



HAPPY BIRTHDAY MICHAEL 11/24



All Programs, Times and locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Ribbon Dancing 11:15 Discussion: " Fall Back" 1:00 Sports: Ring Toss 2:00 Travelogue: On New England 3:00 Afternoon Social Hour 4:00 Cognitive: This and That Trivia 4:30 Sports: Walking Club 6:00 Cognitive: Picture This 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Game Shows on TV</p>	<p>2 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle workout 11:15 Documentary: On Marie Antoinette 1:00 Sports: Darts 1:30 Keepsake Trippers 2:00 Everybody Loves Raymond 3:00 Afternoon Social 4:00 Cognitive: Spaghetti Words 4:30 Sports: Walking Club 6:00 Music: Rhythm Sticks 6:30 Exercise: Chair Yoga 7:00 Snack & Refreshments 7:30 Reminiscing with Rita</p>	<p>3 Election Day 9:00 ~ 10:00 Morning Stretching / NEWS 10:00 Catholic Mass on TV 11:00 Exercise: Resistive Bands 11:15 Cognitive: Millionaire Game 1:00 Sports: Circle Soccer 2:00 Men and Ladies SPA Day 2:00 Documentary: On Election Day 3:00 Afternoon Social Hour 4:00 Cognitive: Book Club 4:30 Sports: Walking Club 6:00 Music: Name that Tune 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Tuesday Trivia</p>	<p>4 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: TIA CHI 11:00 Documentary : ON Easy-Bake Oven 1:00 Sports: Parachute Fun 2:00 Music and Water Colors 2:00 Culinary: Sugar Cookies 3:00 Afternoon Social Hour 4:00 Cognitive: What Would You Do 4:30 Sports: Walking Club 6:00 Exercise: Chair Yoga 6:00 Movie Night: Hotel For Dogs 7:00 Snack & Refreshments 7:30 Cognitive: Finishing Lines</p>	<p>5 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Weight Training 11:15 Cognitive: Hang-man 1:00 Sports: Ring Toss 1:30 Keepsake Trippers 2:00 Red Skelton 2:00 Individual Programs 3:00 Afternoon Social Hour 4:00 Cognitive: Think more 4:30 Sports Walking Club 6:00 Music: Sing- along 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Picture this</p>	<p>6 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Cognitive: Millionaire Game 1:00 Sports: Table Ball 2:00 Arts and Crafts 2:00 'JACK POT BINGO ' 3:00 Afternoon Social 4:00 Cognitive: Spaghetti Word 4:30 Sports Walking Club 6:00 Music : Name that tune 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Finish the Line</p>	<p>7 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Rock and Roll Fitness 11:15 BIO: On Gregory Peck 1:00 Sports: Bean Bag Toss 2:00 Cognitive: Picture This 2:00 Individual Programs 3:00 Afternoon Social Hour 4:00 Sports: Walking Club 4:30 Cognitive: Name the Sound 6:00 Exercise: Evening Stretching 6:30 Movie night: To Kill a Mocking Bird 7:00 Snack & Refreshments 7:30 Cognitive What AMI</p>
<p>8 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise : Chair Zumba 11:15 Documentary: ON Milton Bradley 1:00 Sports: Corn Hole 2:00 Movie Matinee: Return to Me 3:00 Afternoon Social Hour 4:00 Cognitive: Who Am I 4:30 Sports: Walking Club 6:00 Cognitive: Name 5 or 10 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Game Shows on TV</p>	<p>9 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Documentary: Mums the Word 1:00 Sports: Horseshoes 1:30 Keepsake Trippers 2:00 THE Carol Burnette Shows 3:00 Afternoon Social 4:00 Cognitive: Spaghetti Words 4:30 Sports: Walking Club 6:00 Music: Sing-along 6:30 Exercise: Chair Yoga 7:00 Snack & Refreshments 7:30 Reminiscing with Rita</p>	<p>10 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Resistive Bands 11:15 Documentary: On Vanilla 1:00 Sports: Bean Bag Toss 2:00 Culinary: Vanilla Cup Cake 2:00 Individual programs 3:00 Afternoon Social Hour 4:00 Cognitive: Book Club 4:30 Sports: Walking Club 6:00 Music: Name that Tune 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Trivia</p>	<p>11 Veteran's Day 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: