

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2023</h1> <h2>Station 3 ~ Activities Calendar</h2>						
10:00 Feels Good Stories 5 10:30 Strength & Balance Exercise 11:00 Morning Opera: Barber of Seville 1:15 Room Visits & Short Stories 2:00 Sunday Bingo! 3:00 Soundscapes & Poetry 4:00 Let's Laugh w/Comedy Hour! 5:00 Dinner to Country Gospel	10:00 Top News Stories 6 <i>10:30 Live Entertainment with Brian Kane! (T)</i> 11:00 Word in a Word Challenge! 1:15 Room Visits & Daily Handouts <i>2:00 Belmont Garden Club! (T)</i> 3:00 Afternoon Refreshments & This Day in History 4:00 Cranium Crunch Puzzles 5:00 Dinner to Relaxing Instrumental	10:00 Today's Headlines 7 10:30 Range of Motion Stretch 11:00 Group Crossword Puzzle 1:15 Room Visits & Chronicles 2:00 Music Then & Now Series 3:00 Resident Social & Reminiscing 4:00 Afternoon Art Lecture: Van Gogh 5:00 Dinner to 1940s Hits	10:00 Today's Global News 8 10:30 Fit for Life Exercise Class 11:00 Trivia & Brain Teasers 1:15 Room Visits & Daily Handouts 2:00 Who Am I Guessing Game 3:00 Light Refreshments & Musicals 4:00 Namaste Nail Soak & Manicures 5:00 Dinner to Classic Country	10:00 Current Events Articles 9 10:30 Daily Physical Warm-Up 11:00 Shared Prayer with Janice 1:15 Room Visits & Short Stories 2:00 Afternoon Bingo! 3:00 Resident Social & Reminiscing 4:00 Ken Burns: Benjamin Franklin 5:00 Dinner to Contemporary Music	10:00 This Day in History 10 10:30 Conversation Ball Workout 11:00 Spelling Bee Competition 1:15 Room Visits & Daily Handouts <i>2:00 Live Entertainment with Bill Shontz!</i> 3:00 Refreshments & Classic Crooners 4:00 Film Series Discussion: <i>Carousel</i> 5:00 Dinner to Beautiful Opera Arias	Happy Veterans Day! 11 10:00 Honoring our Veterans through Music 10:30 Conversation Ball Working 11:00 Spelling Bee Competition 1:15 Room Visits & Daily Handouts 2:00 Jeopardy Trivia Game <i>3:00 Veterans Day Social!</i> 4:00 Refreshments & Classic Crooners Veterans Day Remembrance Day (Canada)
10:00 Feels Good Stories 12 10:30 Strength & Balance Exercise 11:00 Morning Opera: Marriage of Figaro 1:15 Room Visits & Short Stories 2:00 Sunday Bingo! 3:00 Soundscapes & Poetry 4:00 Let's Laugh w/Comedy Hour! 5:00 Dinner to Country Gospel <small>Diwali (Hindi)</small>	10:00 Top News Stories 13 10:30 Movement & Music 11:00 Word in a Word Challenge! 1:15 Room Visits & Daily Handouts 2:00 Famous New Englanders Series 3:00 Afternoon Refreshments & This Day in History 4:00 Famous Faces & Fun Facts! 5:00 Dinner to Relaxing Instrumental	10:00 Today's Headlines 14 10:30 Range of Motion Stretch 11:00 Group Crossword Puzzle 1:15 Room Visits & Chronicles 2:00 Music Then & Now Series 3:00 Resident Social & Reminiscing 4:00 Afternoon Art Lecture: Warhol 5:00 Dinner to 1950s Hits	10:00 Today's Global News 15 10:30 Fit for Life Exercise Class 11:00 Trivia & Brain Teasers 1:15 Room Visits & Daily Handouts 2:00 Scrambled Word Game 3:00 Light Refreshments & Musicals 4:00 Namaste Nail Soak & Manicures 5:00 Dinner to Classic Country	10:00 Current Events Articles 16 10:30 Daily Physical Warm-Up 11:00 Shared Prayer with Janice 1:15 Room Visits & Short Stories 2:00 Afternoon Bingo! 3:00 Resident Social & Reminiscing 4:00 Ken Burns: New York, The Power & The People 5:00 Dinner to Contemporary Music	10:00 This Day in History 17 10:30 Conversation Ball Workout 11:00 Spelling Bee Competition 1:15 Room Visits & Daily Handouts 2:00 Jeopardy Trivia Game 3:00 Refreshments & Classic Crooners 4:00 Film Series Discussion: <i>Funny Farm</i> 5:00 Dinner to Beautiful Opera Arias	10:00 News & Views 18 10:30 Chair Stretches for Flexibility 11:00 Table Topic Discussions 1:15 Room Visits & Chronicles 2:00 Historical Corner: Longfellow 3:00 Resident Social & Trivia 4:00 Brief Biography: James Stewart 5:00 Dinner to Smooth Jazz
