





# MAHWAH ACTIVITIES CALENDAR NOVEMBER 2022

## LIVING LIFE WELL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><b>1</b></p> <p>9:30 Chair Exercise 10:00 Relax/Refreshments 11:00 Bean Bag Toss 1:00 The Golden Girls 3:00 Warm Apple Sider Social 4:00 Sing-A-Long 6:00 Family Movie</p>	<p><b>2</b></p> <p>9:30 Stretch &amp; Flex Exercise 10:30 Relax/Refreshments 11:00 Making Door Wreaths 1:00 Mid Day Exercise 2:00 Baking with Ann 3:00 Hot Cocoa Social 4:00 Soothing Music 6:00 Family Movie</p>	<p><b>3</b></p> <p>9:30 Light &amp; Lively Exercise 10:00 Relax/Refreshments 11:00 Aromatherapy 1:00 Short Stories 3:00 Fresh Fruits Social 4:00 Bingo Club 6:00 Family Movie</p>	<p><b>4</b></p> <p>9:30 Nail Care &amp; Manicures 10:00 Name That Tune 11:00 Enjoyable Snacks 1:30 Bingo 3:00 Chocolate Milk &amp; Cookies 4:00 Short Stories 6:00 Friday Matinee</p> 	<p><b>5</b></p> <p>9:30 Coffee Klatch 10:00 Poetry Corner 11:00 Hand Massage &amp; Snacks 1:30 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Saturday At The Movies</p>
<p><b>6</b></p> <p>9:30 Inspirational Services 10:00 Relaxation &amp; Snacks 11:00 Let's Paint 1:30 Movie Hour 2:00 Sing-A-Long 3:00 Social Gathering 4:00 Dominoes</p>	<p><b>7</b></p> <p>9:30 Balloon Toss 10:00 Relax/Refreshments 11:00 Name Ten Trivia 1:00 I Love Lucy 2:00 Short Stories 3:00 Afternoon Tea Social 4:00 Bowling w/Friends 6:00 Family Movie</p>	<p><b>8</b></p> <p>9:30 Noodle Exercise 10:30 Relax &amp; Snack 1:30 Card Games 2:00 Lenny's Music Concert 3:00 Brownie Social 4:00 Fun Trivia Game 6:00 Movie Hour</p>	<p><b>9</b></p> <p>9:30 Stretch &amp; Flex Exercise 10:30 Relax/Refreshments 11:00 Making Door Wreaths 1:00 Mid Day Exercise 2:00 Baking 3:00 Hot Cocoa Social 4:00 Soothing Music</p>	<p><b>10</b></p> <p>9:30 Light &amp; Lively Exercise 10:00 Relax/Refreshments 11:00 Aromatherapy 1:00 Finish The Line 3:00 Fresh Fruits Social 4:00 Pick a GAME! 6:00 Family Movie</p>	<p><b>11 Veterans Day</b></p> <p>9:30 Nail Care &amp; Manicures 10:00 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Sing-A-Long 3:00 Chocolate Milk &amp; Cookies 4:00 Short Stories</p>	<p><b>12</b></p> <p>9:30 Table Exercise 10:00 Poetry Corner 11:00 Hand Massage &amp; Snacks 1:30 Dominoes 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Saturday At The Movies</p>
<p><b>13</b></p> <p>9:30 Inspirational Services 10:00 Relaxation &amp; Snacks 11:00 Table Games 1:30 Movie Hour 2:00 Sing-A-Long 3:00 Social Gathering 4:00 Dominoes</p>	<p><b>14</b></p> <p>9:30 Walking Exercise 10:00 Mix &amp; Match Items 10:30 Relaxation &amp; Snacks 1:30 Fun Arts &amp; Crafts 3:00 Hot Chocolate Social 4:00 Fun Puzzles 6:00 Monday Movie Hour</p>	<p><b>15</b></p> <p>9:30 Chair Exercise 10:00 Relax/Refreshments 10:30 Bean Bag Toss 1:00 The Golden Girls 