


Friendship Heights

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Men's Group 10:30 Exercise AM: Music & Games 2:00 BINGO 3:00 Painting Class PM: Chaplin Visits	2 10:30 Exercise PM: Fun & Games	3 AM: Sing Along PM: Room Visits
4 AM: Music/Church Video PM: Church Service AL	5 10:30 Exercise 11:30 Catholic Communion AL PM: Hand Spa	6 NACHO DAY 10:30 Exercise AM: Music & Senses 2:00 BINGO 3:00 Bible Study	7 10:30 Exercise AM: Music & Memories 10:00 Rosary PM: Arts & Crafts	8 10:30 Exercise AM: Music & Games 2:00 BINGO PM: Chaplin Visits	9 10:30 Exercise PM: Fun & Games	10 AM: Sing Along PM: Room Visits
11 AM: Music/Church Video PM: Church Service AL	12 Music Therapy 10:30 Exercise 11:30 Catholic Communion AL PM: Hand Spa	13 10:00 Children's Group 10:30 Exercise AM: Music & Senses 2:00 Sing Along/ Ken 3:00 Bible Study	14 10:30 Exercise AM: Music & Memories 10:00 Rosary PM: Movie/Popcorn	15 SANDWICH DAY 10:00 Men's Group 10:30 Exercise AM: Music & Games 2:00 BINGO PM: Chaplin Visits	16 10:30 Exercise PM: Fun & Games	17 AM: Sing Along PM: Room Visits
18 AM: Music/Church Video PM: Church Service AL	19 10:30 Exercise 11:30 Catholic Communion AL PM: Hand Spa	20 10:30 Exercise AM: Music & Senses 2:00 BINGO 3:00 Bible Study	21 10:30 Exercise AM: Music & Memories 10:00 Rosary PM: Movie/Popcorn	22 THANKSGIVING DAY Macy's Parade 9:00AM on NBC Turkey Shoot	23 10:30 Exercise PM: Fun & Games	24 AM: Sing Along PM: Room Visits
25 AM: Music/Church Video PM: Church Service AL	26 Music Therapy 10:30 Exercise 11:30 Catholic Communion AL	27 10:30 Exercise 10:30 Travel w Fred Twin Cities 2:00 BINGO 3:00 Bible Study 5:30 Evening w/	28 10:30 Exercise AM: Music & Memories 10:00 Rosary 11:15 Neighborhood Meeting PM: Arts & Crafts	29 10:30 Exercise AM: Music & Games 2:00 BINGO PM: Chaplin Visits	30 10:30 Exercise PM: Fun & Games	