

Monday	Tuesday	Wednesday	Thursday	Friday
The Consummate Cup of Coffee <b>Music With Ron</b> Exercise/Seated Positions Birdie Toss Gourmet Coffee Word Mining	1 Dias de los Muertos Bingo Exercise/Chair Boxing <b>Music With Ron</b> Day of The Dead Word Match	2 Who Am I? Hi/Low Card Game/ Craft Club: Sweater Ornament Exercise/Rainforest Hike Bowling Chalk and Cheese	3 Mad Science: How Germs Spread <b>Music With Ron</b> Exercise/Qigong Shooters Rhymes With....	4 Pay It Forward Five Alive/ Craft Club: Kindness Candy Kisses Ladder Bolo <b>Crooning With Karen</b>
Monthly Gazette <b>Music With Ron</b> Exercise/Fishing Trip Corn Hole Common Endings	8 Milton Bradley Games EZ Yahtzee/ Craft Club: Puzzle Pins Exercise/Swimming In The Bay <b>Music With Ron</b> Mixed Up Games and Puzzles	9 Timeless Tongue Twisters Bingo Exercise/Chair Yoga Washer Toss Valor Categories	10 Veterans Day <b>Patriotic Music With Ron</b> Exercise/Roll the Dice Bowling Veterans Day Word Scramble	11 Military Women A Trip to the Hardware Store/Craft Club: Paper Poppies Exercise/Seated Stations Bucket Brigade <b>Crooning With Karen</b>
The Cat's Pajamas <b>Music With Ron</b> Exercise/Chair Boxing Ping Pong Pyramid Such a Cliché	15 Button Up Nix the Six/Craft Club: Button Art Cards Exercise/Rainforest Hike <b>Music With Ron</b> Never Have I Ever	16 Talking Turkey Chips On Chips Off/ Craft Club: Candy Turkeys Exercise/Pigong Clown Toss Word Generation	17 What Am I? <b>Music With Ron</b> Exercise/Hokey Pokey Slotz Ball Name That Name	18 Breaking Bread Bingo Exercise/Fishing Trip Bowling <b>Crooning With Karen</b>
Turkey Ticklers <b>Music With Ron</b> Exercise/Swimming in The Bay Bowling Tom Turkey Take a "Rib"ing	22 The Thanksgiving Wishbone Bingo Exercise/Chair Yoga <b>Music With Ron</b> Truth or Turkey	23 Macy's Thanksgiving Parade Dice and Strikes Craft Club: Balloon Animals Exercise/Roll the Dice Horse Shoes Thanksgiving Mash Up	24 25 <b>Happy Thanksgiving            Senior Moments Closed</b> 	26 <b>Senior Moments Closed</b> 
Captivating Costa Rica <b>Music With Ron</b> Exercise/Chair Boxing Hula Hoop Challenge Roll and Rhyme	29 Reinventing The Mason Jar I Got It! Craft Club: Mason Jar Tissue Holder Exercise/Rainforest Hike Music With Ron Common Bonds	30 	<h1>November 2021</h1> <h2>Senior Moment's Activity Calendar</h2>	

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Sloppy Joes w/Coleslaw</p> <p>Cheese and Cracker's</p>	<p><b>2</b></p> <p>Egg Salad Sandwich w/Sweet Pickles &amp; Fritos</p> <p>Fiber One Brownie</p>	<p><b>3</b></p> <p>Pizza w/Side Salad</p> <p>Sugar Free Oatmeal Cookies</p>	<p><b>4</b></p> <p>Soup &amp; Salad w/a Roll</p> <p>Peanut Butter Crackers</p>	<p><b>5</b></p> <p>Fish Sticks w/Potato Salad &amp; Applesauce</p> <p>Sugar Free Wafers</p>
<p><b>8</b></p> <p>Turkey &amp; Cheese Sandwich w/Cheese Puffs &amp; Carrot Chips</p> <p>Graham Crackers w/Peanut Butter</p>	<p><b>9</b></p> <p>Chili w/Corn bread</p> <p>Pudding w/Cool Whip</p>	<p><b>10</b></p> <p>Tuna Salad Sandwich w/Grape Tomatoes &amp; Potato Chips</p> <p>Nilla Wafers w/Chocolate Hummus</p>	<p><b>11</b></p> <p>Pizza w/Side Salad</p> <p>Ice Cream Sandwich</p>	<p><b>12</b></p> <p>Meatballs w/Corn Mashed Potato w/Gravy</p> <p>Yogurt</p>
<p><b>15</b></p> <p>Pizza w/Side Salad</p> <p>Fiber one Brownie</p>	<p><b>16</b></p> <p>Peanut Butter &amp; Jelly w/Banana</p> <p>Peaches</p>	<p><b>17</b></p> <p>Hotdogs w/Baked Beans &amp; Potato Salad</p> <p>Pretzels w/Honey Mustard</p>	<p><b>18</b></p> <p>Cranberry Walnut Chicken Salad Sandwich w/Veggie Straws</p> <p>Sugar Free Wafers</p>	<p><b>19</b></p> <p>Mac N Cheese w/Broccoli</p> <p>Tortilla Chips w/Salsa</p>
<p><b>22</b></p> <p>Ham N Cheese Sandwich w/Cucumber Slices</p> <p>Fruit Cocktail</p>	<p><b>23</b></p> <p>Thanksgiving Day Luncheon</p> <p>Pie</p>	<p><b>24</b></p> <p>Pizza w/Side Salad</p> <p>Ice Cream Sandwich</p>	<p><b>25</b></p> <p><b>Happy Thanksgiving Senior Moments Closed</b></p> 	<p><b>26</b></p> <p><b>Senior Moments Closed</b></p> 
<p><b>29</b></p> <p>Kielbasa w/Sauerkraut &amp; Pierogis</p> <p>Jell-O w/Cool Whip</p>	<p><b>30</b></p> <p>Chef Salad w/Roll</p> <p>Chocolate Chip Cookies</p>	 <p><b>November 2021</b></p> <p><b>Senior Moments Menu</b></p>		