

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>November 2024</h1> <p><i>Sarah's Adult Day Care Center</i></p> </div>					<div> <div>1</div> <div> Chair Yoga Bingo Skeeball Adult Coloring Pages Day of the Dead Discussion Celebrating Diwali </div> <div>Diwali (Hindu)</div> </div>	<div> <div>2</div> <div>  </div> </div>
<div> <div>3</div> <div>  </div> <div>Daylight Saving Time Ends</div> </div>	<div> <div>4</div> <div> Chair Dancing Board Games Balloon Volleyball The Music of Bob Dylan November Facts & Fun Cliché Day </div> <div></div> </div>	<div> <div>5</div> <div> Seated Workout Dominoes Bowling Bingo Election Day Trivia Nat King Cole Music Hour </div> <div></div> </div>	<div> <div>6</div> <div> Meditation Card Games Ring Toss Armchair Travel- Puerto Rico November Jeopardy Wacky Words </div> </div>	<div> <div>7</div> <div> Lunch Trip to Olive Garden Chair Aerobics Puzzles Pokeno Kickball Famous November Birthdays </div> </div>	<div> <div>8</div> <div> Sit & Be Fit Bingo Big Dice Games Adult Coloring Pages Funny Couples Tons of Puns </div> <div></div> </div>	<div> <div>9</div> <div> *Calendar Subject to Change* </div> </div>
<div> <div>10</div> <div> Daily AM Activities 7:00-8:00 Meet & Greet 8:00-9:00 Coffee & News 8:30-10:00 Breakfast 10:00-10:30 Morning Stretch 10:30-11:00 Daily Chronicles 11:00-11:30 Daily Themed Activity 11:30-12:00 Active Games </div> </div>	<div> <div>11</div> <div> Veteran's Day Celebration Morning Stretch Board Games Entertainment with Calvin Pressley Patriotic Craft </div> <div>Veterans Day Remembrance Day (Canada)</div> </div>	<div> <div>12</div> <div> Chair Exercise Dominoes Table Bowling Mocktail Making Happy Hour Category Game </div> <div></div> </div>	<div> <div>13</div> <div> Stretch & Relaxation Card Games Bean Bag Toss The Humor of Whoopi Goldberg Where in the World? The Music of the Beatles </div> </div>	<div> <div>14</div> <div> Eagles Day! Movement to Music Football Toss Touchdown Bingo Eagles Pep Rally Pigskin Craft Tailgate Snacks </div> </div>	<div> <div>15</div> <div> Shopping Trip to Dollar Store Chair Yoga Moon Songs Bingo Skeeball Adult Coloring Pages Autumn Art </div> </div>	<div> <div>16</div> <div>  </div> </div>
<div> <div>17</div> <div> Daily PM Activities 12:00-1:00 Lunch 1:00-1:30 Cognitive Game 1:30-2:30 Afternoon Activity 2:30-3:00 Snack 3:00-3:30 Afternoon Stretch 3:30-4:30 Late Afternoon Activity 4:30- 5:30 Independent Activities </div> </div>	<div> <div>18</div> <div> Chair Dancing Board Games Balloon Volleyball Horse Racing Cranium Crunches Name That Tune </div> <div></div> </div>	<div> <div>19</div> <div> Seated Workout Dominoes Turkey Leg Bowling Bingo Turkey Crafts Health & Wellness – Managing Diabetes </div> </div>	<div> <div>20</div> <div> Lunch Trip to Michael's Diner Meditation Card Games Painter's Palette Ring Toss Participant Council </div> </div>	<div> <div>21</div> <div> Take Out Lunch- Chicken Wings & Fries Chair Aerobics Casino Games Pokeno Kickball TV Trivia Puzzles </div> </div>	<div> <div>22</div> <div> Sit & Be Fit Turkey Bingo Big Dice Games Name Five Adult Coloring Pages Entertainment with Joe Parker </div> </div>	<div> <div>23</div> <div> Stephanie Malloy Activities Director smalloy@sarahpa.com 215-999-1200 Ext. 112 </div> </div>
<div> <div>24</div> <div>  </div> </div>	<div> <div>25</div> <div> Morning Stretch Board Games Basketball Parfait Making Finishing Lines Reminiscing </div> <div></div> </div>	<div> <div>26</div> <div> Shopping Trip to Dollar Store Chair Exercise Dominoes Turkey Leg Bowling Twenty Questions Tina Turner Music Hour </div> </div>	<div> <div>27</div> <div> Stretch & Relaxation Card Games Bean Bag Toss Thanksgiving Crafts Gratitude Challenge Let's Talk Turkey </div> <div></div> </div>	<div> <div>28</div> <div>  <p>Center Closed For Holiday</p> </div> <div>Thanksgiving Day</div> </div>	<div> <div>29</div> <div> Chair Yoga Bingo Skeeball Family Feud Adult Coloring Pages Afternoon Movie Matinee </div> <div></div> </div>	<div> <div>30</div> <div>  </div> </div>