| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>**10:45** Movin' & Groovin' - **A.R**<br>**11:15** Coffee Club & Devotional -**A.R**<br>1**:00 LIONS VS VIKINGS** -A.R<br>4**:00** Bingo! -**A.R**<br>**6:30** Wii Bowling League -A.R | **2**<br>**10:45** Stretch & Meditate- **A.R**<br>**11:15** Trivia -**A.R**<br>**2:00** 7 Card Match - **A.R**<br>**3:30** Karaoke - **A.R** | **3**<br>**10:45** Cardio Boxing -**A.R**<br>**11:15** Catholic Communion- **A.R**<br>**2:00** Bingo! -**A.R**<br>**3:30** Wii Bowling: Turkey Club -**A.R** | **4**<br>**10:45** Weights - **A.R**<br>**11:15** Trivia -**A.R**<br>**2:00** Spa Day -**A.R**<br>**4:00** Bible Study w/Pastor Alex **-A.R**<br>**6:30** Movie & Snacks w/Carlose | **5**<br>**10:45** Chair Drumming -**A.R**<br>**11:15** Monopoly - **A.R**<br>**2:00** Bingo! **-A.R**<br>**3:30** Wii Bowling: Turkey Club **-W.D.R**<br>**6:30** Bingo! | **6**<br>**10:45** Funball! **- A.R**<br>**11:00** Pet Visit w/ Riley the Dog **-A.R**<br>**2:30** Movie and Popcorn -**A.R**<br>**6:30** Resident Run Games- **W.D.R** | **7**<br>**10:45** Movin' & Groovin'- **A.R**<br>**11:15** Trivia- **A.R**<br>**2:00** 7 Card Match -**A.R**<br>**6:30** Resident Run Games- **W.D.R** |
| **8**<br>**10:45** Movin' & Groovin' - **A.R**<br>**11:15** Coffee Club & Devotional -**A.R**<br>1**:00 LIONS VS DOLPHINS** -**A.R**<br>4**:00** Bingo! -**A.R**<br>**6:30** Wii Bowling League **-A.R** | **9**<br>**10:45** Stretch & Meditate- **A.R**<br>**11:15** Waffles n Chronicles -**A.R**<br>**2:00** BIRTHDAY PARTY! -**A.R**<br>**3:00** Karaoke - **A.R** | **10**<br>**10:45** Cardio Boxing- **A.R**<br>**11:15** Catholic Communion & Rosary-**A.R**<br>**2:00 Resident Council -*A.R***<br>**3:30** Double Bingo! **-A.R**<br>**4:30** Wii Bowling: Turkey Club | **11**<br>**10:45** Weights -**A.R**<br>**11:15** Trivia -**A.R**<br>**2:00** Spa Day **-A.R**<br>**4:00** Bible Study w/Pastor Alex -**A.R**<br>**6:30** Movie w/Carlose | **12**<br>**10:45** Chair Drumming -**A.R**<br>**11:15** Monopoly -**A.R**<br>**2:00** Bingo! ***A.R.***<br>**3:30** Wii Bowling: Turkey Club -**A.R** | **13**<br>**10:45** Funball! -**A.R**<br>**11:00** Spooky Trivia -**A.R**<br>**2:30** Art Therapy w/Anna A.R.<br>**6:30** Bingo w/Carlose! | **14**<br>**10:45** Movin' & Groovin'- **A.R**<br>**11:15** Trivia- **A.R**<br>**2:00** 7 Card Match - **A.R**<br>**6:30** Resident Run Games- **W.D.R** |
| **15**<br>**10:45** Movin' & Groovin' - A.R<br>**11:15** Coffee Club & Devotional- A.R<br>**2:00** Bingo! - A.R<br>**3:00** Wii Bowling League -A.R<br>**6:30** Resident Run Games -A.R | **16**<br>**10:45** Stretch & Meditate- **A.R**<br>**11:15** Waffles & Chronicles -**A.R**<br>**2:00** 7 Card Match - **A.R**<br>**3:30** Jewelry Making w/Cheryl - **A.R** | **17**<br>**10:45** Cardio Boxing- A.R<br>**11:15** Catholic Communion- A.R<br>**2:00** Bingo! **-A.R**<br>**3:30** Wii Bowling: Turkey Club **-A.R** | **18**<br>**10:45** Weights - **A.R**<br>**11:15** Trivia- **A.R**<br>**1:45** Spa Day **A.R**<br>**4:00** Bible Study w/Pastor Alex -**A.R**<br>**6:30** Movie & Snacks w/Carlose **-A.R** | **19**<br>**10:45** Chair Drumming -**A.R**<br>**11:15** Monopoly<br>**2:00** Bingo! - **A.R**<br>**3:30** Wii Bowling: Turkey Club<br>**6:30** Bingo! -**A.R** | **20**<br>**10:45** Funball! **-A.R**<br>**11:00** Pet Visit w/ Riley the Dog **A.R**<br>**2:30** Movie & Popcorn **-A.R**<br>**6:30** Resident Run Games -**A.R** | **21**<br>**10:45** Movin' & Groovin'- **A.R**<br>**11:15** Trivia- **A.R**<br>**2:00** 7 Card Match - **A.R**<br>**6:30** Resident Run Games- **W.D.R** |
| **22**<br>**10:45** Movin' & Groovin' - A.R<br>**11:15** Coffee Club & Devotional -A.R<br>1**:00 LIONS VS BUCCS** -A.R<br>4**:00** Bingo! -A.R<br>**6:30** Wii Bowling League -A.R | **23**<br>**10:45** Stretch & Meditate- **A.R**<br>**11:15** Trivia- **A.R**<br>**2:00** 7 Card Match **A.R**<br>**3:30 Hand-Made Thanksgiving Card Crafting -A.R** | **24**<br>**10:45** Cardio Boxing- A.R<br>**11:15** Catholic Communion- A.R<br>**2:00 Double Bingo!** -A.R<br>**3:30** Wii Bowling: Turkey Club - W.D.R | **25**<br>**10:45** Weights<br>**11:15** Trivia- **A.R**<br>**2:00** Heart 2 Heart Music w/Jacob **A.R**<br>**4:00** Bible Study w/Pastor Alex -**A.R**<br>**6:30** Movie & Snacks w/Carlose | **26**<br>**10:45** Chillin w/Chet - **A.R**<br>**11:15** Music Videos - **A.R**<br>**1:00 LIONS V BEARS -A.R**<br>**4:00 RR Triple Bingo!**<br>**6:30 Wii Bowling League**<br>**HAPPY THANKSGIVING!** | **27**<br>**10:45** Funball!-**A.R**<br>**11:00** Trivia **-A.R**<br>**2:30** Movie & Popcorn **-A.R**<br>**6:30** Resident Run Movie **-A.R** | **28**<br>**10:45** Movin' & Groovin'- **A.R**<br>**11:15** Trivia- **A.R**<br>**2:00** 7 Card Match **A.R**<br>**6:30** Resident Run Games- **W.D.R** |

Optalis of Bloomfield Hills



# NOVEMBER

**Location KEY:**
**Activity Room = A.R**
**Back Patio = B.P**
**Blue Dining Room = B.D.R**
***Times and locations subject to change**

***1:1 room visits completed daily**

## Birthdays:

- Chalmon H. 11/1
- Janet D 11/3
- Lowell G. 11/3
- Henry C. 11/3
- Edward C
- Elaine H 11/14
- Bruce G 11/26