

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<u>AM</u> - Coffee Chats - Music 'n Motion <u>PM</u> - 1:30 pm Special Sing-a-Long with Virginia - 2:15 pm All Faith Church Service	<u>AM</u> - 'What's in the News?' - Chair Exercise <u>PM</u> - Bowling - Walking with Albert	<u>AM</u> - Reminiscing - 'Cize It Up!' <u>PM</u> - Toss Across - Easy Listening	<u>AM</u> - Tea Time - Chair Yoga <u>PM</u> - 'Concentration' - 'Food for Thought'	<u>AM</u> - 'What's New With You?' - Music 'n Motion <u>PM</u> - Movie Matinee - Snacks from Bernie	
		<u>AM</u> - Catholic Communion <u>PM</u> - 1:00 pm Steelers vs. Ravens – Snacks will be provided! - Word Play	<u>AM</u> - Back In Time - Stretch It Out <u>PM</u> - Games People Play - Library Time	<u>AM</u> - 'Cize It Up!' - Current Events <u>PM</u> - Parachute Play - Tea Time	<u>AM</u> - Music 'n Motion - 'Speak Your Mind' <u>PM</u> - Bingo - Easy Listening	<u>AM</u> - 'What's Happening Today?' - 'Let's Get Physical' <u>PM</u> - Sing-a-Long Songs - Snack Time	<u>AM</u> - Coffee Chats and Current Events <u>PM</u> - 2:00 pm Entertainment w/ Frank Lavelle for Veteran's Day <small>Veterans Day (US) Remembrance Day (Canada)</small>
<u>AM</u> - Catholic Communion <u>PM</u> - 'Let's Keep It Simple' - 4:25 pm Steelers vs. Cowboys	<u>AM</u> - 'What's Up?' - Sit 'n Be Fit <u>PM</u> - 'Strike Up the Band' - Relax and Enjoy	<u>AM</u> - 'Let's Be Newsie' - Chair Yoga <u>PM</u> - Craft Time - Snack Time	<u>AM</u> - 'Let's Get Physical' - Tea Time <u>PM</u> - Word Play - Use Your 'Noodle'	<u>AM</u> - Back in Time - 'Let's Get Physical' <u>PM</u> - 12 Noon Lunchtime Music with Ken Hand - Snacks from 'Jimbo'	<u>AM</u> - 'Tell Me Story' - Morning Workout <u>PM</u> - Bean Bag Toss - Chitter-Chatter	<u>AM</u> - Music 'n Motion - Reminiscing <u>PM</u> - Bowling - Evening Tea	
<u>AM</u> - Catholic Communion <u>PM</u> - 1:00 pm Steelers vs. Browns – Snacks will be provided! - Relax and Enjoy	<u>AM</u> - Coffee Chats - Head, Shoulders, Knees and Toes <u>PM</u> - Toss Across - Easy Listening	<u>AM</u> - 'Speak Your Mind' - 'Let's Get Physical' <u>PM</u> - 'Dice' It Up! - Library Time	<u>AM</u> - What Do You Think? - 'Let's Move Along' <u>PM</u> - Games People Play - Gather 'Round	<u>AM</u> - Reminiscing - Music ' Motion <u>PM</u> - Thanksgiving Day Meal with Family and Friends - 'Talking Turkey!' - 8:30 pm Steelers vs. Colts <small>Thanksgiving Day (US)</small>	<u>AM</u> - 'What's Going On?' - Chair Yoga <u>PM</u> - 'Card Sharks' - Snacks from Bernie	<u>AM</u> - Chitter-Chatter - Stretch It Out <u>PM</u> - Trivia Time - Easy Listening	
<u>AM</u> - Catholic Communion <u>PM</u> - Bingo - Easy Listening	<u>AM</u> - 'What's In the News?' - Chair Exercise <u>PM</u> - 'Around the World' - Play on Words	<u>AM</u> - Back in Time - 'Cize It Up!' <u>PM</u> - Bean Bag Toss - Walking with Albert	<u>AM</u> - 'Cup of Joe' - Music 'n Motion <u>PM</u> - Craft Time - Hangin' Out				
							<h1>November 2016</h1> <h2>The Haven at North Hills</h2> <h3>Allegheny Village – Meaningful Moments</h3>

*All Activities are subject to change. *Snacks will be provided nightly.