



PARKRIDGE ACTIVITIES HILLSDALE NOVEMBER 2023

LIVING LIFE WELL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Light & Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation & Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Name These Animals 6:00 Family Movie	2 0:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie	3 10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie	4 Spaghetti Day 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie	5 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie	6 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 6:00 Family Movie	7 Hair Care Day 0:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie
8 NAIL CARE DAY 10:00 Light & Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation & Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Family Movie 6:00 Name These Animals	9 10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie	10 Music W. Maggie 10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Family Movie 6:00 Toss Ball	11 Nature Walk 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie	12 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie	13 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 6:00 Friday Matinee	14 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie
15 10:00 Light & Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation & Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Family Movie 6:00 Name These Animals	16 Music W. Lenny 10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Family Movie 6:00 Sing-A-Long	17 10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie	18 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie	19 SPA DAY 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie	20 10:00 Beauty Hour 11:00 Music with Marjorie 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 6:00 Friday Matinee	21 Hair Care Day 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie
22 NAIL CARE DAY 10:00 Light & Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation & Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Name These Animals 6:00 Family Movie	23 10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie	24 10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie	25 Music W. Maggie 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie	26 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie	27 Nature Walk 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your 5:00 Family Movie 6:00 Family Movie	28 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie
29 10:30 Coupon Clipping 11:00 Relaxation & Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 6:00 Family Movie 4:00 Name These Animals 6:00 Family Movie	30 10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie	31 Halloween Party 10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie				