

# CRESSKILL ACTIVITIES HILLSDALE NOVEMBER 2023

## LIVING LIFE WELL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b></p> <p>10:00 Light &amp; Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation &amp; Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Name These Animals 6:00 Family Movie</p>	<p><b>2</b></p> <p>0:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>	<p><b>3</b></p> <p>10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie</p>	<p><b>4 Spaghetti Day</b></p> <p>10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie</p>	<p><b>5</b></p> <p>10:00 Colorful Scarves &amp; music 11:00 Relaxation/Refreshments 1:30 Arts &amp; Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie</p>	<p><b>6</b></p> <p>10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 6:00 Family Movie</p>	<p><b>7 Hair Care Day</b></p> <p>0:00 Sit &amp; Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>
<p><b>8 NAIL CARE DAY</b></p> <p>10:00 Light &amp; Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation &amp; Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Family Movie 6:00 Name These Animals</p>	<p><b>9</b></p> <p>10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>	<p><b>10 Music W. Maggie</b></p> <p>10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Family Movie 6:00 Toss Ball</p>	<p><b>11 Nature Walk</b></p> <p>10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie</p>	<p><b>12</b></p> <p>10:00 Colorful Scarves &amp; music 11:00 Relaxation/Refreshments 1:30 Arts &amp; Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie</p>	<p><b>13</b></p> <p>10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 6:00 Friday Matinee</p>	<p><b>14</b></p> <p>10:00 Sit &amp; Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>
<p><b>15</b></p> <p>10:00 Light &amp; Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation &amp; Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Family Movie 6:00 Name These Animals</p>	<p><b>16 Music W. Lenny</b></p> <p>10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Family Movie 6:00 Sing-A-Long</p>	<p><b>17</b></p> <p>10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie</p>	<p><b>1</b></p> <p>10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie</p>	<p><b>19 SPA DAY</b></p> <p>10:00 Colorful Scarves &amp; music 11:00 Relaxation/Refreshments 1:30 Arts &amp; Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie</p>	<p><b>20</b></p> <p>10:00 Beauty Hour 11:00 Music with Marjorie 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 6:00 Friday Matinee</p>	<p><b>21 Hair Care Day</b></p> <p>10:00 Sit &amp; Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>
<p><b>22 NAIL CARE DAY</b></p> <p>10:00 Light &amp; Lively Exercise 10:30 Coupon Clipping 11:00 Relaxation &amp; Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 4:00 Name These Animals 6:00 Family Movie</p>	<p><b>23</b></p> <p>10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>	<p><b>24</b></p> <p>10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie</p>	<p><b>25 Music W. Maggie</b></p> <p>10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 6:00 Family Movie</p>	<p><b>26</b></p> <p>10:00 Colorful Scarves &amp; music 11:00 Relaxation/Refreshments 1:30 Arts &amp; Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 6:00 Family Movie</p>	<p><b>27 Nature Walk</b></p> <p>10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your 5:00 Family Movie 6:00 Family Movie</p>	<p><b>28</b></p> <p>10:00 Sit &amp; Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>
<p><b>29</b></p> <p>10:30 Coupon Clipping 11:00 Relaxation &amp; Refreshments 1:30 Card Games 2:00 Fun Trivia 3:00 Social Gathering 6:00 Family Movie 4:00 Name These Animals 6:00 Family Movie</p>	<p><b>30</b></p> <p>10:00 Morning Stretch Exercise 10:30 Fun Coloring 11:00 Relaxation/Refreshments 1:30 Short Stories 2:00 Parachute Fun 3:00 Social Gathering 4:00 Sing-A-Long 6:00 Family Movie</p>	<p><b>31 Halloween Party</b></p> <p>10:00 Nature Walk Outside 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 6:00 Family Movie</p>				