











Wellness Calendar

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Birthdays 11/4-Marin W. 11/10-Shirley S. 11/27-Austin S. 		1 7:45-The news 9:30-Exercise 10:30-Church 11:15-Manicures 1:15-Ride +	2 7:45-The news 9:30-Exercise 10:30-Walks 11:15-Stories 1:15-Bingo 2:30-Shopping lists/ 1:1	3 9:30-Independent exercise 10:30-Walks 11:15-The news 1:15-Games 2:30-Fun w/Food	4 9:30-Independent exercise 10:30-Walks 11:15-Visit a friend 1:30-Movie matinee 3:00-Social hour
5 9:30-Independent exercise 10:30-Walks 11:15- 1:30-Church on DVD 3:00-Social hour	6 7:45-The news 9:30-Social hour 10:30-Walks 11:15-Discussion 1:15-Bingo 2:30-Animal shelter outing 	7 7:45-The news 9:00-Pet therapy 9:30-Exercise 10:30-Walks 11:15-Card games 1:15-Dollar store outing 	8 7:45-The news 9:30-Exercise 10:30-Church 11:15-Manicures 1:15-Crafts 2:30-Sing-a-long +	9 7:45-The news 9:30-Exercise 10:30-Walks 11:15-Stories 1:15-Bingo 2:30-Shopping lists/ 1:1	10 9:30-Independent exercise 10:30-Walks 11:15-Puzzles 1:15-Movie matinee 3:00-Social hour	11 9:30-Independent exercise 10:00-Social hour 10:30-Walks 11:15-The news 1:30-Ride 3:00-Social hour
12 7:45-The news 8:30-Church outing 10:30-Walks 11:15-Trivia 1:30-Bingo 2:30-Crafts	13 7:45-The news 9:30-Ind. exercise 10:30-Music w/The Sing-a-longs 1:15-Play a game w/a friend 3:00-Social hour	14 7:45-The news 9:00-Pet therapy 9:30-Maine state museum outing 10:30-Walks 11:15-Read & relax 1:15-Movie matinee 	15 7:45-The news 9:30-Exercise 10:30-Church 11:15-Manicures 1:15-Music w/Mike 2:30-Cooking +	16 7:45-The news 9:30-Exercise 10:30-Walks 11:15-Stories 1:15-Bingo 2:30-Shopping lists/ 1:1	17 9:30-Independent exercise 10:30-Walks 11:15-The news 1:15-Farkle 2:30-Cooking	18 9:30-Independent exercise 10:30-Walks 11:15-Read & relax 1:30-Movie matinee 3:00-Social hour
19 9:30-Independent exercise 10:30-Elks lodge Thanksgiving dinner outing 11:15-Puzzles 1:30-Church on DVD 3:00-Social hour	20 7:45-The news 9:30-Social hour 10:30-Walks 11:15-Discussion 1:15-Bingo 2:30-Cooking	21 7:45-The news 9:00-Pet therapy 9:30-Bowling outing 10:30-Walks 1:15-Games 2:30-Cooking grp 6:15-Music w/Sammy Angel 	22 9:30-Exercise 10:30-Church 11:15-Puzzles 1:15-Movie matinee Thanksgiving Bake Sale 8am-2pm 	23 Thanksgiving 9:30-Ind.exercise 10:30-Walks 11:15-Puzzles 1:15-Movie matinee 3:00-Social hour  Happy Thanksgiving	24 9:30-Independent exercise 10:30-Walks 11:15-Word games 1:15-play a game with a friend 3:00-Social hour	25 9:30-Independent exercise 10:30-Walks 11:15-Crosswords 1:30-Movie matinee 3:00-Social hour
26 9:30-Independent exercise 10:30-Walks 11:15-Coloring fun 1:30-Church on DVD 3:00-Social hour	27 7:45-The news 9:30-Social hour 10:00-Shopping lists/1:1 10:30-Walks 11:15-Discussion 1:15-Bingo	28 7:45-The news 9:00-Pet therapy 9:30-Exercise 10:30-Walks 11:15-Reminisce 1:15-Crafts 2:30-Ride 	29 7:45-The news 9:30-Exercise 10:30-Church 11:15-Manicures 1:15-trivia 2:30-Cooking grp. +	30 7:45-The news 9:30-Exercise 10:30-Walks 11:15-Stories 1:15-Bingo 2:30-Shopping lists/ 1:1	Birthstone: Topaz  Flower: Chrysanthemum  Colors: Dark Blue & Red	

Photos from last month!

Picnic by the river

The Lovejoy bridge(E.Andover)

The Artisan bridge (Newry)

