> <p>11:00 Walking Club</p> <p><b>1:00 Faith Fellowship</b></p> <p>1:00 Short Stories</p> <p>2:00 TheraBand</p> <p>3:00 Remembering Pearl Harbor</p> <p>3:30 WWII music Request</p> <p>4:00 Would you Rather</p> <p>4:30 Wellness Program</p> <p>5:00 Andy Griffith</p>	<p><b>8</b></p> <p>10:00 Bingo</p> <p>11:00 Senior Zumba</p> <p>11:00 Manicures</p> <p>11:30 Current Events</p> <p><b>1:00 SAXY KEYS</b></p> <p>2:00 Afternoon Stretch</p> <p>3:00 Friday Funny Hour</p> <p>3:30 Gentlemen Prefer Blondes</p> <p>3:30 Coloring/Board Games</p> <p>4:00 The Missing Word</p> <p>4:30 AFV Kids!</p> <p>5:00 Hercule Poirot</p>
<p><b>11</b></p> <p><b>10:00 Grandin Court Baptist Church</b></p> <p>10:30 Chair Aerobics</p> <p>11:00 Where Am I?</p> <p>11:00 Popsicle Snowmen</p> <p>11:30 Current Events</p> <p>1:00 Brenda Lee Music Request</p> <p>1:30 Punny Presents</p> <p>2:00 Tic Tac Toe</p> <p>3:00 Yoga with Jeanni!</p>	<p><b>12</b></p> <p>10:00 Bingo</p> <p>11:00 Chair Aerobics</p> <p>11:00 Pen Pal Club</p> <p>11:30 Current Events</p> <p>1:00 Dozens Day!</p> <p>1:00 Walking Club</p> <p>1:30 Golf Tee Words</p> <p>2:00 You Be the Judge</p> <p>3:00 Pictionary</p> <p>3:30 Brown Bag</p> <p>4:00 Hangman</p> <p>4:30 Ball Toss</p> <p>5:00 I Love Lucy</p>	<p><b>Trip To Transportation Museum</b></p> <p><b>13</b></p> <p>10:00 Senior Zumba</p> <p><b>10:30 Christmas Choir</b></p> <p>11:30 Current Events</p> <p>1:00 Balloon Vollyball</p> <p>2:00 Memory Game</p> <p>3:00 Yoga with Jeanni!</p> <p>3:30 Riddles</p> <p>4:00 Music Request</p> <p>4:30 Drum Circle</p> <p>5:00 Cheers</p>	<p><b>14</b></p> <p>10:00 Seated Strength</p> <p>10:30 Current Events</p> <p><b>11:00 Rev. Glokner</b></p> <p>11:00 Walking Club</p> <p>1:00 Hanukkah Puzzles</p> <p>1:30 Andy Williams Music Request</p> <p>2:00 Therabands</p> <p>3:00 Wii Bowling</p> <p>3:00 Jeopardy</p> <p>3:30 Karaoke</p> <p>4:00 Reminisce</p> <p>4:30 Brain Games!</p>	<p><b>Hotel Roanoke Christmas trip</b></p> <p><b>15</b></p> <p>10:00 Bingo</p> <p>11:00 Zumba</p> <p>11:30 Current Events/Walking Club</p> <p><b>1:00 RagTop</b></p> <p>2:00 Seated Strength</p> <p>3:00 Basketball</p> <p>3:30 Music Request</p> <p>4:00 Reminisce</p> <p>4:30 Ball Toss</p> <p>5:00 3 Stooges</p>

3:00 Coloring Club 3:30 Nutrition 4:00 Reminisce 4:30 Brain Games! 5:00 Andy Griffith			5:00 Gilligan's Island	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>18</b>	<b>Christmas Shopping Trip 19</b>	<b>20</b>	<b>Hotel Roanoke Christmas trip 21</b>	<b>Winter Wonderland And Tacky Sweater Day 22</b>
10:00 Chair Aerobics 10:30 Parachute! 11:00 Pictionary 11:00 Pen Pal Club 11:30 Current Events <b>1:00 Warren &amp; Jake</b> 1:00 Trim A Tree Craft 2:00 Mixed Up Words 3:00 Yoga 3:30 Nutrition 4:00 Reminisce 4:30 True or False 5:00 Dick Van Dyke	10:00 Bingo 11:00 Up & At It! 11:00 Food Court 11:30 Current Events <b>1:00 Robbie Vance</b> 1:00 Birdseed Christmas Ornaments 2:00 Up and Moving 3:00 Categories 3:00 Coloring Club 3:30 You Be the Judge 4:00 Brown Bag 4:30 Ball Toss 5:00 I Love Lucy  *1:15 Paint Class With Bobby Woods	10:00 Up & At It! 10:30 Word Games Wednesday 11:00 It's a Wonderful Life 11:30 Current Events 1:00 Word Mining 1:00 Beaded Snowflake 1:30 Holiday Hangman 2:00 Charades 3:00 Yoga with Jeanni! 3:30 Travelogue 4:30 Tongue Twister 5:00 Bonanza	10:00 Chair Aerobics 10:30 Current Events <b>11:00 Rev. Glokner</b> 11:00 Walking Club <b>1:00 Faith Fellowship</b> 2:00 Senior Stretch 3:00 This Week in History 3:00 Elf Craft 3:30 Oddly Obvious 4:00 Smart Board Games 4:30 I Spy 5:00 3 Stooges	10:00 Winter Bingo 11:00 Keep Warm Exercises 11:30 Current Events <b>1:00 Marie Anderson</b> 1:00 Peppermint Ornaments 2:00 Snowball Fight 3:00 Christmas Quiz/ Award for Tacky Sweater 3:30 Christmas Scattergories 4:00 Christmas Carol 4:30 Guess What with Mittens 5:00 Miracle on 34 <sup>th</sup> S Street

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<p style="text-align: right;"><b>25</b></p> 	<p style="text-align: right;"><b>26</b></p> 	<p style="text-align: right;"><b>27</b></p> <p>10:00 Seated Exercise  10:30 Up In the Air  11:00 Mini Golf  11:30 Current Events  1:00 Jeopardy  1:00 Board Games  1:30 Resolutions Discussion  2:00 Bowling  3:00 Yoga  3:30 Pictionary  4:00 Karaoke  4:30 Hot Potato  5:00 I Love Lucy</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 Morning Movement  10:30 Paper Bag Auction  11:00 Trivia Race  11:30 Current Events  1:00 Balloon Volleyball  1:00 Walking Club  2:00 Seated Exercise  3:00 Mad Libs  3:30 Name that Tune  4:00 Cornhole  4:30 Memory  5:00 Hercule Poirot</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 Bingo  11:00 Chair Aerobics  11:30 Current Events  <b>1:00 Keith Campbell</b>  2:00 Bowling  3:00 Hot Potato  3:00 Walking Club  3:30 Spelling Bee  4:00 Nutrition  4:30 New Years Reminisce  5:00 Cheers</p>