







November 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	All Saints Day  Daylight Savings Time Turn Your Clocks Back 1 Hour	2	All Souls Day 10:30 am Freedom Home Care Exercise-GR 2:00 pm Movie in GR	3	Election Day Take time to do something that makes you happy today	4	Common Sense Day Re-frame a worry and try to find a positive way to respond	5	Stout Day 9:00 am Shopping Trip (sign up w/Valerie) 10:30 am Freedom Home Care Exercise-GR	6	Button Day 10:30 am Tai Chi in GR Decide to look for what is good, even on difficult days	7	Sadie Hawkins Day Take a photo of something that brings you joy and share it
8	Cook Something Bold Day 	9	Kristallnacht 10:30 am Freedom Home Care Exercise-GR 2:00 pm Movie in GR	10	Marine Corps Birthday Rediscover a fun childhood activity that you can enjoy today.	11	Veteran's Day Share a happy memory with someone who means a lot to you	12	Pneumonia Day 9:00 am Shopping Trip (sign up w/Valerie) 10:30 am Freedom Home Care Exercise-GR	13	World Kindness Day 10:30 am Tai Chi in GR Eat food that makes you feel good and really savor it	14	Diwali Send a positive note to a friend who needs some encouragement
15	National Bundt Day 	16	Teddy Bear Day 10:30 am Freedom Home Care Exercise-GR 2:00 pm Movie in GR	17	Take a Hike Day Take time to do something that makes you happy today	18	Apple Cider Day Smile and be friendly, even while you are social distancing	19	Use Less Stuff Day 9:00 am Shopping Trip (sign up w/Valerie) 10:30 am Freedom Home Care Exercise-GR	20	Universal Children's Day 10:30 am Tai Chi in GR Notice positive things during the lockdown, however small	21	Family Volunteer Day Ask a loved one what they feel grateful for at the moment
22	Mother Goose Day 	23	Doctor Who Day 10:30 am Freedom Home Care Exercise-GR 2:00 pm Movie in GR	24	Unique Talent Day Appreciate the joy of nature and the beauty in the world around you	25	Nat'l Jukebox Day Look for something to be thankful for where you least expect it	26	Thanksgiving Day  HAPPY THANKSGIVING!	27	National Native American Heritage Day 10:30 am Tai Chi in GR 1:00 pm Book Club - GR	28	Small Business Day Show your appreciation to those helping others
29	Square Dancing Day 	30	Cyber Monday 10:30 am Freedom Home Care Exercise-GR 2:00 pm Movie in GR	<p>CC - Computer Center 2nd Flr South CGR - Card, Game & Music Room LB - Library in Front Lobby LFT - Loft on 2nd Flr North FL - Florida Room beside GR GR - Great Room PDR - Private Dining Room WC - Wellness Center - Lower Level</p> 