

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>N109 W17110 Ava Circle Germantown, WI 53022 (262) 345-1025</p> <p>Location Keys Activity room A Dining Room D</p> <p>Mindful Matters</p> 						<p>9:30 Morning Coloring 10:30 Morning Trivia 1:30 "Stepping Seniors" Walking Club 2:30 BINGO & Happy Hour [D] 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>1</p>	<p>9:30 Nature Scenes & Music 10:30 Hydration & Cranium Crunches 1:30 "Stepping Seniors" Walking Club 2:30 BINGO and Refreshments 4:00 Dining Room Discussions 6:30 Color My Stress Away & Music</p> <p>2</p>
	<p>Daily Rhythm</p> <p>7:15 Breakfast</p> <p>9:30 Relaxation</p> <p>10:00 Senior Fitness</p> <p>10:30 Hydration & Mindful Matters</p> <p>11:00 Lunch</p> <p>1:30 Active Game OR Partner Programs</p> <p>2:30 Group Games OR Art</p> <p>4:00 Dinner Hour</p> <p>5:00 Evening Events</p> <p>6:30 Social & Refreshments</p> <p><i>All Events are subject to Change.</i></p> <p><i>See Staff for updates!</i></p>	<p>Daylight Saving Time Ends</p> <p>9:30 YouTube Hymn Sing 10:30 Dominoes 1:30 "Stepping Seniors" Walking Club 2:30 Small Group Game & Snack 4:00 Dining Room Discussions 6:00 Sunday Movie Night & Popcorn</p> <p>3</p>	<p>9:30 Word Search 10:00 Exercise w/ Joan 10:30 Hydration & Music 1:30 "Stepping Seniors" Walking Club 2:30 Snack & Coloring Club 4:15 Dining Room Discussions 5:00 Monday Madness w/ Belinda</p> <p>4</p>	<p>Election Day</p> <p>9:30 Tuesday Manicures 9:30-11:30 [A] 10:30 Hydration & Shoulder Massages 1:30 "Stepping Seniors" Walking Club 2:30 BINGO Hour 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>5</p>	<p>9:30 Morning Music 10:00 Exercise w/ Joan 1:00 Are You Smarter than a 3rd Grader?? 1:30 "Stepping Seniors" Walking Club 2:30 Afternoon Game Club 4:15 Dining Room Discussions 6:00 Bag Toss Challenge</p> <p>6</p>	<p>9:30 Hand Massages 10:00 Men Make Lunch Day! 10:30 Trivia Thursday - Thanksgiving Prices 1:30 "Stepping Seniors" Walking Club 2:30 Sculpt that Word! 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>7</p>	<p>Podiatry in AM</p> <p>9:30 Morning Coloring 10:30 Friday Funnies: Jokes, Riddles & Stories 1:30 "Stepping Seniors" Walking Club 2:30 BINGO & Happy Hour [D] 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>8</p>
	<p>9:30 YouTube Hymn Sing 10:30 Dominoes 1:30 "Stepping Seniors" Walking Club 2:30 Snack and Ladder Golf 4:00 Dining Room Discussions 5:00 Agility Games w/ Belinda 6:00 Evening Social & Refreshments</p> <p>10</p>	<p>Veterans Day</p> <p>9:30 Word Search 10:00 Exercise w/ Joan 10:30 Hydration & Music 1:30 "Stepping Seniors" Walking Club 2:00 Veterans Day Program 4:15 Dining Room Discussions 5:00 Monday Madness w/ Belinda</p> <p>11</p>	<p>9:30 Tuesday Manicures 9:30-11:30 [A] 10:30 Hydration & Shoulder Massages 1:30 "Stepping Seniors" Walking Club 2:30 BINGO Hour 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>12</p>	<p>9:00 Music with Lisa 10:00 Exercise w/ Joan 10:30 Are You Smarter than a 4th Grader?? 1:30 "Stepping Seniors" Walking Club 2:30 Afternoon Game Club 4:15 Dining Room Discussions 6:00 Bag Toss Challenge</p> <p>13</p>	<p>9:30 Hand Massages 10:00 Exercise w/ Joan 10:30 Trivia Thursday - Pies of the Past 1:30 "Stepping Seniors" Walking Club 2:30 Pie Making!!! 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>14</p>	<p>9:30 Morning Coloring 10:00 Exercise w/ Joan 10:30 Friday Funnies: Jokes, Riddles & Stories 1:30 "Stepping Seniors" Walking Club 2:00 Remember When Holiday Performance [D] 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>15</p>	<p>9:30 Nature Scenes & Music 10:30 Hydration & Cranium Crunches 1:30 "Stepping Seniors" Walking Club 2:30 BINGO and Refreshments 4:00 Dining Room Discussions 5:30 Pie Palooza Potluck</p> <p>16</p>
