



Harmony November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Morning Meditation 2:00 Dice Game 3:15 Friendly Chats	2 10:00 Coffee & Coloring 2:00 Afternoon Movie
3 2:00 Entertainment with Don Owen	4 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 Card Games 2:00 Hallway Bowling 3:15 Friendly Chats	5 10:00 Stretching Class 10:30 Reminiscing Group 2:00 Entertainment with Kathy Wiles 3:15 Friendly Chats	6 9:30 Fun & Fitness 10:15 Sing-A-Long 2:00 Harmony Bingo 3:15 Friendly Chats	7 10:00 Who Am I? 2:00 Family Feud 3:15 Friendly Chats	8 10:00 Trivia 2:00 Beauty Hour 3:15 Friendly Chats	9 10:00 Coffee & Coloring 2:00 Afternoon Movie
10 2:00 Entertainment with Don Owen	11 Ashley off Remembrance Day 9:45 Remembrance Day Service on the TV 10:00 Boomer Visits 2:00 Name That Tune 3:15 Friendly Chats	12 Ashley off 10:00 Chair Yoga 10:30 Morning Social	13 Ashley off 9:30 Fun & Fitness 3:15 Friendly Chats	14 Ashley off 10:00 Harmony Bingo	15 Ashley off 10:00 Bean Bag Toss 2:00 Entertainment with Ian B	16 10:00 Coffee & Coloring 2:00 Afternoon Movie
17 2:00 Entertainment with Don Owen	18 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 Who Am I? 2:00 Craft Group 3:15 Friendly Chats	19 10:00 Stretching Class 10:30 Noodle Balloon 2:00 Pass the Ball Stop The Music 3:15 Friendly Chats	20 9:30 Fun & Fitness 10:15 Finish The Phrase 2:00 Let's Travel: Portugal 3:15 Friendly Chats	21 10:00 Sing-A-Long 2:00 Entertainment with Don Owen 3:15 Friendly Chats	22 Natalie Off 2:00 Afternoon Social	23 10:00 Coffee & Coloring 2:00 Afternoon Movie
24 2:00 Entertainment with Don Owen	25 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 Card Games 2:00 Entertainment with Emilio (O) 3:15 Friendly Chats	26 10:00 Chair Yoga 10:30 Reading Group 2:00 Afternoon Strolls (Indoor) 3:15 Friendly Chats	27 9:30 Fun & Fitness 10:15 Trivia 2:00 Harmony Bingo 3:15 Friendly Chats	28 10:00 Hymn Sing 10:30 Catholic Church 2:00 Entertainment with Darlene and The Shamrock (O) 3:15 Friendly Chats	29 10:00 Morning Meditation 3:15 Friendly Chats	30 10:00 Coffee & Coloring 2:00 Afternoon Movie