

TLC ADULT DAY CARE AND RECREATION CENTER

November 2025



www.tlc-adultdaycare.com

813-510-4000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
HAPPY BIRTHDAY JASMINE M. - 11/19 					 1																						
 2	8:00 Breakfast & Brew Social 9:00 Welcome November 10:00 Stretching Chair Exercise 11:00 Pokeno 1:00 Bingo \$\$ 2:00 Volleyball Challenge 3:00 Snack/Word Scrabble 4:00 Relaxation/Music Therapy 3	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Noodle Stretching 11:00 Painting with a Twist 1:00 Bingo \$\$ 2:00 Skill Ball Fun 3:00 Snack/Riddle me 4:00 Relaxation/Music Therapy 4	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Yoga Exercise 11:00 Shuffleboard 1:00 Bingo \$\$ 2:00 Trivia in a Social Circle 3:00 Snack/Cranium Crunches 4:00 Relaxation/Music Therapy 5	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Stretching Bands 11:00 Jumbo YAHTZEE 1:00 Bingo \$\$ 2:00 Stick Racquet Ball 3:00 Ice Cream Social 4:00 Relaxation/Music Therapy  6	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Zumba Chair Dancing 11:00 Corn Shucking Contest 1:00 Bingo \$\$ 2:00 Soccer Noddle Tournament 3:00 Snack/Funny One-Liners 4:00 Relaxation/Music Therapy 7	8	 9	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Yoga Exercise 11:00 Veterans Day Salute! 1:00 Bingo \$\$ 2:00 Live Music with VALERIE 3:00 Bowling Fun 4:00 Relaxation/Music Therapy  10	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Space Project (Clay) 1:00 Bingo \$\$ 2:00 Target Golf 3:00 Snack/Social club 4:00 Relaxation/Music Therapy 11	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Stick Racquetball 1:00 Bingo \$\$ 2:00 Musical Chairs Challenge 3:00 Snack/50's Trivia 4:00 Relaxation/Music Therapy 12	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Noodle Stretching 11:00 November Craft 1:00 Bingo \$\$ 2:00 Ladder Toss 3:00 Snack/ Art Coloring 4:00 Relaxation/Music Therapy 13	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Exercise with PAUL 11:00 Pling Pong 1:00 Bingo \$\$ 2:00 Corn Hole Toss 3:00 Snack/Pokeno 4:00 Relaxation/Music Therapy 14	Fill Up on Turkey Trivia: A Turkey typically has about 70 percent white meat and 30 percent dark meat. Americans eat about 690 million pounds of turkey on Thanksgiving. 15	16	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Shoot Some Hoops! 1:00 Bingo \$\$ 2:00 Stick Racquet Ball 3:00 Snack/Languages of the World 4:00 Relaxation/Music Therapy 17	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Noodle Stretching 11:00 Box it (DICE) 1:00 Bingo \$\$ 2:00 Funny Hang Man Challenge 3:00 Snack/Autumn Trivia 4:00 Relaxation/Music Therapy 18	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Zumba Chair Dancing 11:00 The Re- Purpose Runway 1:00 Bingo \$\$ 2:00 Parachute Challenge 3:00 Snack/5 Second Question 4:00 Relaxation/Music Therapy 19	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Yoga Exercise 11:00 Shoot Some Hoops! 1:00 Bingo \$\$ 2:00 Turkey Hat Musical Chair 3:00 Snack/Carnival Games 4:00 Relaxation/Music Therapy 20	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Tie Die Fall Craft 1:00 Bingo \$\$ 2:00 Live Music with TOMMY 3:00 Snack/Word Scrabble 4:00 Relaxation/Music Therapy  21	Astronauts eat turkey dinner on Thanksgiving, too. The process of deep-frying turkeys for Thanksgiving originated in Louisiana. 22	 23	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Noodle Stretching 11:00 Soccer Noddle Competition 1:00 Bingo \$\$ 2:00 Skill Ball Fun 3:00 Snack/Languages of the World 4:00 Relaxation/Music Therapy 24	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Yoga Exercise 11:00 Bean Bag Toss 1:00 Bingo \$\$ 2:00 Stick Racquet Ball 3:00 Snack/Cookies Decorating 4:00 Relaxation/Music Therapy 25	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Thanksgiving Celebration! 1:00 Bingo \$\$ 2:00 Live Music with CARMELO 3:00 Snack/Game Show Fun 4:00 Relaxation/Music Therapy  26	CLOSED  27	8:00 Breakfast & Brew Social 9:00 Daily Chronicles 10:00 Zumba Chair Exercise 11:00 Black Friday Poster 1:00 Bingo \$\$ 2:00 Balloon Bash 3:00 Snack/Scrabble Word 4:00 Relaxation/Music Therapy  28	 29
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*Activities are subject to change based on daily participation.