




Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 8:30 Coffee Social 9:30 Daily Chronicle/Pledge 10:00 Physical fitness /Mike 10:30 Foot movements/Mike 12:45 Walking group 1:30 Balloon volleyball 2:30 Color art/ wordsearch 3:30 Funniest videos	8:30 Coffee Social <b>2</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch /Liz 11:00 Cognitive exercise/Liz 12:45 Walking group 1:30 Bingo games 2:30 Color art, word-search 3:30 Showtime "I Love Lucy"	8:30 Coffee Social <b>3</b> 9:30 Daily Chronicle/Pledge 10:00 Physical fitness/ Mike 10:30 Stand & balance/ Mike 12:45 Walking group 1:30 Un-scrabble words 2:30 Color design/connect 4	8:30 Coffee Social <b>4</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group 10:30 Balloon sports 11:00 Word-games <b>1:00 Music w/ Banjo David</b> 2:30 Crafts, dominoes 3:30 Virtual-Jeopardy
8:30 Coffee Social <b>7</b> 9:30 Daily Chronicle/Pledge <b>10:00 Music with Barnfind</b> 11:00 Cognitive trivia/Liz 1:00 Walking group 1:30 Balloon sports 2:30 Making fall leaves 3:30 Virtual- Family	8:30 Coffee Social <b>8</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group/Mike 10:15 Physical fitness /Mike 10:45 Foot movements/Mike 1:00 Bingo games 2:30 Family feud 3:30 Virtual- geography	8:30 Coffee Social <b>9</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch /Liz 11:00 Cognitive trivia/Liz 1:00 Walking group 1:30 Virtual Sing-along 2:30 Hidden word find 3:30 Virtual- comedy	8:30 Coffee Social <b>10</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch/ Mike 10:30 Stand & balance/ Mike 12:45 Walking group 1:30 Corn Hole 2:30 Trivia games 3:30 Virtual- funniest videos	8:30 Coffee Social <b>11</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group 10:30 Chair exercise 11:00 Hidden word-find 1:00 Karaoke sing-along 2:30 Color art/ card games 3:30 Virtual- geography
8:30 Coffee Social <b>14</b> 9:30 Daily Chronicle/Pledge 10:00 Chair exercise /Liz 11:00 Cognitive trivia/Liz 1:00 Walking group 1:30 Crafts, color art 2:30 Color art/ wordsearch 3:30 Virtual animals	8:30 Coffee Social <b>15</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group/Mike 10:15 Physical fitness /Mike 10:45 Foot movements/Mike 1:00 Balloon sports 2:30 Trivia games 3:30 Virtual- children	8:30 Coffee Social <b>16</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch /Liz 11:00 Crossword with Liz 1:00 Walking group 1:30 Karaoke 2:30 Color art, crafts 3:30 Remember when	8:30 Coffee Social <b>17</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch/ Mike 10:30 Stand & balance/ Mike 1:00 Balloon volleyball 1:30 Skee-ball game 2:30 Name that tune 3:30 What's my line	8:30 Coffee Social <b>18</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group 10:30 Chair exercise 11:00 Trivia game 1:00 Lotto games 2:30 Virtual-Wild kingdom 3:30 Scavenger hunt
8:30 Coffee Social <b>21</b> 9:30 Daily Chronicle/Pledge <b>10:00 Music with Barnfind</b> 11:00 Cognitive trivia/Liz 1:00 Walking group 1:30 Parachute games 2:30 Virtual- game shows 3:30 Exploring nature	8:30 Coffee Social <b>22</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group/Mike 10:15 Physical fitness /Mike 10:45 Foot movements/Mike 1:00 Skee-ball 2:30 Word-find 3:30 National geographic	8:30 Coffee Social <b>23</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch/ Liz 11:00 Cognitive trivia/ Liz 1:00 Walking group 1:30 Thanksgiving Bingo 2:30 Virtual history 3:30 Antique cars	<b>24</b>  <i>Happy Thanksgiving</i>	8:30 Coffee Social <b>25</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group 10:30 Chair exercise 11:00 Fill in the blanks 1:00 Lotto games 2:30 Color art 3:30 Virtual-Jeopardy
8:30 Coffee Social <b>28</b> 9:30 Daily Chronicle/Pledge 10:00 Chair exercise /Liz 11:00 Cognitive trivia/Liz 1:00 Walking group 1:30 Balloon volleyball 2:30 Arts and crafts 3:30 Virtual- countries	8:30 Coffee Social <b>29</b> 9:30 Daily Chronicle/Pledge 10:00 Walking group 10:15 Physical fitness /Mike 10:45 Foot movements/Mike 1:00 Indoor sports 2:30 Scavenger hunt 3:30 Virtual- Jeopardy	8:30 Coffee Social <b>30</b> 9:30 Daily Chronicle/Pledge 10:00 Flex n stretch/ Liz 11:00 Remember when /Liz 1:00 Walking group 1:30 Un-scramble words 2:30 Trivia games 3:30 Virtual- Price is Right	 <b>November 2022</b> <b>MICCO Joe's Club Activity Calendar</b> * Activity Calendar Subject to Change	