




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TURN CLOCKS BACK 1 HOUR</b> 9:15 ECUMENICAL SERVICE-CHANNEL 7 10:00 MORNING WORKOUT 10:30 FINISHING LINES 11:00 CATHOLIC MASS-CH-4 2:00 PICTURE THIS 2:30 SOUND MATCH 3:00 SNACK & TRIVIA Daylight Saving Time Ends	10:00 SILVER SNEAKERS-CH-4 2:00 MOVIE MATINEE-CH-4 6:30 WHEEL OF FORTUNE 7:30 SNACK & TRIVIA	10:00 CHAIR YOGA-CH-4 2:00 TRIVIA WITH KATHY-CH-7 6:30 BINGO 7:30 SNACK/STRETCH BREAK & MIND JOGGERS	10:00 CHAIR EXERCISE 10:30 CALL OUT THE ANSWER 11:00 SING ALONG SONGS 2:00 WEB CONNECTION 3:00 HYDRATION BREAK 6:30 CATEGORIES 7:00 IMAGINE THAT 7:30 SNACK TIME & TRIVIA	9:45 CATHOLIC MASS-CH-7 10:15 BIBLES STORIES WITH PASTOR JACK-CH7 10:30 SIT & FIT 11:00 MUSIC BREAK 2:00 BINGO 3:00 HYDRATION BREAK	10:00 MORNING STRETCH 10:30 WHAT'S NEXT? 11:00 MUSIC MEMORIES 2:00 FIND THE SERECT WORD 2:30 COOKIE SNACK	10:00 MORNING WORKOUT 10:30 EASY DOES IT TRIVIA 11:00 SENTIMENTAL SING ALONG 2:00 LISTENING LOTTO 3:00 SNACK & SHORT STORIES 3:30 MUSICAL MATINEE
9:15 ECUMENICAL SERVICE-CHANNEL 7 10:00 MORNING WORKOUT 10:30 FINISH THE PHRASE 11:00 CATHOLIC MASS-CH-4 2:00 WORD GAMES 3:00 SNACK & TRIVIA 3:30 MOVIE MATINEE	10:00 MORNING WORKOUT 10:30 FILL IN THE BLANK 11:00 FAVORITE SONGS 2:00 CROSSWORD PUZZLE 6:30 DRAWER DETECTIVE 7:00 PICTURE THIS 7:30 SNACK BREAK & MUSIC TRIVIA	10:00 DAILY WARM UP 10:30 BRAIN TEASERS 11:00 SONGS WE REMEMBER 2:00 DANN PELL'S MUSIC-CH-4 6:30 BINGO 7:30 SNACK/STRETCH BREAK & TRIVIA TIME	10:00 CHAIR EXERCISE 10:30 THIS OR THAT TRIVIA 2:00 WORD SEARCH 2:30 GAME TIME 6:30 PICTURE BINGO 7:30 SNACK BREAK & EASY DOES IT TRIVIA <small>Veterans Day Remembrance Day (Canada)</small>	9:45 CATHOLIC MASS-CH-7 10:15 BIBLES STORIES WITH PASTOR JACK-CH7 10:30 SIT & FIT 11:00 MUSIC BREAK 2:00 BINGO 3:00 HYDRATION BREAK	10:00 MORNING STRETCH 10:30 MUSIC TRIVIA 11:00 MUSIC MEMORIES 2:00 RYMES WITH THANK TREAT 2:30 WINE & CHEESE TREAT	10:00 MORNING WORKOUT 10:30 FINISHING LINES 11:00 SENTIMENTAL SING ALONG 2:00 WORD GAMES 3:00 COOKIE SNACK & WHO OR WHAT AM I? 3:30 SATURDAY MOVIE
