





SENIORS DAY PROGRAM

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 10:00 Coffee Social B.P & Weights / Council Meeting 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack & Catherine Music	5 10:00 Coffee Social Bean Bag Board Toss 11:00 Light Exercise 12:15 Lunch 1:15 Home Early - Walmart	6 10:00 Coffee Social Card Or Board Games 11:00 Light Exercise 12:15 Lunch 1:15 Live Fiddle / Guitar Music	7 10:00 Coffee Social Word in a Word 11:00 VON SMART Exercise 12:15 Lunch 1:15 Craft
11 NO PROGRAM 	12 10:00 Coffee Social Your Choice 11:00 Light Exercise 12:15 Lunch 1:15 Wii Bowling	13 10:00 Coffee Social All About ITALY! 11:00 Light Exercise 12:15 Lunch 1:15 5 Bingo	14 10:00 Coffee Social Dice Game 11:00 VON SMART Exercise 12:15 Lunch 1:15 Shuffle Board
18 10:00 Coffee Social Ice Breakers 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack & Katherine Music	19 10:00 Coffee Social Puzzles 11:00 Light Exercise 12:15 Lunch 1:15 Home Early – Giant Tiger	20 10:00 Coffee Social Bean Bag Toss 11:00 Light Exercise 12:15 Lunch 1:15 Craft	21 10:00 Coffee Social Large Crossword 11:00 VON SMART Exercise 12:15 Lunch 1:15 Live Fiddle / Guitar Music
25 10:00 Coffee Social Health Chat 11:00 VON SMART Exercise 12:15 Lunch 1:15 Wheel of Fortune	26 10:00 Coffee Social Shuffle Board 11:00 Light Exercise 12:15 Lunch 1:15 Bingo	27 10:00 Coffee Social Word Search 11:00 Light Exercise 12:15 Lunch 1:15 Washer Toss	28 10:00 Coffee Social Show & Tell - Bring Something In! 11:00 VON SMART Exercise 12:15 Lunch 1:15 Ladder Ball
			TO BOOK OR CANCEL CALL CAROL @ 705-355-1022 EXT.238 PLEASE LEAVE MESSAGE