





MAHWAH ACTIVITIES CALENDAR NOVEMBER 2023

LIVING LIFE WELL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>ACTIVITIES ARE SSUBJECT TO CHANGE</i></p> 			<p>1</p> <p>10:00 Sit & Fit Exercise 11:00 Relaxation & Refreshments 1:30 Brain Buzzing Games with Ann 2:00 Let's Talk About Flowers 3:00 Social Hour 4:00 Words Games 6:00 Pick A Movie ?</p>	<p>2</p> <p>10:00 Yoga 11:00 Relaxation & Refreshments 1:30 Frank Sinatra Concert 2:00 Blowing Bubbles OUTSIDE 3:00 Social Hour 4:00 Name These Colors 6:00 Classical Movie</p>	<p>3</p> <p>10:00 Manicures 11:00 Relaxation & Refreshments 1:30 Talk Show 2:00 Dominoes 3:00 Social Hour 4:00 Gardening 6:00 The Van Dyke Show</p>	<p>4</p> <p>10:30 Dancing 11:00 Music therapy w/Lenny 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Saturday Night Live</p>
	<p>5</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Simon Says 2:00 Name That Tune 3:00 Social Hour—Easter sweets 4:00 Let's Play Cards 6:00 Karaoke Night</p>	<p>6</p> <p>10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Andrea Bocelli Musical 2:00 Table Games 3:00 Social Hour 4:00 Fun Puzzles 6:00 Netflix</p>	<p>7</p> <p>10:00 Klatch The Ball 11:00 Relaxation & Refreshments 1:30 Walking Remedy OUTSIDE 2:00 Describe The Seasons 3:00 Social Hour 4:00 Short Stories 6:00 Family Movie</p>	<p>8</p> <p>10:00 Morning Exercises 1:30 Music Melodies Therapy 2:00 MUSIC THERAPY W/MARJIE 3:00 Social Hour 4:00 Who Am I?? 6:00 Movie At Home</p>	<p>9</p> <p>10:00 Walking Time 11:00 Relaxation & Refreshments 1:30 Reading With Friends 2:00 Name That Smell ? 3:00 Social Hour 4:00 The Chat Room 6:00 Movie Hour</p>	<p>10</p> <p>10:00 Nail Care & Manicures 11:00 Relaxation & Refreshments 1:30 Simon Says 2:00 Floral Arrangements 3:00 Social Hour 4:00 Short Stories 6:00 The Ed Sullivan Show</p>
<p>12</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Fun Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie</p>	<p>13</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Disney Movie</p>	<p>14</p> <p>10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking with Marisol 3:00 Social Hour 4:00 Trivia Time OUTSIDE 6:00 Classic Shows</p>	<p>15</p> <p>10:00 Sit & Fit Exercise 11:00 Relaxation & Refreshments 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Hour 4:00 Words Games 6:00 The Ed Sullivan Show</p>	<p>16</p> <p>10:00 Deep Breathing Exercise 11:00 Relaxation & Refreshments 1:30 Matching Card Game 2:00 Poetry Reading 3:00 Social Hour 4:00 Fun Trivia 6:00 The Beverly Hillbillies</p>	<p>17</p> <p>10:00 Manicures 11:00 Relaxation & Refreshments 1:30 Coloring 2:00 Social Hour 4:00 Stories with Ann 6:00 Friday Show</p>	<p>18</p> <p>10:00 Chair Exercise 11:00 Relaxation & Refreshments 2:00 Name That Song ? 3:00 Social Hour OUTSIDE 4:00 Play Cards with Friends 6:00 Karaoke Night</p>
<p>19</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Sunday Chats 2:00 Name That Tune 3:00 Social Hour 4:00 Let's Play Cards 6:00 Karaoke Night</p>	<p>20</p> <p>10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Fun Arts & Crafts 2:00 Table Games OUTSIDE 3:00 Social Hour 4:00 Fun Puzzles 6:00 Classic TV Show</p>	<p>21</p> <p>10:00 Toss Ball 11:00 Relaxation & Refreshments 1:30 Mix & Match Items 2:00 Name That Tune 3:00 Social Hour 4:00 Short Stories 6:00 Movie Night</p>	<p>22</p> <p>10:00 Group Sing-A-Long 11:00 Relaxation & Refreshments 12:50 MUSIC THERAPY W/MARJIE 1:30 Fold items 2:00 Nail Care 3:00 Social Hour 4:00 Who Am I ? 6:00 The Van Dyke Show</p>	<p>23</p> <p><i>Happy Thanksgiving!!</i></p> <p>10:00 Morning Exercise 11:00 Tea time 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Social Hour 4:00 Name These Animals 6:00 Funny Show or Movie !</p>	<p>24</p> <p>10:00 Manicures 11:00 Relaxation & Refreshments 1:30 Watering Flowers OUTSIDE 3:00 Social Hour 4:00 Meditation Moments 6:00 Friday Movie</p>	<p>25</p> <p>10:30 Dancing To The Beat 11:00 Relaxation & Refreshments 1:30 Toss Ball & Catch 2:00 Short Stories 3:00 Social Gathering/ Bird Watch 4:00 Recipe Discussion 6:00 Funny Movie</p>
<p>26</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Fun Trivia OUTSIDE 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie</p>	<p>27</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Disney Movie</p>	<p>28</p> <p>10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking with Marisol 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows</p>	<p>29</p> <p>10:00 Sit & Fit Exercise 11:00 Relaxation & Refreshments 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Hour 4:00 Words Games 6:00 The Ed Sullivan Show</p>	<p>30</p> <p>10:00 Morning Exercise 11:00 Tea time 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Social Hour 4:00 Name These Animals</p>		

