

THE ARBORS OF BEDFORD

NOVEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY THANKSGIVING</p> 				<p>1</p> <p>10:00 Exercise with Sue 10:30 Refreshment 11:00 Daily Discussion 11:30 Lunch 1:00 Boggle 2:00 Refreshment 2:30 Monthly Holidays 3:00 Manicures 5:00 Supper</p>	<p>2</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Who Am I 2:00 Sue Snack 3:00 Rosary 3:30 Manicures 5:00 Supper 6:00 Ladies Movie Night / Men's Night</p>	<p>3</p> <p>10:00 Refreshments 10:30 Game Show Network 11:30 Lunch 1:15 Ice Cream Social 2:00 Daily Discussion 2:30 Stretches with Daneen 3:00 Games (Basketball, Tic Tac Toe, Ring Toss) 5:00 Supper</p>
<p>4</p> <p>10:00 Refreshments 10:30 Movie 11:30 Lunch 1:00 Daily Discussion 1:30 Trivia 2:00 Refreshment 2:30 Exercise 3:30 Short Stories 4:30 Hand Massage 5:00 Supper</p>	<p>5</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Sing-a-Long 2:00 Doug Rickard 2:30 Sue Snack 3:00 Cliche Day 4:00 Hand Massage 5:00 Supper 6:00 Bingo Night</p>	<p>6</p> <p>10:00 Exercise with Sue 10:30 Refreshment 11:00 Daily Discussion 11:30 Lunch 1:00 Boggle 2:00 Refreshment 2:30 Manicures/Music with Billie 3:30 Game Show Network 4:00 Grinder Prep 5:00 Grinder Night</p>	<p>7</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Refreshment 2:30 Arts & Crafts 3:30 Manicures 5:00 Supper 6:00 Musical Movie Night</p>	<p>8</p> <p>10:00 Exercise with Sue 10:30 Refreshment 11:00 Daily Discussion 11:30 Lunch 1:00 Games 2:00 Float Day 3:00 Name That Memory 3:30 What Am I 4:00 Relaxation 5:00 Supper</p>	<p>9</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch/Lunch Outing 1:00 Game Show Network 2:00 Refreshment 3:00 Rosary 3:30 Trivia 4:00 Short Stories 5:00 Supper 6:00 Ladies Movie / Men's Night</p>	<p>10</p> <p>10:00 Refreshments 10:30 Movie 11:30 Lunch 1:15 Ice Cream Social 2:00 Daily Discussion 2:30 Trivia 3:00 Music with Billie 5:00 Supper</p>
<p>11</p> <p>10:00 Refreshment 10:30 Lawrence Welk Videos 11:30 Lunch 1:00 Daily Discussion 1:30 Exercise 2:00 Refreshments 2:30 Boggle 3:30 Sing-a-Long with Billie 4:30 Relaxation 5:00 Supper</p>	<p>12</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 You Be The Judge 2:00 Refreshment 2:30 Wheel of Fortune 3:30 Manicures 4:00 Hand Massage 5:00 Supper</p>	<p>13</p> <p>10:00 Refreshments 10:30 Exercise with Sue 11:00 Daily Discussion 1:00 Mary Kay Hand Massage 2:00 Refreshment 2:30 What Am I 3:30 It's Trivial 5:00 Supper</p>	<p>14</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Catholic Mass 2:30 Refreshment 3:00 Manicures 5:00 Supper 6:00 Musical Movie Night</p>	<p>15</p> <p>10:00 Refreshment 10:30 Refreshment 11:00 Daily Discussion 1:00 Boggle 2:00 Refreshment 2:30 You Be The Judge 3:30 Sing-a-Long 4:00 Relaxation 5:00 Supper</p>	<p>16</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Flora Flauna 2:00 Refreshments 3:00 Rosary 3:30 Front Porch 5:00 Supper 6:00 Ladies Movie Night / Men's Night</p>	<p>17</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:15 Ice Cream Social 2:30 Dai8ly Discussion 3:00 Stretches with Daneen 4:00 Sing-a-Long 5:00 Supper</p>
<p>18</p> <p>10:00 Refreshment 10:30 Game Show Network 11:30 Lunch 1:00 Daily Discussion 1:30 Trivia 2:00 Peter Ole 3:00 Refreshment 3:30 Make em Laugh 4:00 Exercise 4:30 Relaxation 5:00 Supper</p>	<p>19</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Wheel of Fortune 2:00 Refreshment 2:30 Manicures 3:00 Music with Billie 5:00 Supper 6:00 Bingo</p>	<p>20</p> <p>10:00 Refreshment 10:30 Exercise with Sue 11:00 Daily Discussion 11:30 Lunch 1:00 Arts & Crafts 2:00 Float Day 3:00 Short Stories 4:00 Grinder Prep 5:00 Grinder Night</p>	<p>21</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:15 Pastor John 2:00 Refreshment 3:00 Manicures 4:00 Hand Massage 5:00 Supper 6:00 Musical Movie Night</p>	<p>22</p> <p>10:00 Refreshment 10:30 Exercise with Sue 11:00 Daily Discussion 11:30 Lunch 1:00 You Be The Judge 2:00 Refreshment 2:30 Sing-a-Long 3:30 Wheel of Fortune 4:00 Relaxation 5:00 Supper</p>	<p>23</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch / Outing 1:00 Game Show Network 2:00 Refreshment 3:00 Rosary 3:30 Manicures 5:00 Supper 6:00 Ladies Movie Night / Men's Night</p>	<p>24</p> <p>10:00 Refreshment 10:30 Religious Service 11:00 Tv Game Show Network 11:30 Lunch 1:15 Ice Cream Social 1:45 Daily Discussion 2:00 Sing & Swing 3:00 Trivia 4:00 Music with Billie 5:00 Supper</p>
<p>25</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:00 Daily Discussion 1:30 Make em Laugh 2:00 Refreshment 2:30 Monthly Trivia 3:00 Short Stories 4:00 Relaxation 5:00 Supper</p>	<p>26</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Boggle 2:00 Refreshment 2:30 Trivia 3:00 Front Porch 3:30 Manicures 5:00 Supper 6:00 Bingo</p>	<p>27</p> <p>10:00 Refreshment 10:30 Exercise with Sue 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Refreshment 2:30 Letter List Game 4:00 Hand Massage 5:00 Supper</p>	<p>28</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:00 Lunch/Activity Grill Lunch 1:00 Sing-a-Long 2:00 Chuck Wilson 3:00 Refreshment 4:00 Manicures 5:00 Supper 6:00 Musical Movie</p>	<p>29</p> <p>10:00 Refreshment 10:30 Exercise with Sue 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Refreshment 2:30 Arts & Crafts 4:00 Relaxation 5:00 Supper</p>	<p>30</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Sing-a-Long 2:00 Birthday Party 3:00 Rosary 3:30 Manicures 5:00 Supper 6:00 Ladies Movie Night / Men's Night</p>	