November Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Discovery Studio: Thank You Cards, Card Games, Wii Games, & Air Hockey** Cornhole & Seated Exercise **Travelogue** Bean Bag Toss & Seated Exercise	3 **Discovery Studio: Magnet Tiles, Card Games, Wii Games, & Giant Jenga** Parachute Ball & Seated Exercise **BINGO** Battle Bags & Seated Exercise	4 **MSU Nursing Project: Turkey Craft** Battle Bags & Seated Exercise **November Modern Jeopardy** Scoop It & Seated Exercise	5 **Discovery Studio: Vision Boards, Chompsaw - American Flags, Card Games, Wii Games, & 8-Ball Pool** 11:45am - Pet Therapy w/ Maggie Scoop It & Seated Exercise **What in the World Do You Mean?** Hula Pants & Seated Exercise	6 **Discovery Studio: Jersey Craft, Chompsaw - Footballs, Card Games, Wii Games, & Giant Connect Four** Football Toss & Seated Exercise **Football BINGO/Tailgate Party** Dart Ball & Seated Exercise
9 **MSU Nursing Project: Medication Disposal Presentation** Dart Ball & Seated Exercise **True or Fowl** Disc Golf & Seated Exercise	10 **BINGO** Disc Golf & Seated Exercise **1:00pm - Melodies with Marcy** Baseball Toss & Seated Exercise	11 **Baking: Veterans Day Cookies, Sports Talk, Jewlery Club, & Painting/Craft Club** Baseball Toss & Seated Exercise **Veterans Day History** Noodle Ball & Seated Exercise	12 **Discovery Studio: Wooden Pumpkins, Chompsaw - Ornament, Card Games, Wii Games, & Air Hockey** 11:45am - Pet Therapy w/ Maggie Noodle Ball & Seated Exercise **Karaoke & Dance Party** Bowling & Seated Exercise	13 **Discovery Studio: Fall Bean Mosaic, Chompsaw - 3D Tree , Card Games, Wii Games, & Giant Jenga** Bowling & Seated Exercise **BINGO** Bean Bag Toss & Seated Exercise
16 **Discovery Studio: Beaded Corn Craft, Chompsaw - Log Cabin, Card Games, Wii Games, & 8-Ball Pool** Bean Bag Toss & Seated Exercise **November Jeopardy** Hula Pants &b Seated Exercise	17 **11:00am - Drum Circle** Hula Pants & Seated Exercise **BINGO** Basketball & Seated Exercise	18 **Baking: Birthday Cupcakes, Sports Talk, Jewelry Club, & Painting/Craft Club** Basketball & Seated Exercise **Thanksgiving Price is Right** Ladder Ball & Seated Exercise	19 **Aviation Jeopardy** 11:45am - Pet Therapy w/ Maggie Ladder Ball & Seated Exercise **Discovery Studio: Watercolor, Chompsaw - Log Cabin, Card Games, Wii Games, & Giant Connect Four** Cornhole & Seated Exercise	20 **BINGO** Cornhole & Seated Exercise **1:00pm - Jesse Goldberg Presentation** Scoop It & Seated Exercise
23 **11:00am - Singing with Judy** Parachute Ball & Seated Exercise **Thanksgiving Hangman** Battle Bags & Seated Exercise	24 **BINGO** Battle Bags & Seated Exercise **1:00pm - Melodies with Marcy** Football Toss & Seated Exercise	25 **Baking: Pumpkin Cookies, Sports Talk, Jewelry Club, & Painting/Craft Club** Football Toss & Seated Exercise **Thanksgiving Party** Disc Golf & Seated Exercise	26 	27 **Discovery Studio: Pie Craft, Chompsaw - Gingerbread, Card Games, Wii Games, & Air Hockey** Disc Golf & Seated Exercise **BINGO** 1:15pm - Pet Therapy w/ Hounds Bowling & Seated Exercise
30 **Discovery Studio: Painting Totes, Chompsaw - Stockigns , Card Games, Wii Games, & Giant Jenga** Bowling & Seated Exericse **What am I Trivia** Ladder Ball & Seated Exercise	**November Birthdays:** **7th - Vanessa T.** **9th - William C.** **13th - Mary C.** **23rd - Casey K.**		**Everyday Activities:** **7:30 -** Small Group Activities & Poker **10:15 -** Breakfast & The Daily Scoop **10:50 -** Cognitive Puzzles **11:25 -** Discovery Studio/Baking **12:00 -** Active Game, Exercise & Walks **12:30 -** Lunch	**1:00 -** Group Game/Wii Game **2:00 -** Active Game & Exercise **2:30 -** Karaoke, Spa, & Sensory **3:15 -** Afternoon Snack **3:30 -** Table Games **4:00 -** Small Group Activities

