


Ramsey Activities Calendar November 2022

Living Life Well



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:45 Chair Exercise 10:30 Nibbles and Nosh 11:00 The Price is Right 1:00 Read a Book 3:00 Afternoon Snack 4:00 Color Your Stress Away	2 9:45 Move to the Beat 10:30 Hydration station 11:00 Sing-a-Long 1:00 Word Games 2:00 Outside Balloon Toss 4:00 Meditation Yoga	3 9:45 Chair Dance 10:30 Snack Social 11:00 Warm Hand Massage 2:00 Snack crackle and pop 4:00 Match the Items	4 9:45 Meditation 10:30 Snacks & Chat 11:00 The Price is Right 1:00 Movie Time 3:00 Social Hour Outdoors 4:00 Afternoon Exercise 6:00 Sunday Matinee	5 9:45 Chair Yoga 10:30 Snacks & Chat 11:00 Music w/ Lenny 1:00 Mid Day Movie 3:00 Pudding Pals 6:00 Netflix and Relax 6:00 Sunday Matinee
6 10:00 Move To The Music 10:30 Snacks-A-Lot 11:00 Circle of Friends 1:00 Balloon Toss 2:00 Sunday Matinee 3:00 Paint & Snacks	7 9:45 Morning Stretch 10:30 Snack Time 11:00 Name 10 1:00 Autumn Craft (Patio) 2:00 Nail Spa 4:00 Bingo	8 9:45 Chair Exercise 10:30 Nibbles and Nosh 11:00 The Price is Right 1:00 Read a Book 3:00 Afternoon Snack 4:00 Color Your Stress Away	9 9:45 Move to the Beat 10:30 Hydration station 11:00 Sing-a-Long 1:00 Word Games 2:00 Outside Balloon Toss 4:00 Meditation Yoga	10 9:45 Chair Dance 10:00 Music w/Marggie 11:00 Warm Hand Massage 2:00 Afternoon snack 4:00 Match the Items	11 9:45 Meditation 10:30 Snacks & Chat 11:00 The Price is Right 1:00 Movie Time 3:00 Social Hour Outdoors 4:00 Afternoon Exercise	12 9:45 Chair Yoga 10:30 Snacks & Chat 11:00 Sing-A-Long Songs 1:00 Mid Day Movie 3:00 Pudding Pals 6:00 Netflix and Relax
13 10:00 Move To The Music 10:30 Snacks-A-Lot 11:00 Circle of Friends 1:00 Balloon Toss 2:00 Sunday Matinee 3:00 Paint & Snacks	14 9:45 Morning Stretch 10:30 Snack Time 11:00 Sing-a-Long 1:00 Apple Trivia 3:00 Apple Cider Social on Patio 4:00 Meditation Yoga	15 9:45 Chair Exercise 10:30 Nibbles and Nosh 11:00 The Price is Right 1:00 Read a Book 3:00 Afternoon Snack 4:00 Color Your Stress Away	16 9:45 Moring Stretch 10:00 Music W/ Marggie 11:00 Hydration station 1:00 Name 10 2:00 Bingo Buddies 4:00 Word Games	17 9:45 Chair Dance 10:30 Snack Social 11:00 Sing-a-Long 1:00 Leafy Crafts on Patio 2:00 Nail Spa 4:00 Word Games	18 9:45 Meditation 10:30 Snacks & Chat 11:00 Th 1:00 Movie Time 3:00 Social Hour 4:00 Afternoon Exercise	19 9:45 Chair Yoga 10:30 Snacks & Chat 11:00 Sing-A-Long Songs 1:00 Mid Day Movie 3:00 Pudding Pals 6:00 Netflix and Relax
20 10:00 Move To The Music 10:30 Snacks-A-Lot 11:00 Circle of Friends 1:00 Balloon Toss 2:00 Sunday Matinee 3:00 Paint & Snacks	21 9:45 Morning Stretch 10:30 Snack Time 11:00 Patio Nail Spa 1:00 Finish the Song 2:00 Balloon Toss 4:00 Word Games	22 9:45 Chair Exercise 10:30 Nibbles and Nosh 11:00 The Price is Right 1:00 Read a Book 3:00 Afternoon Snack 4:00 Color Your Stress Away	23 9:45 Move to the Beat 10:30 Hydration station 11:00 Trivia Time 1:00 Arts and Crafts 2:00 Warm Hand Massage 4:00 Meditation Yoga	24 Happy Thanksgiving 9:45 Moring Stretch 10:00 Sing-A-Long with Lenny 11:00 Outside Balloon Toss 12pm Turkey Celebration 1:00 Painting 2:00 Bingo	25 9:45 Meditation 10:30 Snacks & Chat 11:00 The Price is Right 1:00 Movie Time 3:00 Social Hour 4:00 Afternoon Exercise	26 9:45 Chair Yoga 10:30 Snacks & Chat 11:00 Sing-A-Long Songs 1:00 Mid Day Movie 3:00 Pudding Pals 6:00 Netflix and Relax
27 10:00 Move To The Music 10:30 Snacks-A-Lot 11:00 Circle of Friends 1:00 Balloon Toss 2:00 Sunday Matinee 3:00 Paint & Snacks	28 9:45 Morning Stretch 10:30 Snack Time 11:00 Music w/Lenny 1:00 Arts and Crafts 2:00 Nail Spa 4:00 Sing-a-Long on the Patio	29 9:45 Chair Exercise 10:30 Nibbles and Nosh 11:00 The Price is Right 1:00 Read a Book 3:00 Afternoon Snack 4:00 Color Your Stress Away	30 9:45 Move to the Beat 10:30 Hydration station 11:00 Finish the Line 1:00 Pumpkin Carving (Patio) 2:00 Finish the Song 4:00 Name 10			
						*Schedule is Subject to Change*