

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November 2023 Meadow Ridge Assisted Living</p>						
10am- Catholic Mass (Ch 10) 5 10:00am- Lutheran Church (Ch 7) 2:00pm- Fireplace Visits	9am- Stretching & Balloon Volleyball 6 2:30pm- Monday Manicures	9:00am- Chair Exercise 7 2:30pm- Scrabble	9am- Stretching & Chair Yoga 1 10:00am- Catholic Word & Communion 2:30pm- "Yes, I Have.." Game	10:00am- BINGO! & Resident Council 2 2:30pm- Jeopardy & Cookies	9:30a- Hair Salon 3 10:00am- Cover The Board 2:30pm- Foot Soaks & Toenail Care	10am- Walking Group/Morning Visits 4 1:30pm- Saturday Matinee & Popcorn
10am- Catholic Mass (Ch 10) 12 10:00am- Lutheran Church (Ch 7) 2:00pm- Fireplace Visits Diwali (Hindi)	9am- Stretching & Balloon Volleyball 13 2:30pm- BINGO	9:00am- Chair Exercise 14 1:00pm- Music by "South Texas"	9am- Stretching & Chair Yoga 15 2:30pm- Foot Soaks & Toenail Care	10:00am- BINGO! 9 2:30pm- "Family Feud"	9:30a- Hair Salon 10 10:00am- Catholic Word & Communion 2:00pm- Music by John Ellington	10am- Walking Group/Morning Visits 11 1:30pm- Saturday Matinee & Popcorn Veterans Day Remembrance Day (Canada)
10am- Catholic Mass (Ch 10) 19 10:00am- Lutheran Church (Ch 7) 2:00pm- Fireplace Visits	9:30am- Pet Therapy Visit with Kathy & Murphy 20 2:30pm- Monday Manicures	9:00am- Chair Exercise 21 2:30pm- Autumn Crafting	9am- Stretching & Chair Yoga 22 2:00pm- Music by Tom Kastle	10:00am- BINGO! 16 2:00pm- Music by "Campfire Kevin"	9:30a- Hair Salon 17 10:00am- Catholic Word & Communion 1:00pm- Scenic Autumn Bus Ride	10am- Walking Group/Morning Visits 18 1:30pm- Saturday Matinee & Popcorn
10am- Catholic Mass (Ch 10) 26 10:00am- Lutheran Church (Ch 7) 2:00pm- Fireplace Visits	9am- Stretching & Balloon Volleyball 27 2:30pm- BINGO	9:00am- Chair Exercise 28 2:30pm- Cover The Board & Coloring	9am- Stretching & Chair Yoga 29 1:00pm- Music by Harpist Shari	10:00am- BINGO! 23 Happy Thanksgiving HAPPY BIRTHDAY FRAN Thanksgiving Day (US)	9:30a- Hair Salon 24 10:00am- Catholic Word & Communion 2:30pm- Farkle!	10am- Walking Group/Morning Visits 25 1:30pm- Saturday Matinee & Popcorn
10am- Catholic Mass (Ch 10) 30 10:00am- Lutheran Church (Ch 7) 2:00pm- Fireplace Visits	9am- Stretching & Balloon Volleyball 30 2:30pm- BINGO	9:00am- Chair Exercise 30 2:30pm- Cover The Board & Coloring	9am- Stretching & Chair Yoga 30 1:00pm- Music by Harpist Shari	10:00am- BINGO! 30 1:00pm- Bus Trip to Walmart	<p>November Birthdays 23rd- Fran K</p>	