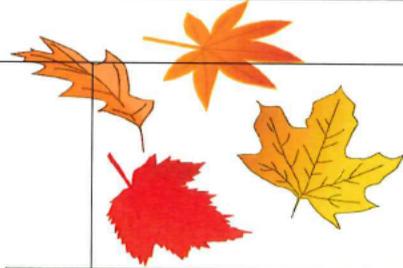


DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 9:00 Exercise 9:15 Breakfast 10:30 Hello November w/ [redacted] 11:00 Bingo! 12:00 Lunch 1:30 End of Program	2 Telehealth Hybrid Program available every Tuesday and Thursday!	3 9:00 Exercise 9:15 Breakfast 10:30 Let's Talk November! 10:30 Computer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