10:00 Feels Good Stories 19 10:30 Strength & Balance Exercise 11:00 Morning Opera: Georges Bizet: Carmen 1:15 Room Visits & Short Stories 2:00 Sunday Bingo! 3:00 Soundscapes & Poetry 4:00 Let's Laugh w/Comedy Hour! 5:00 Dinner to Country Gospel	10:00 Top News Stories 20 10:30 Movement & Music 11:00 Word in a Word Challenge! 1:15 Room Visits & Daily Handouts 2:00 Famous New Englanders Series 3:00 Afternoon Refreshments & This Day in History 4:00 Cranium Crunch Puzzles 5:00 Dinner to Relaxing Instrumental	10:00 Today's Headlines 21 <i>10:30 Laughter Yoga with Joanie!</i> 11:00 Group Crossword Puzzle 1:15 Room Visits & Chronicles 2:00 Music Then & Now Series 3:00 Resident Social & Reminiscing 4:00 Afternoon Art Lecture: Raphael 5:00 Dinner to 1960s Hits	10:00 Today's Global News 22 10:30 Fit for Life Exercise Class 11:00 Trivia & Brain Teasers 1:15 Room Visits & Daily Handouts <i>2:00 Live Entertainment with Eddie Marando! (T)</i> 3:00 Light Refreshments & Musicals 4:00 Namaste Nail Soak & Manicures 5:00 Dinner to Classic Country	Happy Thanksgiving! 23 <i>9:00 Macys Thanksgiving Day Parade!</i> 10:30 Daily Physical Warm-Up <i>12:00 Thanksgiving Luncheon</i> 2:00 What Are You Thankful For? 3:00 Resident Social & Reminiscing 4:00 History of the Holidays: Thanksgiving <small>Thanksgiving Day (US)</small>	10:00 This Day in History 24 10:30 Conversation Ball Workout 11:00 Spelling Bee Competition 1:15 Room Visits & Daily Handouts 2:00 Jeopardy Trivia Game 3:00 Refreshments & Classic Crooners 4:00 Brief Biography: Grace Kelly 5:00 Dinner to Beautiful Opera Arias	10:00 News & Views 25 10:30 Chair Stretches for Flexibility 11:00 Table Topic Discussions 1:15 Room Visits & Chronicles 2:00 Historical Corner: Mystery 3:00 Film Series Discussion: <i>The Trouble with Harry</i> 4:00 Brief Biography: Fred Astaire 5:00 Dinner to Smooth Jazz
10:00 Feels Good Stories 26 10:30 Strength & Balance Exercise 11:00 Morning Opera: Madam Butterfly 1:15 Room Visits & Short Stories 2:00 Sunday Bingo! 3:00 Soundscapes & Poetry 4:00 Let's Laugh w/Comedy Hour! 5:00 Dinner to Country Gospel	10:00 Top News Stories 27 10:30 Movement & Music 11:00 Word in a Word Challenge! 1:15 Room Visits & Daily Handouts 2:00 Famous New Englanders Series 3:00 Afternoon Refreshments & This Day in History 4:00 Famous Faces & Fun Facts! 5:00 Dinner to Relaxing Instrumental	10:00 Today's Headlines 28 10:30 Range of Motion Stretch 11:00 Group Crossword Puzzle 1:15 Room Visits & Chronicles 2:00 Music Then & Now Series 3:00 Resident Social & Reminiscing 4:00 Afternoon Art Lecture: Goya 5:00 Dinner to Smooth Jazz	10:00 Today's Global News 29 10:30 Fit for Life Exercise Class 11:00 Trivia & Brain Teasers 1:15 Room Visits & Daily Handouts <i>2:00 Resident Council Meeting</i> <i>3:00 November Birthday Party!</i> 4:00 Namaste Nail Soak & Manicures 5:00 Dinner to Classic Country	10:00 Current Event Articles 30 <i>10:30 Live Entertainment with Denise Doucette! (T)</i> 1:15 Room Visits & Short Stories 2:00 Afternoon Bingo 3:00 Resident Social & Reminiscing 4:00 Ken Burnes: The Official History of Baseball 5:00 Dinner to Contemporary Music	<p><i>We must find time to stop & Thank people who make a difference in our lives."</i></p> <p><i>-John F. Kennedy</i></p>	

Belmont Manor Nursing & Rehabilitation Center ~ 34 Agassiz Ave, Belmont MA * Please note that activities are subject to change based on our resident's needs.