


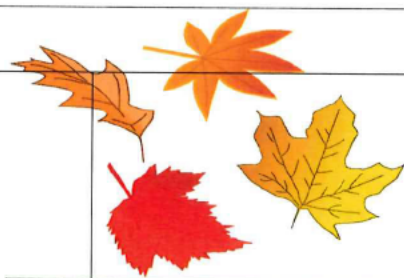


DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:00 Exercise 9:15 Breakfast 10:30 Hello November w/ [REDACTED] 11:00 Bingo! 12:00 Lunch 1:30 End of Program	<b>2</b> <b>Telehealth Hybrid Program available every Tuesday and Thursday!</b>	<b>3</b> 9:00 Exercise 9:15 Breakfast 10:30 Let's Talk November! 10:30 Computer Lab LL 11:00 Council Voting 12:00 Lunch 1:30 End of Program	<b>4</b> <b>Happy Diwali</b>	<b>5</b> 9:00 Exercise 9:15 Breakfast 11:00 Movie Time - [REDACTED] Pick of week!! RR 11:00 Music w/ [REDACTED] 12:00 Lunch 1:30 End of Program	<b>6</b> <u>Daily Activities</u> <i>Exercise</i> <i>Breakfast</i> <i>Lunch</i> <i>Programs</i> <i>Dinner</i>
<b>7</b> <b>Daylight Savings time ends.</b>	<b>8</b> 9:00 Exercise 9:15 Breakfast 11:00 Community Hour: Local Pantry Visit 11:00 World Trivia w/ [REDACTED] 12:00 Lunch 1:30 End of Program	<b>9</b> <b>Military Family Month!</b>	<b>10</b> 9:00 Exercise 9:15 Breakfast 10:15 Table games 11:00 Honoring Veterans w/ [REDACTED] 12:00 Lunch 1:30 End of Program	<b>11</b> 	<b>12</b> 9:00 Exercise 9:15 Breakfast 10:15 Bingo!! 11:00 Jewelry w/ [REDACTED] 12:00 Lunch 1:30 End of Program	<b>13</b>
<b>14</b> <b>Please visit our Annual Art Show in MDR tomorrow!</b>	<b>15</b> 9:00 Exercise 9:15 Breakfast 10:30 Diabetes WorkShop [REDACTED] 11:00 Sing-a-long w/ [REDACTED]	<b>16</b>	<b>17</b> 9:00 Exercise 9:15 Breakfast 10:30 Computer Lab RR 11:00 Community Hour: Local Library Visit 12:00 Lunch 1:30 End of Program	<b>18</b>	<b>19</b> 9:00 Exercise 9:15 Breakfast 10:30 Bingo!! 11:00 Sing Along with [REDACTED] 12:00 Lunch 1:30 End of Program	<b>20</b>
<b>21</b>	<b>22</b> 9:00 Exercise 9:15 Breakfast 10:15 Special Thanks-Giving Prize Bingo!! 11:00 Ready-Set-Karaoke w/ [REDACTED] 12:00 Lunch	<b>23</b> <b>Nat'l Stuffing Day</b> Share your favorite Stuffing recipes with us!!	<b>24</b> 9:00 Exercise 9:15 Breakfast 10:30 Fun Family Games!! 11:00 Special Thanksgiving Concert by [REDACTED] 12:00 Thanksgiving Feast	<b>25</b> 	<b>26</b> 9:00 Exercise 9:15 Breakfast 10:15 Community Hour: Local Deli for Snacks!! 11:00 Registrant Council [REDACTED] 12:00 Lunch 1:30 End of Program	<b>27</b> Calendar subject to change.  Updated 11/3/21
<b>28</b> Individual activities such as games and puzzles are available upon request, Please see Milena to assist you with exploring and pursuing your creative interests.	<b>29</b> 9:00 Exercise 9:15 Breakfast 10:15 Bingo! 11:00 Birthday Party!! All to Join in MR!! DJ 12:00 Lunch Happy Hanukkah!	<b>30</b>  <b>AM Calendar</b>		<b>NOVEMBER 2021</b>  Sunrise Adult Day Health Care 9517 Avenue J Brooklyn, NY 11236 718-688-8700		
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