

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

			09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Cookie Decorating 4:00- Fit Minds/BBET 5:00- Dinner	1	09:45- Sit & Fit 10:00- Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Puzzles with Hot Coco 4:00- Fit Minds/BBET 5:00- Dinner	2	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 2:00- Beekeeper (AR) 3:00- Sing Along with Dog Therapy 4:00- Fit Minds/BBET 5:00- Dinner	3	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Dog Therapy 3:00- Fit Minds 5:00- Dinner	4			
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Trivia 3:00- Fit Minds 5:00- Dinner	5	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Fancy Nails 4:00- Fit Minds/BBET 5:00- Dinner	6	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Painting 4:00- Fit Minds/BBET 5:00- Dinner	7	09:45- Sit & Fit 10:00- Tennis/Veterans Day Program (AR) 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Tea Party 4:00- Fit Minds/BBET 5:00- Dinner	8	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Monthly Birthday Party! 4:00- Fit Minds/BBET 5:00- Dinner	9	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Baking Cookies 3:00- Fit Minds 5:00- Dinner	10	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Painting 3:00- Fit Minds 5:00- Dinner	11
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Fancy Nais 3:00- Fit Minds 5:00- Dinner	12	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Coloring Pages 4:00- Fit Minds/BBET 5:00- Dinner	13	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Thanksgiving Bingo 4:00- Fit Minds/BBET 5:00- Dinner	14	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Making Cinnamon Rolls 4:00- Fit Minds/BBET 5:00- Dinner	15	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Movie Night 4:00- Fit Minds/BBET 5:00- Dinner	16	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Painting 3:00- Fit Minds 5:00- Dinner	17	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Puzzles 3:00- Fit Minds 5:00- Dinner	18
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Story Time 3:00- Fit Minds 5:00- Dinner	19	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Fancy Nails 4:00- Fit Minds/BBET 5:00- Dinner	20	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Make-A-Turkey 4:00- Fit Minds/BBET 5:00- Dinner	21	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Ice Cream Party 4:00- Fit Minds/BBET 5:00- Dinner	22	09:45- Sit & Fit 10:00- Soccer 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Thanksgiving Bingo 4:00- Fit Minds/BBET 5:00- Dinner	23	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Puzzles 3:00- Fit Minds 5:00- Dinner	24	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Puzzles 3:00- Fit Minds 5:00- Dinner	25
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Cake Baking 3:00- Fit Minds 5:00- Dinner	26	09:45- Sit & Fit 10:00- Kickball 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Coloring Pages 4:00- Fit Minds/BBET 5:00- Dinner	27	09:45- Sit & Fit 10:00-Ball Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Snow Flake Crafts 4:00- Fit Minds/BBET 5:00- Dinner	28	09:45- Sit & Fit 10:00- Tennis 10:30- Fit Minds 12:00- Lunch 1:00- Rest & Relax 3:00- Cider Tasting 4:00- Fit Minds/BBET 5:00- Dinner	29	<h2>Traditions at Reagan Park</h2>		30			

Memory Care Activities are subject to change. (AR) Activity Room (FE) Front Entrance (DR) Dining Room