

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fridays are Spirit Days at Aviva! Themes are listed on each Friday.</p> <p>Every Thursday Caleb the Comfort Dog does room visits.</p>	<p>November Birthday</p> <p>Colleen O. - 10th Marilyn D. - 11th Jim K. - 23rd Don T. - 29th</p>	<p>For more calendar information with descriptions and locations, contact Activities or sign up for Lifeloop today!</p>	<p>Every day at 4 pm, we offer Boredom Busters. These are printouts of crosswords, sudoku, and more for our residents to enjoy.</p>	<p>Please note: Activities Are Subject To Change Without Notice.</p>	<p>10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Art: Falling Leaves Suncatchers 1:00 Fall Foliage Drive 1:30 Prize BINGO 3:00 Game: War 6:00 Group Crosswords (RL) 7:00 FANTastic Fridays</p>	<p>10:30 Live Led Exercises 11:00 Game: Left, Center, Right 1:00 Fall Ambience TV 1:30 Bible Study with Kathryn 2:30 Card Games (RL) 3:00 Afternoon Stroll 'n Roll 4:00 Boredom Busters 6:00 Saturday Night Films</p>
<p>10:00 St. Paul's Catholic Service 11:00 Sit & Be Fit Exercise 1:00 Fireside Reflections 2:00 Emmanuel Baptist Church Service 3:00 Board Games (RL) 4:00 Boredom Busters 6:00 Sensitive Sundays (Movies)</p>	<p>10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Dice Game: Ship, Captain, Crew 1:30 Monday Manicures 3:00 November Match Up 4:00 Boredom Busters 6:00 Uno/Card Games (RL) 7:00 Musical Mondays</p>	<p>10:00 ROM Exercise 10:30 Devotional Reading 11:00 Game: Dominoes 1:30 Nickel BINGO 3:00 Walking Club 4:00 Boredom Busters 6:00 Current Events Chat (RL) 7:00 Travel Tuesdays</p>	<p>10:00 Exercise with EmpowerMe 10:30 Hymn Singing 11:00 Men's Group with Dave 11:30 Outing: Wendy's 1:15 Outing: Walmart 3:00 November Jeopardy Trivia 6:00 Let's Talk Sports (RL)</p>	<p>10:00 Chair Yoga 10:30 Morning Meditation 11:00 Game: Hot Rocks & Dice Rolls 1:30 Cooking with Kat 3:00 Thirsty Thursday Social 4:00 Boredom Busters 6:00 Reminisce: Military Families 7:00 TV Show: The Chosen</p>	<p>8:30 Veterans Breakfast 10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Cranium Crunches 1:30 Snack Prize BINGO 2:30 Game: Turkey Toss 3:00 Funny Fridays: Cooking Fails 6:00 Group Crosswords (RL) 7:00 FANTastic Fridays</p>	<p>10:30 Live Led Exercises 11:00 Test Your Knowledge Trivia 1:00 Games with Heather 2:30 Card Games (RL) 3:00 Afternoon Stroll 'n Roll 4:00 Boredom Busters 6:00 Saturday Night Films</p>
<p>10:00 St. Paul's Catholic Service 11:00 Stronger Seniors: Stretching 1:00 Fireside Reflections 1:30 Movie: The Territory 3:00 Puzzle Hour (RL) 4:00 Boredom Busters 6:00 Sensitive Sundays (Movies)</p>	<p>10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Veterans Day Ceremony 1:30 Military Word in a Word 2:00 Veterans Day Artwork 3:00 Patriotic Sing Along 6:00 Color Me Calm 7:00 Musical Mondays</p>	<p>10:00 ROM Exercise 10:30 Devotional Reading 11:00 Crafts with Emma from VNA 2:00 Live Piano Music by Dave Bacon 3:00 Activity Planning Meeting</p>	<p>9:30 Oliver the Therapy Dog (VNA) 10:00 Exercise with EmpowerMe 10:30 Count Your Blessings 11:00 Women's Group with Anne 11:30 Outing: Buona Beef 1:15 Outing: Hobby Lobby 3:00 Exploring Nature</p>	<p>10:00 Chair Yoga 10:30 Morning Meditation 11:00 EZ Craft: Holiday Pens 1:30 Simple Snacks: Sour Cream Cornbread 3:00 Thirsty Thursday Social 4:00 Boredom Busters 6:00 Reminisce: Thanksgiving Treats</p>	<p>10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Cards: Resident Choice 1:30 The Singalong Group 2:00 Prize BINGO 3:00 Dining Food Committee 4:00 Boredom Busters 6:00 Group Crosswords (RL) 7:00 FANTastic Fridays</p>	<p>10:30 Live Led Exercises 11:00 Game: YamSlam! 