3:00 Warm Apple Sider Social 4:00 Ice Breakers 6:00 Family Movie</p>	<p><b>16</b></p> <p>9:30 Stretch &amp; Flex Exercise 10:30 Relax/Refreshments 11:00 Making Door Wreaths 1:00 Reading Time 3:00 Hot Cocoa Social 4:00 Soothing Music 6:00 Family Movie</p>	<p><b>17</b></p> <p>9:30 Light &amp; Lively Exercise 10:00 Relax/Refreshments 11:00 Aromatherapy 1:00 Walking Club 3:00 Pumpkin/Pecan Pie Social 4:00 Bingo Club 6:00 Family Movie</p>	<p><b>18</b></p> <p>9:30 Nail Care &amp; Manicures 10:00 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Root Beer Float 4:00 Short Stories</p>	<p><b>19</b></p> <p>9:30 Coffee Klatch 10:00 Poetry Corner 11:00 Hand Massage &amp; Snacks 1:30 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Saturday At The Movies</p>
<p><b>20</b></p> <p>9:30 Inspirational Services 10:00 Relaxation &amp; Snacks 11:00 Let's Paint 1:30 Movie Hour 2:00 Sing-A-Long 3:00 Social Gathering 4:00 Dominoes</p>	<p><b>21</b></p> <p>9:30 Balloon Toss 10:00 Relax/Refreshments 11:00 Name Ten Trivia 1:00 I Love Lucy 2:00 Short Stories 3:00 Afternoon Tea Social 4:00 Bowling w/Friends</p>	<p><b>22</b></p> <p>9:30 Noodle Exercise 10:30 Relax &amp; Snack 1:30 Card Games 2:00 Sing-A-Long 3:00 Brownie Social 4:00 Fun Trivia Game 6:00 Movie Hour</p>	<p><b>23</b></p> <p>9:30 Stretch &amp; Flex Exercise 10:30 Relax/Refreshments 11:00 Making Door Wreaths 1:00 Reading Time 3:00 Hot Cocoa Social 4:00 Soothing Music 6:00 Classic Movie</p>	<p><b>24 Happy Thanksgiving</b></p> <p>9:30 Light &amp; Lively Exercise 10:00 Relax/Refreshments 11:00 Aromatherapy 1:00 Share Thanksgiving Stories 3:00 Pumpkin/Apple Pie Social 4:00 Pick a GAME! 6:00 Family Movie</p>	<p><b>25</b></p> <p>9:30 Nail Care &amp; Manicures 10:00 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk &amp; Cookies 4:00 Short Stories</p>	<p><b>26</b></p> <p>9:30 Rise &amp; Shine Exercise 10:00 Poetry Corner 11:00 Hand Massage &amp; Snacks 1:30 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Movies At Home</p>
<p><b>27</b></p> <p>9:30 Inspirational Services 10:00 Relaxation &amp; Snacks 11:00 Let's Color 1:30 Movie Hour 2:00 Sing-A-Long 3:00 Social Gathering 4:00 Table Games</p>	<p><b>28</b></p> <p>9:30 Balloon Volley Exercise 10:00 Clip &amp; Collages 10:30 Relaxation &amp; Snacks 1:30 Fun Arts &amp; Crafts 3:00 Hot Chocolate Social 4:00 Fun Puzzles 6:00 Monday Movie Hour</p>	<p><b>29</b></p> <p>9:30 Chair Exercise 10:00 Relax/Refreshments 11:00 Color Your Stress Away 1:00 The Golden Girls 3:00 Warm Apple Sider Social 4:00 Mix &amp; Match 6:00 Family Movie</p>	<p><b>30</b></p> <p>9:30 Light &amp; Lively Exercise 10:00 Relax/Refreshments 11:00 Aromatherapy 1:00 Short Stories 3:00 Fresh Fruits Social 4:00 Bingo Club 6:00 Family Movie</p>			<p><b>* Schedule is Subject to Change!</b></p>