

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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| <p>Please contact Cammy at 315-413-3127 with any questions, comments, or concerns. Daily changes will be written on the white board located outside the dining room!</p> | <p>10:00 Qigong with Katrin in the Community Room 10:30 Nails & Piano Notes with Cammy & Donna in the Family Room 1:30 Ecumenical Service in IL TV Room 3:30 Fall walk & Leaf Finding with Cammy (Meet in the Community Room) 7:30 Dennis McGuire Concert in IL (Meet Jade at 7:15 to walk up)</p> | <p>10:00 Mindful Movement with Emily in the Community Room 10:30 EZ Does It Trivia with Cammy in the Community Room 11:00 Dining Committee in the Community Room 2:30 Leafy Pumpkin Craft with Cammy in the Arts & Crafts Room 3:30 7:15 Black Jack with Andrew in the Arts & Crafts Room</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 Scattergories with Andrew in the Community Room 2:15 Syracuse City Ballet Performance in Memory Care 3:30 Horse Racing with Andrew in the Corner Room</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 Penny Pitch with Andrew in the Sun Room 2:00 Balloon Tennis with Andrew in the Community Room 3:00 Boggle with Andrew in the Corner Room</p> | <p>9:45 Exercise with Cammy in Community Room 1:30 Air Hockey with Cammy in Community Room 2:30 Movie Matinee in the Community Room</p> |
| <p>11:00 Catholic Mass 6 (meet at 10:30 in the ALR TV Room to walk over if interested) 1:30 Exercise with Cammy in the Community Room 2:30 Movie Matinee Daylight Savings Time Ends</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 WWII Trivia with Andrew in the Community Room 2:30 Poppy Pin Craft with Andrew in the Corner Room 3:30 Jilissa Vellake in the Community Room 7:15 Tea, Coffee & Talking with Cammy in the Family Room (PJ's Welcome)</p> | <p>10:00 Exercise with Cammy in the Community Room 10:30 Messages & Piano Notes with Donna Massage Therapist, Cammy & Donna 1:30 Ecumenical Service in IL TV Room 3:00 *East or West Game with Cammy in the Community Room 7:30 Seneca String Quartet in IL (Meet Jade at 7:15 to walk up)</p> | <p>10:00 Mindful Movement with Emily in the Community Room 10:30 Stoke Prevention, Warning Signs & Role of rehab in Recovery with Preshant in the Community Room 2:30 Painting Class with Sheila in the Sun Room 3:30 Musical Ball with Cammy in the Community Room 7:15 Hang Man with Andrew in the Community Room</p> | <p>10:00 Exercise with Cammy in the Community Room 10:30 Tennis Ball Race with Cammy in the Community Room 11:00 Jamesville Dewitt Library visit in the Sun Room 2:30 Spelling Bee with Cammy in the Community Room 3:30 Reminiscing with Cammy in the Arts & Crafts Room</p> | <p>10:00 Exercise with Cammy in the Community Room 11:00 Veterans Celebration in the IL TV Meeting Room 2:00 Helping Hounds (Meet in the Sun Room at 1:45) 3:15 Water Pong with Cammy in the Sun Room Veterans Day Remembrance Day (Canada)</p> |
| <p>11:00 Catholic Mass 13 (meet at 10:30 in the ALR TV Room to walk over if interested) 1:30 Jeopardy with Jade in the Community Room 2:30 Movie Matinee</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 Thankful for Thanksgiving Humor in the Community Room 2:00 Cornhole with Andrew in the Sun Room 3:00 Make a Turkey out of a Book with Andrew in the Corner Room 7:15 Tea, Coffee & Talking with Cammy in the Family Room (PJ's Welcome)</p> | <p>10:00 Qigong with Katrin in the Community Room 10:30 Piano Notes with Donna 11:00 Lunch Trip to Olive Garden (sign up with Cammy) 1:30 Ecumenical Service in IL TV Room 3:00 Uno with Cammy in the Arts & Crafts Room 7:30 Dennis McGuire Concert in the IL TV Meeting Room (Meet Jade at 7:15 to walk up)</p> | <p>10:00 Mindful Movement with Emily in the Community Room 10:30 Navigating New England Travelogue with Cammy in the Community Room 1:30 Drumming with Jess in IL (meet at 1:15 to walk up) 2:30 Resident Council in the Community Room 3:15 Ladder Ball with Cammy in the Community Room</p> | <p>10:00 Exercise with Cammy in the Community Room 10:30 Remembering Roy Rodgers Songs with Cammy in the Community Room 1:45 Drum Circle with Jimbo in the Sun Room 3:00 Card Shuffle with Cammy in the Arts & Crafts Room</p> | <p>10:00 Exercise with Cammy in the Community Room 10:30 Making Chocolate Chip Cookies with Cammy in the Community Room 2:30 Chocolate Chip Social with Cammy in the Community Room</p> |
| <p>11:00 Catholic Mass 20 (meet at 10:30 in the ALR TV Room to walk over if interested) 1:30 Exercise with Andrew in the Community Room 2:30 Movie Matinee</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 Family and Friends Family Feud Andrew in Community Room 2:30 Bowling with Andrew in the Sun Room 3:30 Turkey Tail Bingo with Andrew in the Sun Room 7:15 Tea, Coffee & Talking with Cammy in the Family Room (PJ's Welcome)</p> | <p>10:00 Exercise with Cammy in the Community Room 10:30 Turkey Cotton Ball Craft with Cammy in the Arts & Crafts Room 1:30 Ecumenical Service in IL TV Room 3:30 Blair Frodelius in the Community Room 7:30 George Mann Concert in IL (Meet Jade at 7:15 to walk up)</p> | <p>10:00 Mindful Movement with Emily in the Community Room 10:30 Sing-a-long with Shannon 2:00 Gratitude Turkey Project with Andrew in the Corner Room 3:00 Friendsgiving Social with Andrew in the Sun Room</p> | <p>No Recreation Programs  Thanksgiving Day (US)</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 Boggle with Andrew in the Arts & Crafts Room 2:30 Bingo with Andrew in the Community Room 3:30 Basketball Shots with Andrew in the Sun Room</p> |
| <p>11:00 Catholic Mass 27 (meet at 10:30 in the ALR TV Room to walk over if interested) 1:30 Exercise with Cammy in the Community Room 2:30 Movie Matinee in the Community Room</p> | <p>10:00 Exercise with Andrew in the Community Room 10:30 Sing-A-Long With Andrew in the Community Room 2:30 Holiday Story Writing with Andrew in the Community Room 3:30 Coloring Pages with Andrew in the Corner Room 7:15 Tea, Coffee & Talking with Cammy in the Family Room (PJ's Welcome)</p> | <p>10:00 Exercise with Cammy in the Community Room 10:30 Nails & Piano Notes with Cammy & Donna in the Family Room 1:30 Ecumenical Service in IL TV Room 2:30 Harvest Ball in the Community Room with Live Entertainment</p> | <p>10:00 Mindful Movement with Emily in the Community Room 10:30 A Corny Craft with Cammy in the Arts & Crafts Room 2:30 Name That Tune with Cammy in the Community Room 3:30 Stretch & Walk with Cammy in the Community Room</p> | <p>November 2022 <i>Assisted Living Residence</i></p> | |