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Breakfast Pizza & Apple Slices** Sloppy Joes Bell Peppers Diced Pears **Yogurt, Granola, & Peaches**	3 **Biscuits & Honey w/ Cantaloupe** Turkey Sandwich w/ Pickle Spear Cauliflower Diced Peaches **WG Crackers & Cheese Slices**	4 **Banana Bread & Mandarin Oranges** Tater Tot Casserole Fruit Cocktail Whole Grain Bread **String Cheese & Trail Mix**	5 **Oatmeal Bars & Cantaloupe** Chicken Tetrazzini Broccoli Mandarin Oranges Whole Grain Bread **Apple Slices & Peanut Butter**	6 **Pumpkin Muffins & Applesauce** Lasagna Soup Green Beans Pineapple Tidbits Whole Grain Bread **Graham Crackers & Applesauce**
9 **Cinnamon Crisps & Fruit Salsa** Biscuits & Gravy Hash Browns Fresh Fruit Salad **String Cheese & Trail Mix**	10 **Apple Muffin & Applesauce** Roasted Tomato Soup Grilled Cheese w/ Ham Diced Peaches **Apple Slices & Peanut Butter**	11 **Biscuits & Honey w/ Cantaloupe** Cheesy Chicken & Rice Casserole Pineapple Tidbits Whole Grain Bread **Cottage Cheese & Diced Peaches**	12 **French Toast Sticks & Mixed Berries** Shepherd's Pie Fruit Cocktail Whole Grain Bread **WG Crackers & Cheese Slices**	13 **English Muffin, Eggs, & Hash Browns** Spaghetti Bake Side Salad Mandarin Oranges Whole Grain Bread **Yogurt, Granola, & Peaches**
16 **Banana Bread & Mandarin Oranges** Creamy Beef & Shells California Blend Veggies Diced Pears Whole Grain Bread **Yogurt, Granola, & Peaches**	17 **Breakfast Pizza & Apple Slices** Chicken Tortilla Soup Tortilla Chips Diced Peaches Spanish Rice **WG Crackers & Cheese Slices**	18 **Biscuits & Honey w/ Cantaloupe** Turkey Club w/ Pickle Spear Coleslaw Pineapple Tidbits **String Cheese & Trail Mix**	19 **English Muffin, Eggs, & Hash Browns** Chicken & Gravy Mashed Potatoes Green Beans Whole Grain Bread **Apple Slices & Peanut Butter**	20 **Oatmeal Bars & Cantaloupe** Aloha Beef Slider Cucumber Salad Mandarin Oranges **Graham Crackers & Applesauce**
23 **Oatmeal Bars & Cantaloupe** Lemon Pepper Chicken Glazed Carrots & Diced Pears White Rice & Whole Grain Bread **String Cheese & Trail Mix**	24 **Pumpkin Muffin & Applesauce** Ground Beef, Mushroom, and Wild RIce Bake California Blend Veggies Pineapple Tidbits & WG Bread **Apple Slices & Peanut Butter**	25 **Apple Cinnamon Oatmeal** Ham Green Beans & Mashed Potatoes Mac & Cheese Dinner Roll **Cottage Cheese & Diced Peaches**	26 	27 **Cinnamon Crisps & Fruit Salsa** Italian Subs Cauliflower Mandarin Oranges **Yogurt, Granola, & Peaches**
30 **Biscuits & Honey w/ Cantaloupe** Ham Sandwich w/ Pickle Spear Cauliflower Pineapple Tidbits **Yogurt, Granola, & Peaches**	**November Birthdays:** **7th - Vanessa T.** **9th - William C.** **13th - Mary C.** **23rd - Casey K.**		**Meal Service Information & Dietary Accommodations:** All food is made with love by our kitchen staff, if any foods interfere with dietary restrictions, we will make the appropriate accommodation! Every breakfast and lunch is served with 8oz of 1% milk, and soy milk for those that are lactose intolerant. Hot cocoa, tea, decaf coffee, and water are available upon request! Breakfast is served at 10:15am, Lunch is served at 12:30pm, and Afternoon Snack is served at 3:15pm	