



NOVEMBER 2024: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Chair Yoga 10:45 Refreshments 11:00 Gazette & Chronicle 2:15 Welcome November 3:15 Intro to India	2 10:00 Scarves & fitness 10:45 Have a drink 11:00 Activity Interest Meeting 2:15 Story Scribe 3:15 Jeopardy
3 10:00 Sunday Mass 10:45 In the News 2:15 Dance and Shake 3:00 Water is life 3:15 Give Thanks Tree	4 10:00 Kickball 10:15 Amazing Chimps (DYR) 10:45 Hydrate and prep 10:45 Aromas and Music (DYR) 2:15 November Birthdays Party! 3:15 Bingo (AR) 3:30 Poetry (DYR)	5 10:00 Zumba 10:45 Refreshments 11:00 Horoscopes 2:15 Music with Colton 3:45 Traveling Manicures	6 10:00 Cider Social 11:00 Wiser now Wednesday 11:00 I love Lucy (DYR) 2:15 Opposite Day 3:15 Hot Seat	7 10:00 Chair Exercise 10:45 Hydrate and Prep 2:00 Art Therapy 2:15 Resident Choices 3:15 Hangman	8 10:00 Zumba 10:45 Water is life 11:00 Tennessee Waltz Day 2:15 Virtual Tour of India 3:15 India Flag Craft	9 10:00 Move and Stretch 10:45 Refresh yourself 11:00 Daily News 2:15 Saturday Singalong 3:15 World Freedom Day
10 10:00 Sunday Mass 10:45 Daily Chronicle 2:15 Chair Yoga 3:00 Refreshments 3:15 Thanksgivings Past	11 VETERANS DAY 10:00 Dance off 10:45 Hydrate and Prep 2:15 Veterans Day Celebration 3:45 Salute to You!!	12 10:00 Pizza Day and Pizza Toss 10:45 Have a drink 11:00 Category Sort: Thanksgiving 2:15 Music with Colton 3:45 Traveling Manicures	13 10:00 Cozy Cocoa 11:00 Carrol Burnet Day (DYR) 2:15 Riddles 3:15 Turkey Trivia	14 10:00 Zumba 10:45 Hydrate and Prep 2:00 Art Therapy 2:15 Fact or Fiction 3:15 Alphabet Soup	15 10:00 Yoga 10:45 Refreshments 11:00 Daily Chronicle 2:15 Taste Of India 3:00 Yahtzee 3:15 November Full Moon	16 10:00 Hula hoops 10:45 Have a drink 11:00 Committee Meeting 2:15 Autumn Poetry writing 3:15 Sing a Song Saturday
17 10:00 Sunday Mass 10:45 World Peace Day 2:15 Scarves & ribbons 3:00 Have a drink 3:15 Sunday Funday	18 10:00 Parachute -All hands on deck! 10:45 Hydrate and Prep 2:00 November Trivia 2:15 Yahtzee 3:45 Music from India	19 10:00 Chair Exercise 10:45 Water is life 11:00 Horoscopes 2:15 Music with Colton 3:45 Traveling Manicures	20 10:00 Morning Brew 11:00 Jokes and Riddles 11:00 Dean Martin Day (DYR) 2:15 Finish the Phrase 3:15 Old Wives Tales	21 10:00 Chair Exercise 10:45 Hydrate and Prep 2:00 Art Therapy 2:15 Category Sort = Autumn 2:00 RESIDENT COUNCIL 3A DINING ROOM 3:15 Find the word	22 10:00 Kick Ball 10:45 Refresh Yourself 11:00 Table Talk 2:15 Community Connection 3:15 Thanksgiving Day Cooking – True or False	23 10:00 Reach and Stretch 10:45 Refreshments 11:00 Jokes 2:15 Broadway Hits 3:15 Name that Star
24 10:00 Sunday Mass 10:45 Daily Chronicle 2:15 Yoga 3:00 Refreshments 3:15 How many words	25 10:00 Beach ball toss 10:15 Funny Animals (DYR) 10:45 Hydrate and Prep 10:45 Musical Aromas (DYR) 2:00 Turkey story Scribe 2:15 Yahtzee 3:45 Rhythm and Music	26 10:00 Zumba 10:45 Refreshments 11:00 Finish the Lyrics 2:15 Music with Colton 3:45 Traveling Manicures	27 10:00 Cider and Pie Social 11:00 Pumpkin Pie Day Facts 2:15 Poetry writing: Thanksgiving 3:15 Word games	28 THANKSGIVING 10:00 Turkey Dance 10:45 Lemonade 11:00 Turkey jokes Gobble, Gobble, Gobble 2:00 Visits	29 10:00 Yoga 10:45 Refreshments 11:00 Daily Chronicle 2:15 Ice Cream Social 3:00 You Be the Judge 3:15 Music and Aroma (DYR)	30 10:00 Ribbons 10:45 Water is Life 11:00 Why a Wishbone? 2:15 Who's Who? 3:15 Karaoke

ONE TO ONE VISITS & WALKS ARE PROVIDED DAILY AT 1:15PM, 3:30PM & 4:00PM MONDAY—FRIDAY

NOVEMBER 21ST
2:00 Resident Council Meeting—3A Dining Room

ADDITIONAL ACTIVITY SUPPLIES ARE AVAILABLE PLEASE CALL THE RECREATION DEPARTMENT AT EXT 3181.

ALL PROGRAMS ARE SUBJECT TO CHANGE

ALL PROGRAMS ARE HELD IN THE ACTIVITY ROOM UNLESS OTHERWISE INDICATED
 DYR—DAYROOM