

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

		<p>9:30 Morning Stretch 1 10:30 Cranium Crunch 12:00 Noon Tunes 2:00 Planet Earth 1 5:00 Movie Halloween clean-up</p>		<p>9:30 Exercise 2 10:30 Rhyme Thyme 12:00 Mid-day Movie 2:00 Today in History 3:00 One to Ones 5:00 Movie</p>		<p>9:30 Morning Stretch 3 10:30 Cards Hi/Lo 12:00 Movie 2:00 Lawrence Welk 5:00 Friday Flix</p>		<p>9:30 Exercise 4 10:30 Reminisce 12:00 Saturday Cinema 2:00 Magic Show 5:00 Movie</p>					
<p>9:30 Morning Stretch 5 10:30 Devotional 12:00 Alvin Alley 2:00 Leaf Collages 5:00 Movie Daylight Savings ends</p>		<p>9:30 Exercise 6 10:30 EZ Trivia 12:00 Puppies & Kitties 2:00 Nail Care 5:00 Movie</p>		<p>9:30 Morning Stretch 7 10:30 Pictionary 12:00 Mid-day Movie 2:00 Shopping List 3:00 One to Ones 5:00 Movie</p>		<p>9:30 Exercise 8 10:30 Cranium Crunch 12:00 Garden of Gods 2:00 Planet Earth 2 3:00 Autumn in a Bag 5:00 Movie</p>		<p>9:30 Morning Stretch 9 10:30 Brain Games 12:00 Noon Tunes 2:00 Retirement? 3:00 Chair Dancing 5:00 Movie</p>		<p>9:30 Exercise 10 10:30 Friday Facts 12:00 Mid-day Movie 2:00 Armed Forces Medley 5:00 Friday Flix</p>		<p>9:30 Exercise 11 10:30 Tribute to our Vets 12:00 Saturday Cinema 5:00 Movie <small>Veterans Day Remembrance Day (Canada)</small></p>	
<p>9:30 Exercise 12 10:30 Devotional 12:00 Pikes Peak 2:00 Sunday Sundaes 3:00 Festival of Light 5:00 Movie <small>Diwali (Hindi)</small></p>		<p>9:30 Exercise 13 10:30 Hip Fairy Tales 12:00 Mid-day Movie 2:00 Nail Care 5:00 Movie 6:15 Broncos vs Bills</p>		<p>9:30 Exercise 14 10:00 Brain Games 12:00 Documentary 2:00 Moovin & Groovin 3:00 Pickle Day 5:00 Movie</p>		<p>9:30 Exercise 15 10:30 Your 1st TV 12:00 Mid-day Movie 2:00 Planet Earth 3 3:00 Walk Outdoors 5:00 Movie</p>		<p>9:30 Exercise 16 10:30 EZ Trivia 12:00 Steve Spangler 2:00 Shopping List 3:00 One to Ones 5:00 Movie</p>		<p>9:30 Exercise 17 10:30 Reminisce 12:00 Mid-day Movie 2:00 Barbra Streisand 5:00 Friday Flix</p>		<p>9:30 Exercise 18 10:30 Today in History 12:00 Saturday Cinema 2:00 Willie Nelson 5:00 Movie</p>	
<p>9:30 Exercise 19 10:30 Devotional 12:00 Paul Taylor 2:00 Dart Tournament 5:00 Movie 6:20 Broncos vs Vikings</p>		<p>9:30 Exercise 20 10:30 Your 1st TV? 12:00 Documentary 2:00 Nail Care 5:00 Movie</p>		<p>9:30 Exercise 21 10:30 Turkey Trivia 12:00 Noon Tunes 2:00 EZ Craft- Gobbler 3:00 One to Ones 5:00 Movie</p>		<p>9:30 Exercise 22 10:30 Jean's Hymns 12:00 Mid-day Movie 2:00 Planet Earth 4 3:00 Walk & Roll 5:00 Movie</p>		<p>9:00 Macy's Parade 23 12:00 Matinee 2:00 Thankfulness 2:30 Stretches 5:00 Movie <small>Thanksgiving Day (US)</small></p>		<p>9:30 Exercise 24 10:30 Friday Facts 12:00 Mid-day Movie 2:00 Johnny Mathis 5:00 Friday Flix</p>		<p>9:30 Exercise 25 10:30 Cards Hi/Lo 12:00 Saturday Cinema 2:00 Today in History 5:00 Movie</p>	
<p>9:30 Exercise 26 10:30 Devotional 12:00 Fly Monarchs 2:00 Make Smores 2:05 Broncos vs Browns 5:00 Movie</p>		<p>9:30 Exercise 27 10:30 Horoscopes 12:00 Mid-day Movie 2:00 Nail Care 5:00 Movie</p>		<p>9:30 Exercise 28 10:30 Cranium Crunch 12:00 Noon Tunes 2:00 Shopping List 3:00 Drum Beats 5:00 Movie</p>		<p>9:30 Exercise 29 10:30 Pictionary 12:00 Mid-day Movie 2:00 Planet Earth 5 3:00 Boxing Jabs 5:00 Movie</p>		<p>9:30 Exercise 30 10:30 Brain Games 12:00 Top 10 US cities 2:00 Chair Zumba 3:00 One to Ones 5:00 Movie</p>					