	<p>9:30 YouTube Hymn Sing 10:30 Dominoes 1:30 "Stepping Seniors" Walking Club 2:30 Small Group Game & Snack 4:00 Dining Room Discussions 6:00 Sunday Movie Night & Popcorn</p> <p>17</p>	<p>Game and Puzzle Week</p> <p>9:30 Word Search 10:00 Exercise w/ Joan 10:30 Word Game Challenge 1:30 "Stepping Seniors" Walking Club 2:30 Turkey Craft 4:15 Dining Room Discussions 5:00 Monday Madness w/ Belinda</p> <p>18</p>	<p>Game and Puzzle Week</p> <p>9:30 Tuesday Manicures 9:30-11:30 [A] 10:30 Hydration & Shoulder Massages 1:30 "Stepping Seniors" Walking Club 2:30 BINGO Hour 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>19</p>	<p>Game and Puzzle Week</p> <p>9:30 Morning Music 10:00 Exercise w/ Joan 10:30 Are You Smarter Than a 5th Grader? 1:30 "Stepping Seniors" Walking Club 2:00 Drumming with Gary 4:15 Dining Room Discussions 6:00 Bag Toss Challenge</p> <p>20</p>	<p>Game and Puzzle Week</p> <p>9:30 Hand Massages 10:00 Exercise w/ Joan 10:30 Trivia Thursday - Pilgrims 1:30 "Stepping Seniors" Walking Club 2:30 Turkey Races!! 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>21</p>	<p>Game and Puzzle Week</p> <p>9:30 Morning Coloring 10:00 Exercise w/ Joan 10:30 Friday Funnies: Jokes, Riddles & Stories 1:30 "Stepping Seniors" Walking Club 2:00 Friendsgiving w/ Rockfield Elementary School 2:30 BINGO & Happy Hour [D] 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>22</p>	<p>Game and Puzzle Week</p> <p>9:30 Game Morning w/ Grace Lutheran 9:30-11:15am 10:30 Hydration & Cranium Crunches 1:30 "Stepping Seniors" Walking Club 2:30 BINGO and Refreshments 4:00 Dining Room Discussions 5:00 Agility Games w/ Belinda 6:00 Evening Social & Refreshments</p> <p>23</p>
	<p>9:30 YouTube Hymn Sing 10:30 Dominoes 1:30 "Stepping Seniors" Walking Club 2:30 Snack and Ladder Golf 4:00 Dining Room Discussions 5:00 Agility Games w/ Belinda 6:00 Evening Social & Refreshments</p> <p>24</p>	<p>9:30 Word Search 10:00 Exercise w/ Joan 10:30 Hydration & Music 1:30 "Stepping Seniors" Walking Club 2:30 Snack & Coloring Club 2:45 Library Craft Outing! 4:15 Dining Room Discussions 5:00 Monday Madness w/ Belinda</p> <p>25</p>	<p>9:30 Tuesday Manicures 9:30-11:30 [A] 10:30 Hydration & Shoulder Massages 1:30 "Stepping Seniors" Walking Club 2:30 BINGO Hour 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>26</p>	<p>9:30 Morning Music 10:00 Exercise w/ Joan 10:30 American History Trivia! 1:30 "Stepping Seniors" Walking Club 2:30 Thanksgiving Craft 4:15 Dining Room Discussions 6:00 Bag Toss Challenge</p> <p>27</p>	<p>Thanksgiving</p> <p>9:30 Hand Massages 10:30 Turkey Trivia 1:30 "Stepping Seniors" Walking Club 2:30 BINGO Hour 4:15 Dining Room Discussions</p> <p>28</p>	<p>Christmas Decorating All Day</p> <p>9:30 Morning Coloring 10:30 Christmas Music 1:30 "Stepping Seniors" Walking Club 2:30 Christmas Coloring [D] 4:15 Dining Room Discussions 5:00 Agility Games w/ Belinda</p> <p>29</p>	<p>9:30 Nature Scenes & Music 10:30 Hydration & Cranium Crunches 1:30 "Stepping Seniors" Walking Club 2:30 BINGO and Refreshments 4:00 Dining Room Discussions 6:30 Color My Stress Away & Music</p> <p>30</p>