Monday	Tuesday	Wednesday	Thursday	Friday
2 9:10 November Move & Groove (AR) 10:15 Minds In Motion 1:15 Bingo (AR) 2:30 Songs & Smiles 3:30 Off Unit	3 9:10 Fall into Fitness (AR) 10:15 Hoop Toss 1:15 $ Bingo (AR) 2:30 Manicure 3:30 Off Unit	4 9:10 Cozy Cardio (AR) 10:15 Comfort &Care Visit 1:15 Remembrance Day Trivia (AR) 2:00 Entertainment in A.R with Bob.F	5 9:10 Autumn Active (AR) 10:15 Memory & Mind Game 1:15 Off Unit 2:30 Manicure 3:30 Off Unit	6 9:10 Leaves & Leg lifts (AR) 10:15 Coffee & Conversations 1:15 Off Unit 2:30 Golden Oldies Hour 3:30 Off Unit
9 9:10 Autumn Arms & Abs (AR) 10:00 Remembrance Day Service (Chapel) 1:15 Bingo (AR) 2:30 Songs & Smiles 3:30 Off Unit	10 9:10 Fall Flex & Relax (AR) 10:15 Mind Fitness 1:15 $ Bingo (AR) 2:30 Manicure 3:30 Off Unit	11 STAT NO RECREATION 	12 9:10 Move and be Thankful (AR) 10:15 1:15 Off Unit 2:30 Manicure 3:30 Off Unit	13 9:10 Sit and Stretch (AR) 10:15 Coffee & Conversations 1:15 Off Unit 2:00 Dance Class in A.R with Shirley Dance Rascals
16 9:10 Moves & Grooves (AR) 10:15 Memory & Mind Game 1:15 Bingo (AR) 2:30 Songs & Smiles 3:30 Off Unit	17 9:10 Thankful for Movement (AR) 10:15 Hoop Toss 1:15 $ Bingo (AR) 2:30 Manicure 3:30 Off Unit	18 9:10 Fun with the Kiddos of Inkster Park Daycare 10:15 Basketball 1:15 Off Unit 2:30 Comfort &Care Visit 3:30 Rock Paper Scissors (AR)	19 9:10 Gobble up some Fitness (AR) 10:15 Hoop Toss 1:15 Off Unit 2:30 Manicure 3:30 Off Unit	20 9:10 Don't be a Couch Potato (AR) 10:15 Coffee & Conversations 1:15 Off Unit 2:30 Golden Oldies Hour 3:30 Off Unit
23 9:10 Pumpkin Spice & Exercise nice (AR) 10:15 Volleyball 1:15 Bingo (AR) 2:30 Songs & Smiles 3:30 Target Practice (AR)	24 9:10Get your Gobble on (AR) 10:15 Mind Fitness 1:15 $Bingo (AR) 2:30 Manicure 3:30 Off Unit	25 9:10 Give Thanks & Get Moving (AR) 10:15 Comfort &Care Visit 1:15 Off Unit 2:30 3:30 Off Unit	26 9:10 Autumn Stretch & unwind (AR) 10:15 Minds In Motion 1:15 Off Unit 2:30 Manicure 3:30 Off Unit	27 9:10 Sweater Weather Cardio (AR) 10:15 Coffee & Conversations 1:15 Off Unit 2:00 Sadie Hawkins Dance pictures & great music (AR)
30 9:10 November Strong (AR) 10:15 Golf Pong 1:15 Bingo (AR) 2:30 Songs & Smiles 3:30 Off Unit				

November 2026

OAK UNIT



SUBJECT TO CHANGES