

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Rise & Shine Devotional Exercise – Thera-Bands 1 Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells 2 Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – Lower Body 3 Daily News / Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar / MYND VR Brain Builder Table Games	Rise & Shine Daily Devotional Exercise – YOGA 4 Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Devotional Exercise – Standing 5 Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell 6 Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club <small>Daylight Saving Time Ends</small>	Rise & Shine Daily Devotional Exercise – YOGA 7 Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	Rise & Shine Devotional Exercise – Thera-Bands 8 Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells 9 Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – Lower Body 10 Daily News / Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar / MYND VR Brain Builder Table Games	Rise & Shine Daily Devotional Exercise – YOGA 11 Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club <small>Veterans Day Remembrance Day (Canada)</small>	Rise & Shine Devotional Exercise – Standing 12 Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell 13 Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – YOGA 14 Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	Rise & Shine Devotional Exercise – Thera-Bands 15 Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells 16 Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – Lower Body 17 Daily News / Weather Report Nail Bar / MYND VR Arts & Crafts 11:00 Thanksgiving Meal with family Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar / MYND VR Brain Builder Table Games	Rise & Shine Daily Devotional Exercise – YOGA 18 Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Devotional Exercise – Standing 19 Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell 20 Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – YOGA 21 Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	Rise & Shine Devotional Exercise – Thera-Bands 22 Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells 23 Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – Lower Body 24 Daily News / Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar / MYND VR Brain Builder Table Games <small>Thanksgiving Day (US)</small>	Rise & Shine Daily Devotional Exercise – YOGA 25 Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Devotional Exercise – Standing 26 Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell 27 Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Daily Devotional Exercise – YOGA 28 Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	Rise & Shine Devotional Exercise – Thera-Bands 29 Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells 30 Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club			