TIA CHI 11:15 Documentary: on The Ugly Duckling 1:00 Sports: Corn Hole 2:00 Travelogue: On The Evergreen State 2:00 Manicure / Hand Massages 3:00 Afternoon Social Hour 4:00 Cognitive: Who Am I 4:30 Sports: Walking Club 6:00 Exercise: Chair Yoga 6:00 Movie Night: Cool Dog 7:00 Snack & Refreshments 7:30 Cognitive: Favorite Poetry</p>	<p>12 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Weight Training 11:15 Chicken Soup for the Soul 1:00 Sports: Chair Hockey 1:30 Andy Griffith Show 2:00 Cognitive: The 1920 2:00 Individual Programs 3:00 Afternoon Happy Hour 4:00 Cognitive: Think more 4:30 Sports Walking Club 6:00 Music: Rhythm Sticks 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Cognitive: What Would You Do</p>	<p>13 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Documentary: On World Kindness 1:00 Sports: Volley Ball 2:00 Music and Turkey Painting 2:00 ' JACK POT BINGO ' 3:00 Afternoon Social Hour 4:00 Cognitive: Spaghetti Word 4:30 Sports Walking Club 6:00 Music : Name that tune 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Cognitive: This and That Trivia</p>	<p>14 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Rock and Roll Fitness 11:15 Documentary: On The Teddy Bear 1:00 Sports: Corn Hole 2:00 Cognitive: 52 Weeks of Trivia 2:00 Individual Programs 3:00 Afternoon Social Hour 4:00 Sports: Walking Club 4:30 Cognitive: Name The Sound 6:00 Exercise: Light Stretching 6:30 Movie Night: Les Miserable 7:30 Cognitive: Who Am I</p>
<p>15 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Ribbon Dancing 11:15 Documentary: On Mason-Dixon Line 1:00 Sports: Volleyball 2:00 Travelogue: On National Parks 3:00 Afternoon Social Hour 4:00 Cognitive: Dice Game 4:30 Sports: Walking Club 6:00 Cognitive: Finishing Lines 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Game Shows on TV</p>	<p>16 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Documentary: On Peanut Butter 1:00 Sports: Circle Soccer 1:30 Superman 1:30 Keepsake Trippers 2:00 Cognitive: That's Right that's wrong 3:00 Afternoon Social Hour 4:00 Cognitive: Spaghetti Words 4:30 Sports: Walking Club 6:00 Music: Rhythm Sticks 6:30 Exercise: Chair Yoga 7:00 Snack & Refreshments 7:30 Reminiscing with Rita</p>	<p>17 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Resistive Bands 11:15 Documentary: On Turkeys 1:00 Sports: Bean Bag Toss 2:00 Individual Programs 2:00 Men and Ladies SPA Day 3:00 Afternoon Social Hour 4:00 Cognitive: Book Club 4:30 Sports: Walking Club 6:00 Music: Name That Tune 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Tuesday Night Trivia</p>	<p>18 9:00 ~ Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: TIA CHI 11:15 Documentary: Wear in the World Day 1:00 Sports: Volleyball 2:00 Arts and Crafts 2:00 Travelogue: Vermont 3:00 Afternoon Social Hour 4:00 Cognitive: Dice Game 4:30 Sports: Walking Club 6:00 Exercise: Chair Yoga 6:30 Movie Night: Snow Dogs 7:00 Snack & Refreshments 7:30 Cognitive: 52 weeks of Trivia</p>	<p>19 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Weight Training 11:15 Documentary: On Gettysburg Address 1:00 Sports: Basketball 1:30 Keepsake Trippers 2:00 Dean Martin 2:00 Individual Programs 3:00 Afternoon Social Hour 4:00 Cognitive: Roll The Dice 4:30 Sports: Walking Club 6:00 Music: Sing- along 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Cognitive: That's Right that's Wrong</p>	<p>20 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Discussion: On Robert F Kennedy 1:00 Sports: Table Ball 2:00 Arts and Crafts 2:00 'JACK POT BINGO ' 3:00 Afternoon Social 4:00 Cognitive: Spaghetti Word 4:30 Sports Walking Club 6:00 Music : Name That Tune 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Name 5 and 10</p>	<p>21 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Rock and Roll Fitness 11:15 Documentary: On Ritz Crackers 1:00 Sports: Horse Shoes 2:00 Cognitive: What Am I 2:00 Individual programs 3:00 Afternoon Social Hour 4:00 Sports Walking Club 4:30 Music: Name that Sound 6:00 Exercise: Evening Stretching 6:30 Movie night: Hair Spray 7:00 Snack & Refreshments 7:30 Cognitive: That's Right that's Wrong</p>
