

| Sunday                                                                                                                                                               | Monday                                                                                                                                             | Tuesday                                                                                                                                         | Wednesday                                                                                                                                                                               | Thursday                                                                                                                                                                   | Friday                                                                                                                        | Saturday                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 9:30 Morning Exercise <b>1</b><br>10:00 Daily Chronicle<br>11:00 BINGO! (Cedar)<br>1:30 BINGO!(Birch)<br>3:00 Trivia<br><br><small>Daylight Saving Time Ends</small> | 9:30 Morning Exercise <b>2</b><br>10:00 Daily Chronicle<br>11:00 Word Games<br>1:30 Fall Leaves Craft<br>3:00 Arm Chair Travel<br>4:00 One on Ones | 9:30 Morning Exercise <b>3</b><br>10:00 Daily Chronicle<br>11:00 Sing along<br>1:30 Ridge Elections<br>3:00 Window Painting<br>4:00 One on Ones | 9:30 Morning Exercise <b>4</b><br>10:00 Daily Chronicle<br>11:00 Flower Arranging<br>1:45 Scenic Drive Birch<br>4:00 One on Ones                                                        | 9:30 Morning Exercise <b>5</b><br>10:00 Daily Chronicle<br>11:00 BINGO!<br>1:45 Scenic Drive Cedar<br>4:00 One on Ones                                                     | 9:30 Morning Exercise <b>6</b><br>10:00 Daily Chronicle<br>11:00 Nail Care Cedar<br>1:30 Nail Care Birch<br>4:00 One on Ones  | 9:30 Morning Exercise <b>7</b><br>10:00 Daily Chronicle<br>11:00 Baber Shop<br>1:30 Barber Shop<br>3:00 One on Ones  |
| 9:30 Morning Exercise <b>8</b><br>10:00 Daily Chronicle<br>11:00 BINGO! (Cedar)<br>1:30 BINGO!(Birch)<br>3:00 Trivia                                                 | 9:30 Morning Exercise <b>9</b><br>10:00 Daily Chronicle<br>11:00 Word Games<br>1:30 Turkey Craft<br>3:00 Arm Chair Travel<br>4:00 One on Ones      | 9:30 Morning Exercise <b>10</b><br>10:00 Daily Chronicle<br>11:00 Sing along<br>1:30 Ridge Games<br>3:00 Tell Me a Story<br>4:00 One on Ones    | 9:30 Morning Exercise <b>11</b><br>10:00 Daily Chronicle<br>11:00 Trivia<br>1:45 Scenic Drive Birch<br>4:00 One on Ones<br><br><small>Veterans Day<br/>Remembrance Day (Canada)</small> | 9:30 Morning Exercise <b>12</b><br>10:00 Daily Chronicle<br>11:00 Aroma Therapy<br>1:45 Scenic Drive Cedar<br>4:00 One on Ones                                             | 9:30 Morning Exercise <b>13</b><br>10:00 Daily Chronicle<br>11:00 Nail Care Cedar<br>1:30 Nail Care Birch<br>4:00 One on Ones | 9:30 Morning Exercise <b>14</b><br>10:00 Daily Chronicle<br>11:00 Baber Shop<br>1:30 Barber Shop<br>3:00 One on Ones |
| 9:30 Morning Exercise <b>15</b><br>10:00 Daily Chronicle<br>11:00 BINGO! (Cedar)<br>1:30 BINGO!(Birch)<br>3:00 Trivia                                                | 9:30 Morning Exercise <b>16</b><br>10:00 Daily Chronicle<br>11:00 Word Games<br>1:30 Thankful Craft<br>3:00 Arm Chair Travel<br>4:00 One on Ones   | 9:30 Morning Exercise <b>17</b><br>10:00 Daily Chronicle<br>11:00 Sing along<br>1:30 Ridge Games<br>3:00 Window Painting<br>4:00 One on Ones    | 9:30 Morning Exercise <b>18</b><br>10:00 Daily Chronicle<br>11:00 Flower Arranging<br>1:45 Scenic Drive Birch<br>4:00 One on Ones                                                       | 9:30 Morning Exercise <b>19</b><br>10:00 Daily Chronicle<br>11:00 BINGO!<br>1:45 Scenic Drive Cedar<br>4:00 One on Ones                                                    | 9:30 Morning Exercise <b>20</b><br>10:00 Daily Chronicle<br>11:00 Nail Care Cedar<br>1:30 Nail Care Birch<br>4:00 One on Ones | 9:30 Morning Exercise <b>21</b><br>10:00 Daily Chronicle<br>11:00 Baber Shop<br>1:30 Barber Shop<br>3:00 One on Ones |
| 9:30 Morning Exercise <b>22</b><br>10:00 Daily Chronicle<br>11:00 BINGO! (Cedar)<br>1:30 BINGO!(Birch)<br>3:00 Trivia                                                | 9:30 Morning Exercise <b>23</b><br>10:00 Daily Chronicle<br>11:00 Word Games<br>1:30 Thankful Craft<br>3:00 Arm Chair Travel<br>4:00 One on Ones   | 9:30 Morning Exercise <b>24</b><br>10:00 Daily Chronicle<br>11:00 Sing along<br>1:30 Ridge Games<br>3:00 Tell Me a Story<br>4:00 One on Ones    | 9:30 Morning Exercise <b>25</b><br>10:00 Daily Chronicle<br>11:00 Trivia<br>1:45 Scenic Drive Birch<br>4:00 One on Ones                                                                 | 9:30 Morning Exercise <b>26</b><br>10:00 Daily Chronicle<br>11:00 Aroma Therapy<br>1:45 Scenic Drive Cedar<br>4:00 One on Ones<br><br><small>Thanksgiving Day (US)</small> | 9:30 Morning Exercise <b>27</b><br>10:00 Daily Chronicle<br>11:00 Nail Care Cedar<br>1:30 Nail Care Birch<br>4:00 One on Ones | 9:30 Morning Exercise <b>28</b><br>10:00 Daily Chronicle<br>11:00 Baber Shop<br>1:30 Barber Shop<br>3:00 One on Ones |
| 9:30 Morning Exercise <b>29</b><br>10:00 Daily Chronicle<br>11:00 BINGO! (Cedar)<br>1:30 BINGO!(Birch)<br>3:00 Trivia                                                | 9:30 Morning Exercise <b>30</b><br>10:00 Daily Chronicle<br>11:00 Word Games<br>1:30 Thankful Craft<br>3:00 Arm Chair Travel<br>4:00 One on Ones   | <h1>November 2020</h1> <p>The Ridge Monthly Activity Calendar</p>                                                                               |                                                                                                                                                                                         |                                                                                                                                                                            |                                                                                                                               |                                                                                                                      |

\* ALL ACTIVITIES SUBJECT TO CHANGE BASED ON THE NEEDS OF OUR RESIDENTS