

Sunday

Monday

Tuesday













Wednesday

Thursday

Friday

Saturday

# Ponds MORNING

<p><b>Ponds MORNING</b></p>	<p><b>1</b> 7:30 Breakfast 9:45 Tone Up Tuesday -Erin 10:30 Music Therapy w/Jennifer 11:30 Lunch </p>	<p><b>2</b> 7:30 Breakfast 9:45 Balloon Volleyball -Carl 10:30 Will Rogers -Carl 11:00 Rosary 11:30 Lunch </p>	<p><b>3</b> 7:30 Breakfast 9:45 Move &amp; Groove -Erin 10:15 Finish the Lyrics -Erin 11:00 Interfaith Service 11:30 Lunch</p>	<p><b>4</b> 7:30 Breakfast 9:45 Fitness Frenzy -Erin <b>10:15 Cowboy Philosopher Day</b> -Erin 10:45 Famous Cowboys -Erin 11:30 Lunch </p>	<p><b>5</b> 7:30 Breakfast 9:45 Bend &amp; Stretch -Lisa 10:15 Daily Chronicle -Lisa 10:45 Dad Jokes -Lisa 11:30 Lunch</p>
<p><b>6</b> 7:30 Breakfast 9:45 Stretch It Out -Lisa 10:15 Daily Chronicle -Lisa 11:00 Mass 11:30 Lunch  Daylight Saving Time Ends</p>	<p><b>7</b> 7:30 Breakfast 9:45 Kickball -Carl 10:30 Polka Music -Carl 11:00 Adoration/Divine Mercy 11:30 Lunch</p>	<p><b>8</b> 7:30 Breakfast 9:45 Tone Up Tuesday -Erin 10:30 Music Therapy w/Jennifer 11:30 Lunch</p>	<p><b>9</b> 7:30 Breakfast 9:45 Parachute Game -Carl 10:30 Make Your Own Music -Carl 11:00 Rosary 11:30 Lunch</p>	<p><b>10</b> 7:30 Breakfast 9:45 Move &amp; Groove -Erin 10:15 Bob Hope's Life -Erin <b>10:15 Hopkins Activity Center Salute to Veterans</b> 11:00 Interfaith Service 11:30 Lunch</p>	<p><b>11</b> 7:30 Breakfast 9:45 Friday Fitness -Lisa 10:15 Daily Chronicle -Lisa 10:45 Do You Remember...? -Lisa 11:30 Lunch  Veterans Day Remembrance Day (Canada)</p>
<p><b>13</b> 7:30 Breakfast 9:45 Sing Along Exercise -Erin 10:15 <b>Stately Knowledge Day</b>-Erin 11:00 Mass 11:30 Lunch</p>	<p><b>14</b> 7:30 Breakfast 9:45 Kickball -Carl 10:30 Finish The ....-Carl 11:00 Adoration/Divine Mercy 11:30 Lunch</p>	<p><b>Happy Birthday Joan T.!</b> <b>15</b> 7:30 Breakfast 9:45 Tone Up Tuesday -Erin 10:30 Music Therapy w/Jennifer 11:30 Lunch </p>	<p><b>16</b> 7:30 Breakfast 9:45 Tone Up Wednesday -Carl 10:30 Pioneer Women -Carl 11:00 Rosary 11:30 Lunch</p>	<p><b>17</b> 7:30 Breakfast 9:45 Move &amp; Groove -Erin 10:15 Music of Glenn Miller -Erin 11:00 Interfaith Service 11:30 Lunch </p>	<p><b>18</b> 7:30 Breakfast 9:45 Fitness Friday -Lisa 10:15 Daily Chronicle -Lisa 10:45 Dad Jokes -Lisa 11:30 Lunch </p>
<p><b>20</b> 7:30 Breakfast 9:45 Kickball -Carl 10:15 Jane Goodall &amp; Mountain Gorillas -Carl 11:00 Mass 11:30 Lunch </p>	<p><b>Happy Birthday Cynnie &amp; John M.!</b> <b>21</b> 7:30 Breakfast 9:45 Chair Dancing -Erin 10:30 Nat King Cole's Life -Erin 11:00 Adoration/Divine Mercy 11:30 Lunch</p>	<p><b>22</b> 7:30 Breakfast 9:45 Tone Up Tuesday -Lisa 10:30 Music Therapy w/Jennifer 11:30 Lunch</p>	<p><b>23</b> 7:30 Breakfast 9:45 Balloon Volleyball -Carl 10:30 Charles Schultz &amp; Peanuts The Great Pumpkin -Carl 11:00 Rosary 11:30 Lunch </p>	<p><b>24</b> 7:30 Breakfast <b>9:00 Interfaith Service</b> 10:15 Thanksgiving Trivia -Erin <b>11:00 Thanksgiving Mass</b> 11:30 Lunch  Thanksgiving Day (US)</p>	<p><b>25</b> 7:30 Breakfast 9:45 Friday Fitness-Lisa 10:15 Daily Chronicle -Lisa 10:45 Sing Along -Lisa 11:30 Lunch</p>
<p><b>27</b> 7:30 Breakfast 9:45 Limber Up! -Lori 10:15 EZ Does It Trivia -Lori 11:00 Mass 11:30 Lunch</p>	<p><b>28</b> 7:30 Breakfast 9:45 Chair Dancing -Erin 10:30 <b>Grand Ole Opry's Birthday</b> -Erin 11:00 Adoration/Divine Mercy 11:30 Lunch </p>	<p><b>29</b> 7:30 Breakfast 9:45 Tone Up Tuesday -Lisa 10:30 Music Therapy w/Jennifer 11:30 Lunch</p>	<p><b>30</b> 7:30 Breakfast 9:45 Tone Up Wednesday -Carl 10:30 Mark Twain &amp; Mississippi River -Carl 11:00 Rosary 11:30 Lunch</p>	<h1>November 2022</h1> <h2>PONDS Morning</h2>	