November 2026 ACTIVITIES- HAMLET

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Trivia 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Garden Party with Robyn 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Tessi 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
9	**10**	**11**	**12**	**13**
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Karaoke with Jamie D 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Garden Party with Robyn 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Barbara Evans 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
16	**17**	**18**	**19**	**20**
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Guitarist 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Garden Party with Robyn 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Jimmy the Magician 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
23	**24**	**25**	**26**	**27**
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Karaoke with Jamie D 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Thanksgiving Celebration 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores		
30				
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads				

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