

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs are conducted by your Nursing staff upon request		9:00 pm-Herbal Tea and Hand massage 11:00 pm-Spelling Bee 1:00 am-Uno 3:00 am-Trivia 5:00 am-Boggle	9:00 pm-Memories 11:00 pm-Midnight Movie- 1:00 am-Tea and Readers Digest 3:00 am-Counting backwards. 5:00 am-Early risers Walking club	9:00 pm-Ring Toss 11:00 pm-Crazy Eights 1:00 am-Amazing Mazes 3:00 am-Shut the Box 5:00 am-Categories	9:00 pm-Card Games 11:00 pm-Remembering favorite movie stars 1:00 am-Trivia 3:00 am-What is it?? 5:00 am-Early risers Walking	9:00 pm-Herbal Tea and Hand Massage 11:00 am-Word Search 1:00 am-Dice Games 3:00 am-Trivia 5:00 am-Sunrise chat
9:00 pm-Dice Games 11:00 pm- Midnight Travels- 1:00 am-Concentration 3:00 am-Puzzles 5:00 am-Early Risers Walking Club	9:00 pm-Memories 11:00pm-Midnight Movie 1:00 am-Tea and Readers Digest 3:00 am-Journaling. 5:00 am-Early risers Walking club	9:00 pm-Concentration 11:00 pm- Poetry Reading 1:00 am-Name 5 3:00 am-Card Games 5:00 am-Brush strokes	9:00 pm-Ball Toss 11:00 pm-Dice Games 1:00 am-Remember When 3:00 am-20 Questions 5:00 am-Coffee / Conversation	9:00 pm-Brushstrokes 11:00 pm-Memories 1:00 am-Scavenger Hunt 3:00 am-Chicken soup for the soul 5:00 am-Early Risers Walking Club	9:00 pm-Family Stories 11:00 am-Midnight Movie 1:00 am-Hand Massages 3:00 am-Early risers walking club 5:00am -Pictionary	9:00 pm-Puzzles 11:00 am-Meditational Coloring 1:00 am-Music and hand massage 3:00 am-Sorting 5:00 am-Sunrise stroll
9:00 pm -Concentration 11:00 pm- Poetry Reading 1:00 am-3 of a kind 3:00 am-Card Games 5:00 am-Brushstrokes	9:00 pm-Word Search 11:00 pm-Puzzles 1:00 am-Who am I 3:00 am-Black Jack 5:00 am -Spelling Bee	9:00 pm-Herbal Tea and Hand massage 11:00 pm-Spelling Bee 1:00 am-Uno 3:00 am-Trivia 5:00 am-Boggle	9:00 pm-Memories 11:00 pm-Midnight Movie- 1:00 am-Tea and Readers Digest 3:00 am-Counting backwards. 5:00 am-Early risers Walking club	9:00 pm-Ring Toss 11:00 pm-Crazy Eights 1:00 am-Amazing Mazes 3:00 am-Shut the Box 5:00 am-Categories	9:00 pm-Card Games 11:00 pm-Remembering favorite movie stars 1:00 am-Trivia 3:00 am-What is it?? 5:00 am-Early risers Walking	9:00 pm-Herbal Tea and Hand Massage 11:00 am-Word Search 1:00 am-Dice Games 3:00 am-Trivia 5:00 am-Sunrise chat
9:00 pm-Dice Games 11:00 pm- Midnight Travels- 1:00 am-Concentration 3:00 am-Puzzles 5:00 am-Early Risers Walking Club	9:00 pm-Memories 11:00pm-Midnight Movie 1:00 am-Tea and Readers Digest 3:00 am-Journaling. 5:00 am-Early risers Walking club	9:00 pm-Concentration 11:00 pm- Poetry Reading 1:00 am-Name 5 3:00 am-Card Games 5:00 am-Brush strokes	9:00 pm-Ball Toss 11:00 pm-Dice Games 1:00 am-Remember When 3:00 am-20 Questions 5:00 am-Coffee / Conversation	9:00 pm-Brushstrokes 11:00 pm-Memories 1:00 am-Scavenger Hunt 3:00 am-Chicken soup for the soul 5:00 am-Early Risers Walking Club	9:00 pm-Family Stories 11:00 am-Midnight Movie 1:00 am-Hand Massages 3:00 am-Early risers walking club 5:00am -Pictionary	9:00 pm-Puzzles 11:00 am-Meditational Coloring 1:00 am-Music and hand massage 3:00 am-Sorting 5:00 am-Sunrise stroll
9:00 pm -Concentration 11:00 pm- Poetry Reading 1:00 am-3 of a kind 3:00 am-Card Games 5:00 am-Brushstrokes	9:00 pm-Word Search 11:00 pm-Puzzles 1:00 am-Who am I 3:00 am-Black Jack 5:00 am -Spelling Bee	9:00 pm-Herbal Tea and Hand massage 11:00 pm-Spelling Bee 1:00 am-Uno 3:00 am-Trivia 5:00 am-Boggle	9:00 pm-Memories 11:00 pm-Midnight Movie- 1:00 am-Tea and Readers Digest 3:00 am-Counting backwards. 5:00 am-Early risers Walking club	<h1>November 2022</h1> <p>Night Owl Recreation Calendar for Orchard Heights Assisted Living</p>		