

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30- 12:00 1 Muscle Movements Morning Word Games Room Visits 2:00 Autumn Breeze Social 3:30 Exercise Circle	9:30- 12:00 2 Boot Camp Workout A to Z Trivia Room Visits 2:00 The Price Is Right Game 3:30 Noodle Ball 6:00 Bridgeway \$\$ Bingo	9:30- 12:00 3 Gentle Moves Name 10 Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Wizard of OZ Social Cart On the Units	9:30- 12:00 4 Moving to Music Triple Treat Trivia Room Visits 2:00 Wine Down Wednesday 3:30 Crafting Club: Dream Catchers 6:00 Bridgeway \$\$ Bingo	9:30- 12:00 5 Fitness First Hangman Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 The Gratitude Game	9:30- 12:00 6 Chair Exercise Morning Word Games Room Visits 2:00 Nacho Social Cart 3:30 Crafting Club: Hand Turkeys	9:30- 12:00 7 Sit and Be Fit Mind Joggers Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Physical Games
9:30- 12:00 8 Movin' and Shakin' Finishing Lines Room Visits 2:00 The Price Is Right Game 3:30 Crafting Club: Fall Wreaths	9:30- 12:00 9 Morning Stretch Would You Rather? Room Visits 2:00 Everything Peanut Butter Social Cart 3:30 Crafting Club 6:00 Bridgeway \$\$ Bingo	9:30- 12:00 10 Morning Moves Hangman Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Physical Games	9:30- 12:00 11 Wednesday Workout Cranium Crunches Room Visits 2:00 Veteran's Day Discussion & Patriotic Songs 3:30 Appetizers & Trivia 6:00 Bingo	9:30- 12:00 12 Sittercise Timeless Trivia Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Mocktail Social Cart on the units	9:30- 12:00 13 Bend and Stretch Name That Tune Room Visits 2:00 Pumpkin Pie & Cider Social 3:30 November Jeopardy	9:30- 12:00 14 Exercise Circle Morning Word Games Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Tongue Twister Competition
9:30- 12:00 15 Movin' to Music Trivial Pursuit Room Visits 2:00 Crafting Club: Scarecrows 3:30 Poetry Circle on the units	9:30- 12:00 16 Sunrise Exercise Everyday Trivia Room Visits 2:00 Pickle Tasting Social Cart on the units 3:30 Cupcake Wars 6:00 Bingo	9:30- 12:00 17 Simon Says Workout Twenty Questions Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Baking Club: Apple Slice Cookies	9:30- 12:00 18 Strength Training Morning Word Games Room Visits 2:00 Monthly Birthday Party 3:30 The Price is Right Game 6:00 Bingo	9:30- 12:00 19 Chair Aerobics A to Z Trivia Room Visits Resident Council Menu Planning Committee 2:00 Bridgeway Bingo 3:30 Crafting Club	9:30- 12:00 20 Happy Body Workout Mind Joggers Room Visits 2:00 Appetizers & Trivia Hour 3:30 Physical Games	9:30- 12:00 21 Muscle Movements Hangman Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Strike or Spare Bowling
9:30- 12:00 22 Boot Camp Workout Cranium Crunches Room Visits 2:00 Crafting Club: Thanksgiving Themed	9:30- 12:00 23 Moving to Music Timeless Trivia Room Visits 2:00 The Gratitude Tree Activity 3:30 Noodle Ball 6:00 Bridgeway \$\$ Bingo	9:30- 12:00 24 Fitness First Name That Tune Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Exercise	9:30- 12:00 25 Chair Exercise Trivial Pursuit Room Visits 2:00 Pie in the Sky Garland Craft 3:30 Afternoon Word Games 6:00 Bridgeway \$\$ Bingo	9:30- 12:00 26 Sit and Be Fit Everyday Trivia Room Visits 2:00 Bridgeway \$\$ Bingo	9:30- 12:00 27 Movin' and Shakin' Twenty Questions Room Visits 2:00 Travelogue to Finland 3:30 Exercise Circle	9:30- 12:00 28 Morning Stretch A to Z Trivia Room Visits 2:00 Bridgeway \$\$ Bingo 3:30 Physical Games
9:30- 12:00 29 Bend and Stretch Current Events Room Visits News, Mail and Devotions Activity Cart	9:30- 12:00 30 Exercise Circle Mad Libs Room Visits 2:00 Parfait Social Cart on the Units 3:30 Crafting Club 6:00 Bridgeway \$\$ Bingo	 <h1 style="font-family: cursive;">November 2020</h1> <h2 style="font-weight: bold;">Bridgeway in Bridgewater Activities</h2>				