

Activity Calendar

MedTec Senior Day Center – Naperville

NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 am Welcome / Morning Talk 9:30 am Aroma Hand Massage 10:00 am Pool Noodle Workout 10:30 am Active Games 11:00 am Music Memories 12:30 pm 'Dia de los Muertos' BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Devotions / Hymns 10:00 am Drum Ball 10:30 am Yesteryear Reminiscing 11:00 am Whiteboard Games 12:30 pm BINGO 1:45 pm Afternoon Stretch	9:00 am Welcome / Morning Talk 9:30 am Biographies – Vivien Leigh 10:00 am Yoga Stretch 10:30 am Armchair Travel 11:00 am Jeopardy Challenge 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Sing-Along 10:00 am Hand Ball Workout 10:30 am Clock Dice Game 11:00 am Color for Relaxation 12:30 pm BINGO 1:45 pm Afternoon Stretch
7	8	9	10	11
9:00 am Welcome / Morning Talk 9:30 am Sing-Along 10:00 am Movin' to the Music Exercise 10:30 am This Week in History 11:00 am Trivia Fun 12:30 pm BINGO 1:45 pm Afternoon Stretch	9:00 am Welcome / Morning Talk 9:30 am Morning Meditation/Breathing 10:00 am Pool Noodle Workout 10:30 am Active Games 11:00 am Music Memories 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Devotions / Hymns 10:00 am Drum Ball 10:30 am Yesteryear Reminiscing 11:00 am Whiteboard Games 12:30 pm BINGO 1:45 pm Afternoon Stretch	9:00 am Welcome / Morning Talk 9:30 am Conversation Circle 10:00 am Yoga Stretch 10:30 am Travel Washington DC 11:00 am Group Games 12:30 pm BINGO 1:45 pm Finger Exercises	VETERAN'S DAY
14	15	16	17	18
9:00 am Welcome / Morning Talk 9:30 am Sing-Along 10:00 am Movin' to the Music Exercise 10:30 am This Week in History 11:00 am Dice Games : Buncos 12:30 pm BINGO 1:45 pm Afternoon Stretch	9:00 am Welcome / Morning Talk 9:30 am Aroma Hand Massage 10:00 am Hand Ball Workout 10:30 am Active Games: Bags 11:00 am Music Memories 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Devotions / Hymns-Thankful 10:00 am Drum Ball 10:30 am Thanksgiving - Reminisce 11:00 am Whiteboard Gobble Games 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Biographies-Walter Cronkite 10:00 am Yoga Stretch 10:30 am Active Games 11:00 am Laugh Therapy - Humor 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Meditation / Breathing 10:00 am Pool Noodle Workout 10:30 am Thanksgiving Card Crafting 11:00 am Cranium Crunchers 12:30 pm BINGO 1:45 pm Afternoon Stretch
21	22	23	24	25
9:00 am Welcome / Morning Talk 9:30 am Aromatherapy Hand Massage 10:00 am Yoga Stretch 10:30 am Active Games – Football Fun 11:00 am Musical Memories - Autumn 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Meditation / Breathing 10:00 am Pool Noodle Workout 10:30 am Pumpkin Mug Cakes 11:00 am Wii Bowling 12:30 pm BINGO 1:45 pm Afternoon Stretch	FRIENDSGIVING 10:00 am Games & Exploration 11:00 am "Friendsgiving" Meal 12:00 pm Thanksgiving BINGO	HAPPY THANKSGIVING --CLOSED--	THANKSGIVING HOLIDAY --CLOSED--
28	29	30		
9:00 am Welcome / Morning Talk 9:30 am Sing-Along – Country Tunes 10:00 am Hand Ball Workout 10:30 am This Week in History 11:00 am Trivia Fun 12:30 pm BINGO 1:45 pm Afternoon Stretch	9:00 am Welcome / Morning Talk 9:30 am Aroma Hand Massage 10:00 am Pool Noodle Workout 10:30 am Active Games 11:00 am Music Memories 12:30 pm BINGO 1:45 pm Finger Exercises	9:00 am Welcome / Morning Talk 9:30 am Deck-The-Halls Decorating 10:30 am Drum Ball 11:00 am Yesteryear Reminiscing- Department Stores 12:30 pm BINGO 1:45 pm Afternoon Stretch		