

				November 2025					
 Daylight Saving Time Ends		2	3	4	5	6	7	8	
		Chair Dancing November Facts & Fun Volleyball Board Games Arts & Crafts Snack- Sandwich Making	Seated Workout Bingo Turkey Leg Bowling Election Day Trivia Dominoes Name Five	Meditation Famous November Birthdays Card Games Wine Glass Painting Bean Bag Toss Banana Pudding Making	*Lunch Trip to Subway* Chair Aerobics Toss the Turkey Game Puzzles John Phillip Sousa Marches Category Game	Chair Yoga Bingo November Jeopardy Big Dice Games Adult Coloring Pages Crochet Group Elton John Music Hour	Stephanie Malloy Activities Director smalloy@sarahpa.com 215-999-1200 Ext. 112		
9		10	11	12	13	14	15		
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		Eagles Monday! Morning Stretch Turkey Bucket Toss Board Games Football Crafts- Eagles Bracelet Making NFL Trivia Tailgate Snacks	Veteran's Day Celebration Chair Exercise Turkey Leg Bowling Dominoes Patriotic Sing a Long What War Was It? Veterans Day Remembrance Day (Canada)	*Shopping Trip to Dollar Tree* Stretch & Relaxation Pumpkin Bean Bag Toss Card Games Chicken Soup for the Soul Stories Remembering Grace Kelly	World Kindness Day Movement to Music Pokeno Toss the Turkey Game Fall Crafts The Comedy of Whoopi Goldberg	Take Out Lunch- Cheesesteaks Sit & Be Fit Bingo Lawn Darts Adult Coloring Pages Current Events			
16		17	18	19	20	21	22		
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		Chair Dancing You Be the Judge Volleyball Board Games Corn Bread Making Unscramble the Words	*Lunch Trip to Michael's Diner* Seated Workout Bingo Autumn Cratfs Turkey Leg Bowling Dominoes	Meditation Canvas Painting Card Games Bean Bag Toss Cranium Crunches Big Band Music Hour	Chair Aerobics Sing a Long Toss the Turkey Game Would You Rather? Puzzles Horse Racing	Chair Yoga Bingo Big Dice Games 1:30 pm Entertainment with Calvin Pressley Adult Coloring Pages Birthday Cake & Ice Cream	*Calendar Subject to Change*		
23		24	25	26	27	28	29		
		Morning Stretch Turkey Bucket Toss Board Games Tongue Twisters Making Peanut Butter Treats Finishing Lines	Chair Exercise Fill in the Blank Turkey Leg Bowling The Humor of Carol Burnett Tribond Dominoes	*Special Holiday Lunch* Stretch & Relaxation Thanksgiving Bracelet Craft Pumpkin Bean Bag Toss Participant Council Card Games Tina Turner Music Hour	Center Closed For Holiday  Thanksgiving Day (U.S.)	Eagles Friday! Sit & Be Fit Name that Tune Football Bingo Pigskin Toss Family Feud Adult Coloring Pages			
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