November 2025

OPTALIS HEALTHCARE OF MUSKEGON ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Res Choice 5:00PM Dinner 6:15PM True or False game
2 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game Daylight Saving Time Ends	**3** 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Resident Council 3:00PM Nails 5:00PM Dinner	**4** 9:30AM Coffee – music 10:30AM Coloring contest and nails! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	**5** 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Word game! 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Nails	**6** 9:30AM Coffee – chat 10:30AM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	**7** 9:30AM Coffee – music 10:30AM Yoga 12:30PM Lunch 2:00PM Word Game 5:00PM Dinner 6:15PM News hour- TV history	**8** 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Res Choice 5:00PM Dinner 6:15PM True or False game
9 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	**10** 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Food Council 3:00PM Nails 5:00PM Dinner 6:15PM Wii game	**11** 9:30AM Coffee – music 10:30AM Veterans Day puzzles, moment of silence @ 11:00AM 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history Veterans Day Remembrance Day (Canada)	**12** 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Word game! 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Nails	**13** 9:30AM Coffee – chat 10:30AM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	**14** 9:30AM Coffee – music 10:30AM Yoga 12:30PM Lunch 2:00PM LIVE MUSIC! 5:00PM Dinner 6:15PM News hour- TV history	**15** 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Res Choice 5:00PM Dinner 6:15PM True or False game
16 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	**17** 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Board games 3:00PM Nails 5:00PM Dinner 6:15PM Wii game	**18** 9:30AM Coffee – music 10:30AM Coloring contest and nails! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	**19** 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Word game! 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Nails	**20** 9:30AM Coffee – chat 10:30AM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	**21** 9:30AM Coffee – music 10:30AM Yoga 12:30PM Lunch 2:00PM Prize Market! 5:00PM Dinner 6:15PM News hour- TV history	**22** 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Thanksgiving craft 5:00PM Dinner 6:15PM True or False game
23 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	**24** 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Board Games 3:00PM Nails 5:00PM Dinner 6:15PM Wii game	**25** 9:30AM Coffee – music 10:30AM Coloring contest and nails! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	**26** 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Word game! 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Nails	**27** 9:30AM Coffee – chat 9:45AM T'day puzzles, coloring pages, etc. 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM T'day dinner 6:15PM Karaoke Thanksgiving Day (U.S.)	**28** 9:30AM Coffee – music 10:30AM Yoga 12:30PM Lunch 2:00PM LIVE MUSIC! 5:00PM Dinner 6:15PM News hour- TV history	**29** 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Res Choice 5:00PM Dinner 6:15PM True or False game
30 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	***LOOK FOR FLYERS DURING THE MONTH REGARDING VETERAN'S DAY ACTIVITIES AND THANKSGIVING SPIRIT WEEK***					

ACTIVITIES ARE SUBJECT TO CHANGE- ACTIVITIY AIDES ARE AVAIALBLE TO GET YOU TO THE ACTIVITY AND BACK!