FRED DOUGLAS LODGE **FACILITY** **SUBJECT TO CHANGES**

November

AR: ACTIVITY ROOM
FL: FIRESIDE LOUNGE
CH: CHAPEL
GR: GAMES ROOM
DR: DINING ROOM
FD: FAMILY DINING
BR: BOARD ROOM

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		**2**		**3**		**4**		**5**		**6**		**7**	
		9:15	November Move & Groove (AR)	9:15	Fall into Fitness (AR)	9:15	Cozy Cardio (AR)	9:15	Autumn Active (AR)	9:15	Leaves & Leg lifts (AR)	8:15	Spruce Activities
		10:00	Do you Rememeber ? (AR)	10:00	Hangman (AR)	10:00	Who am I Trivia (AR)	10:00	Noodle Ball (AR)	10:00	Friday Funnies (AR)	9:25	Evergreen Activities
						1:15	Remembrance day Trivia (AR)					10:35	Willow Activities
												1:00	Maple/Elm Activities
		1:15	Bingo (AR)	1:15	$ Bingo(AR)	2:00	Entertainment in A.R	1:15	Shuffle Bowl (AR)	1:15	Horse Racing (AR)	2:10	Oak Activities, Exercise,
		3:30	Chicken Chuck (AR)	3:30	Pictionary (AR)		with Bob.F	3:30	Tetris (AR)	3:30	Badminton (AR)		Balloon toss, & Sing -A-Long
		5:30	Collect the Ball (AR)	5:30	Golf Pong (AR)	5:30	Kerplunk (AR)	5:30	Bingo (AR)	5:30	Karaoke (AR)	10to11	World International Ministry
8		**9**		**10**		**11**		**12**		**13**		**14**	
		9:15	Autumn Arms & Abs (AR)	9:15	Fall Flex & Relax (AR)		STAT	9:15	Move and be Thankful (AR)	9:15	Sit and Stretch (AR)	8:15	Spruce Activities
		10:00	Remembrance Day Service Chapel	10:00	Finish the Phrase (AR)		NO RECREATION	10:00	Name 5 (AR)	10:00	Word Unscramble (AR)	9:25	Evergreen Activities
												10:35	Willow Activities
										1:15	November Trivia (AR)	1:00	Maple/Elm Activities
		1:15	Bingo (AR)	1:15	$ Bingo (AR)			1:15	Bowling (AR)	2:00	Dance Class in A.R	2:10	Oak Activities, Exercise,
		3:30	Would you Rather ?(AR)	3:30	Lawn Dart Toss (AR)			3:30	Left and Right Game (AR)		with Shirley Dance Rascals		Ring Toss, Who am I Trivia
		5:30	Bucket Pong (AR)	5:30	Bean Bag TikTakToe (AR)		Lest we Forget	5:30	Bingo (AR)	5:30	Bocce Ball (AR)		
15		**16**		**17**		**18**		**19**		**20**		**21**	
		9:15	Moves & Grooves (AR)	9:15	Thankful for Movement (AR)	9:15	Fun With the Kiddos of Inkster Park Daycare	9:15	Gobble up some Fitness (AR)	9:15	Don't be a Couch Potato (AR)	8:15	Spruce Activities
		10:00	Memories (AR)	10:00	Kick BAll (AR)			10:00	Random Trivia (AR)	10:00	Where am I? (AR)	9:25	Evergreen Activities
												10:35	Willow Activities
												1:00	Maple/Elm Activities
		1:15	Bingo (AR)	1:15	$ Bingo (AR)	1:15	Music Club (AR)	1:15	Curling (AR)	1:15	Social Pub (AR)	2:10	Oak Activities, Exercise,
		3:30	Bucket of Balloons	3:30	What's In My Bag? (AR)	3:30	Rock Paper Scissors (AR)	3:30	Yahtzee (AR)	3:30	Jumbo Kerplunk (AR)		Golf Pong, Think Fast
		5:30	Basketball (AR)	5:30	Pass the bucket (AR)	5:30	Lawn Dart Toss (AR)	5:30	Bingo (AR)	5:30	Sing A Long (AR)	10to11	World International Ministry
22		**23**		**24**		**25**		**26**		**27**		**28**	
		9:15	Pumpkin Spice & Exercise nice (AR)	9:15	Get your Gobble on (AR)	9:15	Give Thanks & Get Moving (AR)	9:15	Autumn Stretch & unwind (AR)	9:15	Sweater Weather Cardio (AR)	8:15	Spruce Activities
				10:00	Name that Tune (AR)			10:00	Pictionary (AR)	10:00	Facility Walk (AR)	9:25	Evergreen Activities
		10:00	Word Game (AR)			10:00	Riddle me this (AR)					10:35	Willow Activities
				1:15	$Bingo (AR)					1:15	Trivia and Treats (AR)	1:00	Maple/Elm Activities
		1:15	Bingo (AR)	3:30	Are you Smarter than	1:15	Pac-Man (AR)	1:15	Balloon Volleyball (AR)	2:00	Sadie Hawkins Dance (AR)	2:10	Oak Activities, Exercise,
		3:30	Target Practice (AR)		a 5th Grader? (AR)	3:30	Alphabet Game (AR)	3:30	Ladder Ball (AR)		pictures, & great music		Chicken Chuck, Would you
		5:30	Hockey (AR)	5:30	Noodle Ball (AR)	5:30	Bocce Ball (AR)	5:30	Bingo (AR)	5:30	Shuffle Board (AR)		Rather
29		**30**											