<p>22 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Chair Zumba 11:15 Documentary: On Mary Kay Ash 1:00 Sports: Basketball 2:00 Movie Matinee: Pay IT Forward 3:00 Afternoon Social Hour 4:00 Cognitive: Name That Sound 4:30 Sports Walking Club 6:00 Cognitive: Picture This 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Game Shows on TV</p>	<p>23 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 1:00 Sports: Chair Hockey 1:30 Keepsake Trippers 1:30 I Love Lucy 2:00 Cognitive: Brain Teasers 3:00 Afternoon Social Hour 4:00 Cognitive: Think More 4:30 Sports: Walking Club 6:00 Music: Sing-Along 6:30 Exercise: Chair Yoga 7:00 Snack & Refreshments 7:30 Reminiscing With Rita</p>	<p>24 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Resistive Bands 11:15 Cognitive: Millionaire Game 1:00 Sports: Darts 2:00 Individual Programs 2:00 Men and Ladies SPA Day 3:00 Afternoon Social Hour 4:00 Cognitive: Book Club 4:30 Sports: Walking Club 6:00 Music: Name that Tune 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Cognitive: Tuesday Night Trivia</p>	<p>25 9:00 ~ 10:00 Morning Stretching /News 10:00 Catholic Mass on TV 11:00 Exercise: TIA CHI 11:15 Documentary: On Famous Bridges 1:00 Sports: Horseshoes 2:00 Travelogue: Lake Tahoe 2:00 Holiday Arts and Crafts 3:00 Afternoon Pumpkin Social 4:00 Cognitive: Thing more 4:30 Sports: Walking Club 6:00 Exercise: Chair Yoga 6:00 Movie Night: Eight Below 7:00 Snack & Refreshments 7:30 Exercise: Name Five</p>	<p>26 9:00 ~10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Weight Training 11:15 Documentary: On Thanksgiving 1:00 Sports: Ring Toss 1:30 Keepsake Trippers 2:00 Down Town Abbey 3:00 Afternoon Social Hour 4:00 Cognitive: Thanksgiving Trivia 4:30 Sports Walking Club 6:00 Exercise: Light Stretching 6:30 Movie Night: Funny Face 7:00 Snack & Refreshments 7:30 Cognitive: Keep Them Laughing</p>	<p>27 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Documentary: On Buffalo Bob Day 1:00 Sports: Bocce Ball 2:00 Arts and Crafts 2:00 ' JACK POT BINGO ' 3:00 Monthly Birthday Party 4:00 Cognitive: Spaghetti Word 4:30 Sports Walking Club 6:00 Music : Name that tune 6:30 Exercise: Light Stretching 7:00 Snack & Refreshments 7:30 Cognitive You Be The Judge</p>	<p>28 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Rock and Roll Fitness 11:00 Documentary: Hopalong Cassidy 1:00 Sports: Ring Toss 2:00 Cognitive: Hang-man 2:00 Individual Programs 3:00 Afternoon Social Hour 4:00 Sports Walking Club 4:30 Music: Name that Sound 6:00 Exercise: Stretching 6:30 Movie night: Chances Are 7:00 Snack & Refreshments 7:30 Cognitive: This and That Trivia</p>
<p>29 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Ribbon Dancing 11:15 Documentary: Square Dancing 1:00 Sports: Ring Toss 2:00 Movie Matinee: The Cutting Edge 3:00 Afternoon Social Hour 4:00 Cognitive: Name Five 4:30 Sports Walking Club 6:00 Cognitive: You be the Judge 6:30 Exercise: Evening Stretching 7:00 Snack & Refreshments 7:30 Game Shows on TV</p>	<p>30 9:00 ~ 10:00 Morning Stretching / News 10:00 Catholic Mass on TV 11:00 Exercise: Noodle Workout 11:15 Documentary : Birthday of Softball 1:00 Sports: Darts 1:30 Keepsake Trippers 2:00 THE LONE Ranger 3:00 Afternoon Social Hour 4:00 The Year Was 4:30 Sports Walking Club 6:00 Music: Rhythm Sticks 6:30 Exercise: Chair Yoga 7:00 Snack & Refreshments 7:30 Reminiscing with Rita</p>					
<p>The Hearth at Southbury Keepsake Village Calendar November 2020</p>						