Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee Daylight Saving Time Ends	2 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	3 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games HBD Patti French! HBD Jean Bucher!	4 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group	5 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	6 Chair Yoga Daily Chronicles + Snack Spooky Reading Balloon Volleyball Music + Snack Jeopardy	7 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn HBD Doreen Welsh!
8 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee Diwali (Hindi)	9 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	10 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games	11 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Veterans day crafts Veterans Day Remembrance Day (Canada)	12 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities HBD Joe Martinez!	13 Chair Yoga Daily Chronicles + Snack Spooky Reading Balloon Volleyball Music + Snack Jeopardy	14 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn HBD Judith Downs
15 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	16 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	17 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games	18 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group	19 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	20 Chair Yoga Daily Chronicles + Snack Spooky Reading Balloon Volleyball Music + Snack Jeopardy	21 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn
22 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	23 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	24 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games	25 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group	26 Sit & Be Fit Daily Chronicles + Snack Coloring Turkeys Bake Thanksgiving desserts Short Story + Snacks Table Activities Thanksgiving Day (U.S.)	27 Chair Yoga Daily Chronicles + Snack Spooky Reading Balloon Volleyball Music + Snack Jeopardy	28 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn
29 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	30 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities					

Type the name, address, and other information about your community/company here.