

# November 2024 Happenings at the Apponaug Adult Day Center

Monday

Tuesday

Wednesday

Thursday

Friday

Join Us For:

A Variety of Exercise Programs for mobility & movement disorders, Adaptive games, Nu -Step Recumbent Bikes, Rosary, Interactive Games & Activities on Apple TV & I-pads 🍏 Music Therapy Monthly, Nail & Hand Care, Pet Therapy and much more!  
We are now offering personal exercise plans, call for more info!

1. Pro-pitch Baseball  
Step by Step Painting 🍏  
Daylight Savings time  
Current Events 🍏

4. Cliff Hanger  
Scrapbooking  
Minute to Win It  
Culinary Arts

5. Election Day  
Olley Ball  
Step by Step Painting 🍏  
Famous Faces: November  
Finish The Lyrics 🎵

6. Music Therapy Program 🎵  
Drop Cup  
Origami 🍏  
Magnetism  
Brain Games 🍏

7. Spring & Score  
Woodworking Project  
Creative Story Telling  
Card League

8. Bucket Ball  
Remembrance poppy flower  
Poker Keno  
Current Events 🍏

11. Veteran's Day  
Center Closed

12. Pop Darts  
Harvest Beads  
Today in History 🍏  
LRC

13. Pip Fall  
Step by Step Painting 🍏  
Chairs & Ladders  
Culinary Arts

14. Doubles Ping Pong  
Woodworking Project  
Match: Songs to Artist 🎵  
Warwick Monopoly

15. Relaxation & Meditation 🍏  
Fall Alcohol Ink leaf rub  
Match Madness  
Current Events 🍏

18. Bowling League  
Step by Step Painting 🍏  
Poetry Remix Writing  
Rack-O

19. Basket Tower  
String Art: Maple Leaf  
Tapple Word Game  
Fact or Fiction

20. Shuffleboard  
Origami 🍏  
Jeopardy: Zoomed In 🍏  
Giant Yahtzee

21. Wii Games 🍏  
Woodworking Project  
Minute to Win it  
Culinary Arts

22. Hit the moving target  
DIY Chapstick  
Kazoo that Tune 🎵  
Current Events 🍏

25. Corn Hole Contest  
Scrapbooking  
You be the Judge  
Memory

26. Gator Ball  
Abstract: Crinkle Art  
Musical Scattergories  
Culinary Arts

27. Battle Bags  
Origami 🍏  
Minute to Win it  
Traditions Around the World

28. Thanksgiving Day  
Center Closed



29. Day after Thanksgiving  
Center Closed