
















Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

|   |  |  |   |  |  |   |
|---|--|--|---|--|--|---|
| <p><b>Ponds MORNING</b></p>   | <p>1<br/>7:30 Breakfast<br/>9:45 Streamer Exercises -Erin<br/>10:15 <b>Hollywood Cowboy Month</b> -Erin<br/>11:00 Adoration/Divine Mercy<br/>11:30 Lunch</p>  | <p>2<br/>7:30 Breakfast<br/>9:45 Get Moving! -Lori<br/>10:30 <b>Music Therapy</b> w/Jennifer<br/>11:30 Lunch</p>          | <p>3<br/>7:30 Breakfast<br/>9:45 Music &amp; Motion -Kathy<br/>10:15 <b>Cliché Day</b> -Kathy<br/>11:00 Rosary<br/>11:30 Lunch</p>  | <p>4<br/>7:30 Breakfast<br/>9:45 Fitness Frenzy -Erin<br/>10:15 The Best of Big Bands -Erin<br/>11:00 Interfaith Service<br/>11:30 Lunch</p>   | <p>5<br/>7:30 Breakfast<br/>9:45 Chair Dancing -Erin<br/>10:15 <b>Learn More About Owls Day</b> -Erin<br/>11:00 Radio Days -Erin<br/>11:30 Lunch</p>          | <p>6<br/>7:30 Breakfast<br/>9:45 Chair Dancing -Kathy<br/>10:15 Hoops Day -Kathy<br/>11:00 Mass on Channel 243<br/>11:30 Lunch</p>  |
| <p>7<br/>7:30 Breakfast<br/>9:45 Music and Motion -Kathy<br/>10:15 <b>Railroad Day</b> -Kathy<br/>11:00 Mass<br/>11:30 Lunch</p>  <p>Daylight Saving Time Ends</p>   | <p>8<br/>7:30 Breakfast<br/>9:45 Streamer Exercises -Erin<br/>10:15 <b>John F. Kennedy Day</b> -Erin<br/>11:00 Adoration/Divine Mercy<br/>11:30 Lunch</p>  | <p>9<br/>7:30 Breakfast<br/>9:45 Noodle Exercises -Lori<br/>10:30 <b>Music Therapy</b> w/Jennifer<br/>11:30 Lunch</p>     | <p>10<br/>7:30 Breakfast<br/>9:45 Chair Dancing -Kathy<br/>10:15 Badlands National Park -Kathy<br/>11:00 Rosary<br/>11:30 Lunch</p>  | <p>11<br/><b>Happy Birthday, Avis!</b><br/>7:30 Breakfast<br/>9:45 Fitness Frenzy -Erin<br/>10:15 <b>The Homefront</b> -Erin<br/>11:00 Interfaith Service<br/>11:30 Lunch</p>  <p>Veterans Day<br/>Remembrance Day (Canada)</p> | <p>12<br/>7:30 Breakfast<br/>9:45 Morning Stretch -Kathy<br/>10:15 <b>Chicken Soup Short Stories</b> -Kathy<br/>11:30 Lunch</p>  | <p>13<br/>7:30 Breakfast<br/>9:45 Chair Dancing -Erin<br/>10:15 Guess That Musician -Erin<br/>11:00 Mass on Channel 243<br/>11:30 Lunch</p>  |
| <p>14<br/>7:30 Breakfast<br/>9:45 Sing Along Exercises -Erin<br/>10:15 <b>Celebrate Artist Grandma Moses</b> -Erin<br/>11:00 Mass<br/>11:30 Lunch</p>   | <p>15<br/>7:30 Breakfast<br/>9:45 Streamer Exercises -Lori<br/>10:15 <b>America Recycles Day</b> -Lori<br/>11:00 Adoration/Divine Mercy<br/>11:30 Lunch</p>  | <p>16<br/>7:30 Breakfast<br/>9:45 Get Moving! -Lori<br/>10:30 <b>Music Therapy</b> w/Jennifer<br/>11:30 Lunch</p>        | <p>17<br/>7:30 Breakfast<br/>9:45 Chair Dancing -Kathy<br/>10:15 <b>Can-It Day</b> -Kathy<br/>11:00 Rosary<br/>11:30 Lunch</p>  | <p>18<br/>7:30 Breakfast<br/>9:45 Fitness Frenzy -Kathy<br/>10:15 Daily Chronicle -Kathy<br/>11:00 Interfaith Service<br/>11:30 Lunch</p>  | <p>19<br/>7:30 Breakfast<br/>9:45 Morning Stretch -Erin<br/>10:15 <b>Johnny Mercer Day</b> -Erin<br/>11:30 Lunch<br/><b>11:45 Lunch Outing</b> w/Kathy</p>  | <p>20<br/>7:30 Breakfast<br/>9:45 Morning Stretch -Lisa<br/>10:15 Thanksgiving Stories -Lisa<br/>11:00 Mass on Channel 243<br/>11:30 Lunch</p>  |
| <p>21<br/><b>Happy Birthday Cynnie &amp; John!</b><br/>7:30 Breakfast<br/>9:45 Chair Yoga -Lisa<br/>10:15 <b>World Television Day</b> -Lisa<br/>11:00 Mass<br/>11:30 Lunch</p>  | <p>22<br/>7:30 Breakfast<br/>9:45 Streamer Exercises -Erin<br/>10:15 "Singing in the Rain" Stars -Erin<br/>11:00 Adoration/Divine Mercy<br/>11:30 Lunch</p>  | <p>23<br/>7:30 Breakfast<br/>9:45 Noodle Exercises -Lori<br/>10:30 <b>Music Therapy</b> w/Jennifer<br/>11:30 Lunch</p>  | <p>24<br/>7:30 Breakfast<br/>9:45 Chair Dancing -Lori<br/>10:15 Gratitude Collage -Lori<br/>11:00 Rosary<br/>11:30 Lunch</p>  | <p>25<br/>7:30 Breakfast<br/>9:30 <b>Interfaith Service</b><br/>10:15 <b>Being Thankful</b> -Lisa<br/>11:00 <b>Thanksgiving Mass</b><br/>11:30 Lunch</p>  <p>Happy Thanksgiving!<br/>Thanksgiving Day</p>                     | <p>26<br/>7:30 Breakfast<br/>9:45 Balloon Volley -Carl<br/>10:15 <b>Sing Along with Melody Lane</b> DVD<br/>11:30 Lunch</p>  | <p>27<br/>7:30 Breakfast<br/>9:45 Music &amp; Motion -Kathy<br/>10:15 Grammar Games -Kathy<br/>11:00 Mass on Channel 243<br/>11:30 Lunch</p>  |
| <p>28<br/>7:30 Breakfast<br/>9:45 Music and Motion -Kathy<br/>10:15 Kindness Stories -Kathy<br/>11:00 Mass<br/>11:30 Lunch</p>  <p>First Sunday of Advent</p>  <p>Hanukkah Begins</p> | <p>29<br/>7:30 Breakfast<br/>9:45 Streamer Exercises -Erin<br/>10:15 Judy Garland's Life -Erin<br/>11:00 Adoration/Divine Mercy<br/>11:30 Lunch</p>  | <p>30<br/>7:30 Breakfast<br/>9:45 Get Moving! -Lori<br/>10:30 <b>Music Therapy</b> w/Jennifer<br/>11:30 Lunch</p>       | <h1>November 2021</h1> <h2>Ponds Morning</h2>   |  |  |   |