

SONNET HILL Noven	nber 2024			2nd Floor Dining Room	3rd Floor Activities Room 3rd Floor Living Room i Art Therapy Outing Pet Therapy
Sunday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HELO NOVENBER		I T'S S WE A T E R WE A T H E R		1 9:30 MC Karaoke 11:00 AL Gentle Exercise 1:30 Music Therapy w/ Judith 3:00 Mexican Train Dominos 4:00 Spa Time w/ Care Staff	2 9:30 MC Exertion <b>10:00 Outing w/ Johnathan!</b> 11:00 AL Gentle Exercise 1:30 Art Therapy w/ Richard (iHeart Services) 5:00 Creative Stations w/ Care Staff
3National Candy Day49:30MC Exertion9:30MC Exertion11:00AL Gentle Exercise11:00AL Gentle Exercise1:00Sunday Mass1:00Balloon Badminton2:30Classic Movie Hour3:00Black Jack5:00Creative Stations w/ Care Staff5:00Spa Time w/ Care Staff	National Donut Day59:30MC Exertion11:00AL Gentle Exercise1:30SINGFIT FUN!3:00Scrabble5:00Creative Stations w/ Care Staff	5 6   9:30 MC Exertion   11:00 AL Gentle Exercise   11:00 AL Zumba   1:30 Bingo!   3:00 Sequence Board Game   5:00 Spa Time w/ Care Staif	7 9:30 MC Exertion 10:00 (MC) One on One's w/ Briana 11:00 AL Gentle Exercise 2:00 Cooking Demo w/ Chef 3:00 Memoir Books 5:00 Creative Stations w/ Care Staff	8 9:30 MC Karaoke 10:00 (AL) One on One's w/ Briana 11:00 AL Gentle Exercise 1:30 SINGFIT FUN! 3:00 Yahtzee! 5:00 Spa Time w/ Care Staff	9 9:30 MC Exertion 11:00 AL Gentle Exercise 1:30 Art Therapy w/ Richard (iHeart Services) 2:30 Movie Hour 5:00 Creative Stations w/ Care Staff
National Vanilla Cupcake Day10Veterans Day119:30MC Exertion9:30MC Exertion1111:00AL Gentle Exercise1:00AL Gentle Exercise11:001:00Sunday Mass1:00Beach Ball Volleyball3:002:30America's Got Talent3:00Black Jack5:00Creative Stations w/ Care Staff5:00Spa Time w/ Care Staff	9:30 MC Exertion 11:00 AL Gentle Exercise 1:30 SINGFIT FUN! 3:00 Scrabble	2 National Kindness Day 13   9:30 MC Exertion   11:00 AL Gentle Exercise   11:00 AL Zumba   1:30 Bingo!   1:30 Scenic Drive w/ T! I   3:00 Sequence Board Game   5:00 Spa Time w/ Care Staff	14 9:30 MC Exertion 11:00 AL Gentle Exercise 1:30 Music Therapy w/ Judith 3:00 Yahtzee 5:00 Creative Stations w/ Care Staff	9:30 MC Karaoke 11:00 AL Gentle Exercise	Briana! 🐿
17Spirit Week - Mix Match Monday189:30MC Exertion9:30MC Exertion11:00AL Gentle Exercise11:00AL Gentle Exercise1:00Sunday Mass1:00Comedy Movie Hour2:30Family Feud3:00Black Jack5:00Creative Stations w/ Care Staff5:00Spa Time w/ Care Staff	Spirit Week - Flannel Day 19   9:30 MC Exertion   11:00 AL Gentle Exercise   1:30 SINGFIT FUN!   3:00 Scrabble   5:00 Creative Stations w/   Care Staff	9 Spirit Day USA Day 20   9:30 MC Exertion   11:00 AL Gentle Exercise   11:00 AL Zumba   1:30 Music Therapy w/ Judith   1:30 Scenic Drive w/ T! Im   3:00 Sequence Board Game   5:00 Spa Time w/ Care Staff	Spirit Week - Twin Day219:30MC Exertion11:00AL Gentle Exercise12:00Give Thanks Party!2:30Holiday Movie Hour5:00Creative Stations w/ Care Staff	Spirit Week - Jersey Day229:30MC Karaoke11:00AL Gentle Exercise1:30Pet Therapy w/ iHeart *3:00AL Council Meeting5:00Spa Time w/ Care Staff	9:30 MC Exertion 11:00 AL Gentle Exercise
24National Pariait Day259:30MC Exertion9:30MC Exertion11:00AL Gentle Exercise11:00AL Gentle Exercise1:00Sunday Mass1:30Yogurt Social2:30America's Got Talent3:00Black Jack5:00Creative Stations w/ Care Staff5:00Spa Time w/ Care Staff	9:30 MC Exertion 11:00 AL Gentle Exercise 1:30 SINGFIT FUN! 3:00 Scrabble 5:00 Creative Stations w/ Care Staff	9:30 MC Exertion	Thanksgiving289:30MC Exertion11:00AL Gentle Exercise1:00Holiday Movie & Popcorn3:00Creative Crafts w/ Briana5:00Creative Stations w/ Care Staff	29 9:30 MC Karaoke 11:00 AL Gentle Exercise 2:00 RomCom Movie Hour 5:00 Spa Time w/ Care Staff	30 9:30 MC Exertion 11:00 AL Gentle Exercise 1:30 Art Therapy w/ Richard (iHeart Services) <b>%</b> 5:00 Creative Stations w/ Care Staff