

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER 2023

Program Key: Intellectual Physical
Social Emotional Vocational



10:00 Chair Yoga
10:45 Dia De Los Muertos Craft
2:00 Loteria

10:30 Bingo
1:15 Color Along: Dia De Los Muertos
2:00 YouTube Video Watch Group

10:00 Matching Game
10:45 Stretch Exercise
1:30 Karaoke



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Daylight Savings Time Ends

10:00 Chair Yoga
10:45 Spa Manicures
1:30 Cornhole Tournament

10:00 Stretch Exercise
10:45 Beaded Pumpkin Craft
1:30 Matching Game

10:00 Seated Balance
10:45 Bingo
1:15 Karaoke

10:00 Chair Yoga
10:45 Loteria
1:30 Paint Along

10:00 Strength Exercise
10:15 Veteran's Day Craft
1:15 Brain Game
2:00 Karaoke

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VETERANS DAY
Veterans Day Remembrance Day (Canada)

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Diwali (Hindi)

10:00 Seated Balance
10:45 Sun Catchers Craft
1:30 Karaoke

10:00 Strength Exercise
10:45 Bingo
1:30 Guess the Theme Song

10:00 Chair Yoga
10:45 Bingo
1:30 Thankful Tree Craft

10:00 Word Bubble
10:45 Seated Balance
1:30 Karaoke

10:00 Stretch Exercise
10:45 Loteria
1:30 Beaded Corn Craft

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NOVEMBER
Men's Health Awareness Month

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10:00 Icebreakers
10:45 Pumpkin Walk Game
1:30 Shuffleboard Tournament

10:00 Strength Exercise
10:45 Matching Game
1:15 Turkey Roll Game

10:00 Stretch Exercise
10:45 Bingo
1:30 Football Turkey Craft

23
CLOSED/
Happy Thanksgiving
CERRADO
Thanksgiving Day (US)

24
CLOSED/
CERRADO

25

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CENTRAL VALLEY
PACE

10:00 Seated Balance
10:45 Word Unscramble
1:30 Karaoke

10:00 Stretch Exercise
10:45 Giant Jenga
1:30 YouTube Video Watch Group

10:00 Chair Yoga
10:45 Show and Tell
1:30 Karaoke

10:00 Seated Balance
10:45 Spa Manicures
1:30 Word Unscramble

Tentative Schedule. All activities and times subject to change.