1:30 Nickel BINGO 2:30 Card Games (RL) 3:00 Afternoon Stroll 'n Roll 4:00 Boredom Busters 6:00 Saturday Night Films</p>
<p>10:00 St. Paul's Catholic Service 11:00 Sit & Be Fit Exercise 1:00 Fireside Reflections 1:30 Movie: Rio 3:00 Board Games (RL) 4:00 Boredom Busters 6:00 Sensitive Sundays (Movies)</p>	<p>10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Game: Gobble, Gobble 1:30 Monday Manicures 3:00 Short Stories (Read Aloud) 4:00 Boredom Busters 6:00 Uno/Card Games (RL) 7:00 Musical Mondays</p>	<p>10:00 ROM Exercise 10:30 Devotional Reading 11:00 Craft: Wooden Ornaments 1:30 Nickel BINGO 2:30 Drinks with Debby 3:00 Walking Club 6:00 Current Events Chat (RL)</p>	<p>10:00 Exercise with EmpowerMe 10:30 Count Your Blessings 11:30 Outing: Pesto's 3:00 Let's Plan: Winter Indoor Herbs 4:00 Boredom Busters 6:00 Let's Talk Sports (RL) 7:00 Wild Wednesdays</p>	<p>10:00 Chair Yoga 10:30 Morning Meditation 11:00 Game: Domino Cover Up 1:30 Cooking with Kat 3:00 New Resident Social 4:00 Boredom Busters 6:00 Reminisce: Pie or Cake? 7:00 TV Show: The Chosen</p>	<p>10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Aviva 101 & Tech Help 1:30 Prize BINGO 3:00 Funny Fridays 4:00 Boredom Busters 6:00 Group Crosswords (RL) 7:00 FANTastic Fridays</p>	<p>10:30 Live Led Exercises 11:00 Test Your Knowledge Trivia 1:00 Games with Heather 2:30 Card Games (RL) 3:00 Afternoon Stroll 'n Roll 4:00 Boredom Busters 6:00 Saturday Night Films</p>
<p>10:00 St. Paul's Catholic Service 11:00 Stronger Seniors: Stretching 1:00 Fireside Reflections 1:30 Movie: Miracle on 34th Street 3:00 Puzzle Hour (RL) 6:00 Sensitive Sundays (Movies)</p>	<p>10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Game: Resident's Choice 1:30 Monday Manicures 3:00 Great Art: Brazilian Artists 4:00 Boredom Busters 7:00 Musical Mondays</p>	<p>10:00 ROM Exercise 10:30 Devotional Reading 11:00 Crafts with Emma from VNA 1:30 Nickel BINGO 2:30 Chef Demo with Renee 3:00 Let's Get Active: Horseshoes 7:00 Travel Tuesdays</p>	<p>10:00 Exercise with EmpowerMe 10:00 St. Paul's Catholic Mass & Communion 10:30 Count Your Blessings 2:00 November Birthday Party 3:00 Exploring Nature 4:00 Boredom Busters 7:00 Wild Wednesdays</p>	<p>10:00 Chair Yoga 10:30 Morning Meditation 11:00 Thanksgiving Trivia 1:30 A Charlie Brown Thanksgiving 2:00 Art: Funny Turkey Drawing 4:00 Boredom Busters 7:00 TV Show: The Chosen</p>	<p>10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Random Jeopardy! 1:30 Prize BINGO 3:00 Who, What, Where? 4:00 Boredom Busters 6:00 Group Crosswords (RL) 7:00 FANTastic Fridays</p>	<p>10:30 Live Led Exercises 11:00 Game: 2:30 Card Games (RL) 3:00 Afternoon Stroll 'n Roll 4:00 Boredom Busters 6:00 Saturday Night Films</p>