



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>1</b> <i>Happy Thanksgiving</i></p>	<p><i>Fox Trail Memory Care Living</i> 69 Burton Avenue South River NJ 08882</p>	<p><b>1. ALL SAINT'S DAY</b> NATIONAL DEVILED EGG DAY 9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p><b>2.</b> NATIONAL SANDWICH DAY 9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p><b>3</b><i>CULTURE DAY</i> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p><b>4</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p><b>5</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p><b>6</b><i>NACHO'S DAY</i> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game 4:00 The Honeyymooners Hour</p>	<p><b>7</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne &amp; Shirley Hour</p>	<p><b>8</b><i>ELECTION DAY</i> 9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p><b>9</b><i>World Freedom Day</i> NATIONAL VANILLA CUPCAKE DAY 9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p><b>10</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p><b>11</b><i>VETERANS DAY</i> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p><b>12</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p><b>13</b><i>Remembrance Sunday</i> WORLD DIABETES DAY 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social</p>	<p><b>14</b><i>National Pickle Day</i> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along</p>	<p><b>15</b> NATIONAL FAST FOD DAY 9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p><b>16</b><i>WORLD COPD</i> NATIONAL HOMEMADE BREAD DAY 9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p><b>17</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p><b>18</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p><b>19</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p><b>20</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game 4:00 The Honeyymooners Hour</p>	<p><b>21</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne &amp; Shirley Hour</p>	<p><b>22</b> 9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p><b>23</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p><b>24</b> <b>HAPPY THANKSGIVING</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p><b>25</b><i>BLACK FRIDAY</i> NATIONAL CAKE DAY 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p><b>26</b><i>National Cake Day</i> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p><b>27</b> <b>HANUKKAH</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game 4:00 The Honeyymooners Hour</p>	<p><b>28</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne &amp; Shirley Hour</p>	<p><b>29</b> 9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p><b>30</b> 9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p><b>OUT DOOR ACTIVITY</b></p> <ul style="list-style-type: none"> <li>• WALKING CLUB</li> <li>• GARDENING</li> <li>• OUSIDE SOCIAL</li> </ul>		<p><b>Residents are hydrated frequently throughout the day</b></p> <p><b>*ACTIVITIES ARE SUBJECT TO CHANGE*</b></p>