

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise/Trivia 9:30am-10:30am Reminiscing 12:45pm-1:10pm BINGO 2:00pm	2 Zumba & Trivia 9:30am-10:30am  Bowling-2:00pm	3 Beach-ball game- 10:00am  Craft-2:00pm	4 Exercise 10:00am-10:45am BINGO 2:00pm	5 Yoga/Trivia 9:30am-10:30am Aromatherapy /Music 12:45pm-1:10pm Happy Hour- 2:00pm Bible Study 3:30-4:30pm	6  Movies-2:00pm Mass-4:00pm
7  Daylight Saving Time Ends	8 Exercise/Trivia 9:30am-10:30am Reminiscing 12:45pm-1:10pm Drama-2:00pm	9 Zumba & Trivia 9:30am-10:30am Sensory Stimulation 12:45pm -1:10pm  Spa day-2:00pm	10 Exercise 10:00am-10:45am Novel Reading 11:00am-11:30am Word Search & coloring 2:00pm	11  	12 Yoga& Health &wellness 9:45am Happy Hour- 2:00pm Bible Study 3:30-4:30pm	13 Movies-2:00pm Mass-4:00pm 
14 	15 Exercise/Trivia 9:30am-10:30am  Kindness& Clowning day-2:00pm	16 Zumba & Trivia 9:30am-10:30am Sensory Stimulation 12:45pm -1:10pm  Bowling-2:00pm	17  Beach-ball game - 10:00am Tattoos & Booze 2:00pm	18 Music with DJ 10:00am-11:00am BINGO 2:00pm	19 Aromatherapy 12:45pm-1:10pm Yoga/Trivia 9:30am-10:30am Resident Council Meeting-2:00pm Bible Study- 3:30-4:30pm	20 Movies-2:00pm Mass-4:00pm 
21 	22 Reminiscing/ 1:1 Exercise 12:45pm-1:10pm Exercise/Trivia 9:30am-10:30am BINGO 2:00pm	23 Zumba & Trivia 9:30am-10:30am  Harvest Party -2:00pm	24 Exercise 10:00am-10:45am  Pajamas party- 2:00pm	25 Music with DJ 10:00am-11:00am BINGO 2:00pm Thanksgiving Day	26 Yoga/Trivia 9:30am-10:30am  Birthday Celebration- 2:00pm	27 Movies-2:00pm Mass-4:00pm 
28  Hanukkah Begins	29 Exercise/Trivia 9:30am-10:30am Reminiscing 12:45pm-1:10pm  2:00pm	30 Zumba & Trivia 9:30am-10:30am Sensory Stimulation 12:45pm -1:10pm  Bowling-2:00pm				

Manoir Du Lac Calendar of Recreation Activities