

# November 2023



## TLC ADULT DAY CARE AND RECREATION CENTER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



8:00 Breakfast, Coffee & Social 1  
 9:00 Daily Chronicles  
 10:00 Fitness Stretch Exercise  
 11:00 Pling Pong Challenge  
 1:00 Bingo \$\$\$  
 2:00 Around the World  
 3:00 Snack/Dominos  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 2  
 9:00 Daily Chronicles  
 10:00 Zumba Fun!  
 11:00 Finish the Movie Title  
 1:00 Words Bingo  
 2:00 Balloon Bash  
 3:00 Snack/Armchair Travel  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 3  
 9:00 Daily Chronicles  
 10:00 Noodle Exercise  
 11:00 Charades!  
 1:00 Bingo \$\$\$  
 2:00 Uno/Cards Game  
 3:00 Ice Cream Social  
 4:00 FRIDAY Movie Matinee



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**Bird of the Month:**

8:00 Breakfast, Coffee & Social 6  
 9:00 Daily Chronicles  
 10:00 Sit & Be Fit  
 11:00 Basketball Tournament  
 1:00 Bingo \$\$\$  
 2:00 Get to Know Each Other  
 3:00 Snack/Musical Challenge  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 7  
 9:00 Daily Chronicles  
 10:00 Tuesday Yoga!  
 11:00 Hot Chair Challenge  
 1:00 Geographic Bingo  
 2:00 LIVE MUSIC WITH SUNNY  
 3:00 Snack/1950's Trivia  
 4:00 Relaxation/Table Games



8:00 Breakfast, Coffee & Social 8  
 9:00 Daily Chronicles  
 10:00 Zumba Fun!  
 11:00 Travel to SWITZERLAND!  
 1:00 Bingo \$\$\$  
 2:00 SIMON SAYS!  
 3:00 Snack/Bean Bag Toss  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 9  
 9:00 Daily Chronicles  
 10:00 Tai Chi Exercise  
 11:00 JUMBO JENGA SOCIAL  
 1:00 Double Bingo  
 2:00 Arts & Crafts  
 3:00 Snack/Pictionary  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 10  
 9:00 Daily Chronicles  
 10:00 Sing a long Zumba!  
 11:00 Poppy Seed Craft  
 1:00 Bingo \$\$\$  
 2:00 Veterans Day Celebration  
 3:00 Snack/Ladder Toss  
 4:00 FRIDAY Movie Matinee



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**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.

8:00 Breakfast, Coffee & Social 13  
 9:00 Daily Chronicles  
 10:00 Drum Exercise  
 11:00 Reminiscing Activity  
 1:00 Bingo \$\$\$  
 2:00 HOT POTATO Competition  
 3:00 Snack/Ice Cream Social  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 14  
 9:00 Daily Chronicles  
 10:00 Exercise with Paul  
 11:00 FRIENDSHIP BRACELET  
 1:00 Double Bingo!  
 2:00 Soccer Tournaments  
 3:00 Snack/Riddle Me This?  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 15  
 9:00 Daily Chronicles  
 10:00 Noodle Exercise  
 11:00 Dice Breaker Game!  
 1:00 Music Bingo \$\$\$  
 2:00 MOCKTAIL HAPPY HOUR!  
 3:00 Snack/Fall Trivia  
 4:00 Relaxation/Table Games



8:00 Breakfast, Coffee & Social 16  
 9:00 Daily Chronicles  
 10:00 Sing a long Fun Exercise  
 11:00 Volleyball  
 1:00 Words Bingo  
 2:00 Art and Craft  
 3:00 Snack/Story Time  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 17  
 9:00 Daily Chronicles  
 10:00 ZUMBA!  
 11:00 YATZEE!!  
 1:00 Bingo/Loteria  
 2:00 LIVE Music with Nolan  
 3:00 Snack/5 Second Question  
 4:00 FRIDAY Movie Matinee



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 Astronauts eat turkey dinner on Thanksgiving, too.  
 The process of deep-frying turkeys for Thanksgiving originated in Louisiana.

8:00 Breakfast, Coffee & Social 20  
 9:00 Daily Chronicles  
 10:00 Exercise with Sarah  
 11:00 TRAVEL TO POLAND  
 1:00 Bingo \$\$\$  
 2:00 Mini Golf Course  
 3:00 Snack/Jewelry  
 4:00 Relaxation/Table Games



8:00 Breakfast, Coffee & Social 21  
 9:00 Daily Chronicles  
 10:00 Noodle Fitness  
 11:00 Cooking Demonstration  
 1:00 Bingo \$\$\$  
 2:00 Soccer Tournament!  
 3:00 Let's Talk Turkey Day  
 4:00 Relaxation/Table Games



8:00 Breakfast, Coffee & Social 22  
 9:00 Daily Chronicles  
 10:00 Sit & Be Fit  
 11:00 Thanksgiving Celebration!  
 1:00 Bingo \$\$\$  
 2:00 Double Bean Bag Toss  
 3:00 Snack/Table games  
 4:00 Thanksgiving Movie Matinee



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8:00 Breakfast, Coffee & Social 27  
 9:00 Daily Chronicles  
 10:00 Drumsticks Exercise  
 11:00 MAGAZINE Deal Hunt  
 1:00 Double Bingo \$\$\$  
 2:00 Parachute Fun  
 3:00 Snack/Frisbee Challenge  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 28  
 9:00 Daily Chronicles  
 10:00 Sit & Be Fit  
 11:00 Fall Craft  
 1:00 Words Bingo  
 2:00 Balloon Volleyball  
 3:00 Snack/Comedy Time  
 4:00 Relaxation/Table Games

8:00 Breakfast, Coffee & Social 29  
 9:00 Daily Chronicles  
 10:00 ZUMBA  
 11:00 Uno/Card Games  
 1:00 Bingo \$\$\$  
 2:00 Birthday Celebration  
 3:00 Snack/Bowling Challenge  
 4:00 Relaxation/Movie



8:00 Breakfast, Coffee & Social 30  
 9:00 Daily Chronicles  
 10:00 Yoga Relaxation  
 11:00 Flickin' Chicken Game  
 1:00 Double Bingo!  
 2:00 Bowling Competition  
 3:00 Snack/Sing Along  
 4:00 Relaxation/Table Games