MAHWAH ACTIVITIES CALENDAR JULY 2023

LIVING LIFE WELL

Sun

Mon



Tue

Wed

Thu

Fri

Sat

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
												7 10:00 Manicures 1:00 Relaxation & Refreshments 2:30 Coloring 3:00 Social Hour 4:00 Stories with Ann 5:00 Friday Show	
2 10:00 Movement To MUSIC 11:00 Relaxation & Refreshments 1:30 Patriotic puzzle 2:00 Life Memories 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows		3 10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Sing- Along America the beautiful 2:00 Short Stories 3:00 Social Hour OUTSIDE 4:00 Fun Painting. Red, white and blue crafts 6:00 Independence Day		4 (Independence Day) 10:00 Watch a Parade on Tv 11:00 Relaxation & Refreshments 1:30 Thank a veteran 2:30 Firework Bingo 3:00 Social Hour 4:00 Words Games 6:00 History Documentary		5 10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows		6 10:00 Manicures 11:00 Relaxation & Refreshments 1:30 Talk Show 2:00 Dominoes 3:00 Social Hour 4:00 Reminiscence 6:00 1776 The Movie		7 10:00 Chair Yoga 11:00 Relaxation & Refreshments 1:30 Frank Sinatra Concert 2:00 Blowing Bubbles OUTSIDE 3:00 Social Hour 4:00 Name These Colors 6:00 Classical Movie		8 10:30 Dancing 11:00 Relaxation & Refreshments 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Saturday Night Live	
9 10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Andrea Bocelli Musical 2:00 Table Games 3:00 Social Hour 4:00 Crossword Puzzles 6:00 Netflix		10 10:00 Morning Exercises 1:30 Music Melodies Therapy 2:00 Guess that Song 3:00 Social Hour 4:00 Who Am I?? 6:00 Movie At Home		11 10:00 Klatch The Ball 11:00 Relaxation & Refreshments 1:30 Walking Remedy OUTSIDE 2:00 Describe The Seasons 3:00 Social Hour 4:00 Short Stories 6:00 Family Movie		12 10:00 Walking Time 11:30 Music Therapy 1:30 BINGO 2:00 Name That Smell ? 3:00 Social Hour 4:00 The Chat Room 6:00 Movie Hour		13 10:00 Nail Care & Manicures 11:00 Relaxation & Refreshments 1:30 Simon Says 2:00 Floral Arrangements 3:00 Social Hour 4:00 Short Stories 6:00 The Ed Sullivan Show		14 10:00 Deep Breathing Exercise 11:00 Relaxation & Refreshments 1:30 Poetry Corner with Ann 2:00 Short Stories 3:00 Social Gathering OUTSIDE 4:00 Recipe Discussion 6:00 At The movies...		15 10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Fun Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie	
16 10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 The American President		17 10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking 3:00 Social Hour 4:00 Trivia Time OUTSIDE 6:00 Classic Shows		18 10:00 Chair Exercises 11:00 Relaxation & Refreshments 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Hour 4:00 Words Games 6:00 National Treasure		19 10:00 Deep Breathing Exercise 11:00 Relaxation & Refreshments 1:30 Matching Card Game 2:00 Poetry Reading 3:00 Social Hour 4:00 Fun Trivia 6:00 Air Force One		20 10:00 Manicures 11:00 Relaxation & Refreshments 1:30 Coloring 3:00 Social Hour 4:00 Stories with Ann 6:00 Friday Show		21 10:00 Chair Exercise 11:00 Relaxation & Refreshments 1:30 Bingo 2:00 Name That Song 3:00 Social Hour OUTSIDE 4:00 Play Cards with Friends 6:00 Golden Girls		22 10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Sunday Chats 2:00 Name That Tune 3:00 Social Hour 4:00 Let's Play Cards 6:00 Game Night	
23 10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Fun Arts & Crafts 2:00 Table Games OUTSIDE 3:00 Social Hour 4:00 Fun Puzzles 6:00 Classic TV Show		24 10:00 Toss Ball 11:00 Relaxation & Refreshments 1:30 Mix & Match Items 2:00 Name That Tune 3:00 Social Hour 4:00 Short Stories 6:00 Movie Night		25 10:00 Chair Exercises 11:00 Relaxation & Refreshments 12:50 Guess the Country 1:30 Fold items 2:00 Nail Care 3:00 Social Hour 4:00 Who Am I ? 6:00 Movie Night		26 10:00 Morning Exercise 11:00 Tea time 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Social Hour 4:00 Name These Animals 6:00 Comedy Central		27 10:00 Manicures 11:00 Relaxation & Refreshments 1:30 Watering Flowers OUTSIDE 3:00 Social Hour 4:00 Meditation Moments 6:00 Friday Movie		28 10:30 Dancing To The Beat 11:00 Relaxation & Refreshments 1:30 Music Therapy with Lenny 2:00 Short Stories 3:00 Social Gathering/ Bird Watch 4:00 Recipe Discussion 6:00 Funny Movie		29 10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Fun Trivia OUTSIDE 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie	
30 10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Disney Movie		31 10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows								ACTIVITIES ARE SUBJECT TO CHANGE			