



NOVEMBER 2020



DAY	DATE	ACTIVITY	TIME
Sunday	1	Coloring with Coco	1:00 p.m.
Monday	2	YMCA exercise Channel 6 Social Hour with Trina Crafts with Cheyenne Wii Bowling League	1:00 p.m. 2:00 p.m. 4:00 p.m. 8:00 p.m..
Tuesday	3	Games with Miranda	2:00 p.m.
Wednesday	4	YMCA exercise Channel 6 Bingo with Tiffany	1:00 p.m. 2:00 p.m.
Thursday	5	Exercise with Cheyenne Walking Club or Pilates Wii Bowling League	1:30 p.m. 3:30 p.m. 8:00 p.m.
Friday	6	YMCA exercise Channel 6 Movie Night with popcorn Wii Bowling League	1:00 p.m. 6:30 p.m. 8:00 p.m.
Saturday	7		
Sunday	8	Coloring with Coco	1:00 p.m.
Monday	9	YMCA exercise Channel 6 Social Hour with Trina Crafts with Cheyenne Wii Bowling League	1:00 p.m. 2:00 p.m. 4:00 p.m. 8:00 p.m.
Tuesday	10	Games with Miranda	2:00 p.m.
Wednesday	11	YMCA exercise Channel 6 Bingo with Tiffany	1:00 p.m. 2:00 p.m.
Thursday	12	Exercise with Cheyenne Walking Club or Pilates Wii Bowling League	1:30 p.m. 3:30 p.m. 8:00 p.m.
Friday	13	YMCA exercise Channel 6 Movie Night with popcorn Wii Bowling League	1:00 p.m. 6:30 p.m. 8:00 p.m.
Saturday	14		
Sunday	15	Coloring with Coco	1:00 p.m.
Monday	16	YMCA exercise Channel 6 Social Hour with Trina Crafts with Cheyenne Wii Bowling League	1:00 p.m. 2:00 p.m. 4:00 p.m. 8:00 p.m..
Tuesday	17	Games with Miranda	2:00 p.m.
Wednesday	18	YMCA exercise Channel 6 Bingo with Tiffany	1:00 p.m. 2:00 p.m.
Thursday	19	Exercise with Cheyenne Walking Club or Pilates Wii Bowling League	2:00 p.m. 4:00 p.m. 8:00 p.m..
Friday	20	YMCA exercise Movie Night with popcorn Wii Bowling League	1:00 p.m. 6:30 p.m. 8:00 p.m.
Saturday	21		
Sunday	22	Coloring with Coco	1:00 p.m.
Monday	23	YMCA exercise Channel 6 Social Hour with Trina Crafts with Cheyenne Wii Bowling League	1:00 p.m. 2:00 p.m. 4:00 p.m. 8:00 p.m..
Tuesday	24	Games with Miranda	2:00 p.m.
Wednesday	25	YMCA exercise Channel 6 Bingo with Tiffany	1:00 p.m. 2:00 p.m.
Thursday	26 **THANKSGIVING DAY**	Exercise with Cheyenne Walking Club or Pilates Wii Bowling League	1:30 p.m. 3:30 p.m. 8:00 p.m.
Friday	27	YMCA exercise Channel 6 Movie Night with popcorn Wii Bowling League	1:00 p.m. 6:30 p.m. 8:00 p.m.
Saturday	28		
Sunday	29	Coloring with Coco	1:00 p.m.
Monday	30	YMCA exercise Channel 6 Social Hour with Trina	1:00 p.m. 2:00 p.m.

		Crafts with Cheyenne Wii Bowling League	4:00 p.m. 8:00 p.m..
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Due to COVID-19 our activities have lessened but our spirits are bright. We continue to practice social distancing during our small group activities. Residents also enjoy self-entertainment: puzzles, games, reading etc.