9:15 ECUMENICAL SERVICE-CHANNEL 7 10:00 MORNING WORKOUT 10:30 THIS OR THAT TRIVIA 11:00 CATHOLIC MASS-CH-4 2:00 MEMORY MAGIC PHRASES 2:30 NAME THAT TUNE 3:00 SNACK & TRIVIA 3:30 MOVIE MATINEE	10:00 MORNING WORKOUT 10:30 FILL IN THE BLANK 11:00 FAVORITE SONGS 2:00 REMINISCING 3:00 HYDRATION BREAK 6:30 IMAGINE THAT 7:00 THANKSGIVING CHARADES 7:30 SNACK & TRIVIA TIME	10:00 DAILY WARM UP 10:30 A TO Z TRIVIA 11:00 SONGS WE REMEMBER 2:00 BIBLE STORIES WITH ANNE 2:30 EZ MUSIC-GRATITUDE 6:30 BINGO 7:30 SNACK/STRETCH BREAK & TRIVIA TIME	10:00 CHAIR EXERCISE 10:30 EVERYDAY TRIVIA 11:00 SING ALONG SONGS 2:00 PICTURE A WORD 3:00 HYDRATION BREAK 6:30 STORY LINES 7:00 I HEAR MEMORIES 7:30 SNACK & EVERYDAY TRIVIA	9:45 CATHOLIC MASS-CH-7 10:15 BIBLES STORIES WITH PASTOR JACK-CH7 10:30 SIT & FIT 11:00 MUSIC BREAK 2:00 BINGO 3:00 HYDRATION BREAK	10:00 MORNING STRETCH 10:30 JOGGIN YOUR NOGGIN 11:00 MUSIC MEMORIES 2:00 LIVE MUSICAL ENTERTAINMENT-CHANNEL 7	10:00 MORNING WORKOUT 10:30 CALLOUT THE ANSWER 11:00 SENTIMENTAL SING ALONG 2:00 THANKSGIVING PICTURE BINGO 3:00 ICE CREAM SNACK & ARMCHAIR TRAVELS 3:30 MUSICAL MATINEE
9:15 ECUMENICAL SERVICE-CHANNEL 7 10:00 MORNING WORKOUT 10:30 MIND JOGGERS 11:00 CATHOLIC MASS-CH-4 2:00 CATEGORIES 2:30 MAKING ACORN COOKIES 3:00 COOKIE SNACK & SHORT STORIES	10:00 MORNING WORKOUT 10:30 CALL OUT THE ANSWER 11:00 FAVORITE SONGS 2:00 FOOD FOR THOUGHT 6:30 WHAT'S MY SECRET? 7:30 SNACK & WHO OR WHAT AM I?	10:00 DAILY WARM UP 10:30 WISH UPON A BONE 11:00 SONGS WE REMEMBER 2:00 WEB CONNECTION 3:00 PUMPKIN PUDDING SNACK 6:30 BINGO 7:30 SNACK & TRIVIA TIME	9:45 CATHOLIC MASS-CH-7 10:00 SILVER SNEAKERS-CHANNEL 4 2:00 MUSIC OR TV TIME 6:30 DRAWER DETECTIVE 7:00 PRICE IS RIGHT 7:30 TURKEY DAY TRIVIA AND SNACK	 2:00 MUSIC WITH SCOTT-CHANNEL 7 <small>Thanksgiving Day (US)</small>		10:00 MORNING WORKOUT 10:30 EASY DOES IT TRIVIA 11:00 SENTIMENTAL SING ALONG 2:00 WHEEL OF FORTUNE 3:00 AFTERNOON SNACK & SOME HUMOR 3:30 SATURDAY MOVIE
9:15 ECUMENICAL SERVICE-CHANNEL 7 10:00 MORNING WORKOUT 10:30 FINISHING LYRICS 11:00 CATHOLIC MASS-CH-4 2:00 THANKSGIVING PICTURE BINGO 3:00 SNACK & THIS OR THAT TRIVIA 3:30 MOVIE MATINEE	10:00 MORNING WORKOUT 10:30 BRAIN TEASERS 11:00 FAVORITE SONGS 2:00 WORD SEARCH 3:00 HYDRATION BREAK 6:30 MOVIE STARS 7:00 PICTURE THIS 7:30 SNACK & TRIVIA TIME					

CALENDARS ARE SUBJECT TO CHANGE. PLEASE CONTACT DEBBIE ANDREWS WITH ANY [QUESTIONS dandrews@pphfamily.org](mailto:dandrews@pphfamily.org) or 215-697-8564