



# NOVEMBER 2024

## ACTIVITIES CALENDAR



**Maple Ridge Lodge**  
ASSISTED LIVING

All activities are subject to change.



FRIDAY

SATURDAY

**Please Look to the Lobby TV for the Most Up-to-Date Schedule of Activities!**

**All month long, we will be doing different activities and outings to give back to our community!**

**We've got a turkey bandit on the loose!**

**Everyday until Thanksgiving, he'll be hiding somewhere different within the building.**



**If you find him, bring him to the front desk for a little reward!**

FRIDAY	SATURDAY
<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Live Music with DJ Paul (Living Room)</p> <p><b>1:30</b> - Manicures (Art Studio, Signup at Front Desk)</p> <p><b>1:30</b> - Documentary: National Geographic, The Flood (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Hidden in Plain Sight (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Remembering Watching <i>American Bandstand</i> (Living Room)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Darts (Bistro)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Deal or No Deal (Living Room)</p>

**Outings:**  
**(Sign up at front desk)**

November 6 @ 10:30am  
Coffee Shop/Bakery

November 18 @ 1:30pm  
Essex Free Library

**Trips to Hannaford:**

November 4 @ 10:30am  
November 20 @ 10:30am



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - National Geographic: Magic of Disney's Animal Kingdom, Giraffe Jam (Theater)</p> <p><b>1:15</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:30</b> - Family Feud (Bistro)</p> <p><b>3:45</b> - Bean Bag Toss (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:30</b> - Trip to Hannaford (Lobby)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Seated Soccer (Fitness Center)</p> <p><b>3:00</b> - Jewelry/ Keychain Making (Art Studio)</p> <p><b>4:00</b> - Geography Games (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Maple Glazed Apple Blondies (Kitchen)</p> <p><b>1:00</b> - Catholic Communion (Theater)</p> <p><b>2:00</b> - Resident Social: Talkin' About Music (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Games with Lily (Bistro)</p>	<p><b>9:30</b> - Seated Dance - Heather (Fitness Center)</p> <p><b>10:30</b> - Outing: Coffee Shop/ Bakery and Dropping Off Treats to SSTA (Signup @Desk)</p> <p><b>1:00</b> - T.E.D Talk, What Do You Want to Learn? (Living Room)</p> <p><b>2:00</b> - Live Music: Carol Ann Jones (Living Room)</p> <p><b>3:15</b> - Learning the Hand Jive (Living Room)</p> <p><b>4:00</b> - Current Events and NY Times Games (Living Room)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Goldie Hawn (Living Room)</p> <p><b>1:00</b> - Spelling Bee (Living Room)</p> <p><b>2:00</b> - Making Pop Out Bookmarks (Art Studio)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p> <p><b>5:45</b> - Games with Maggie (Bistro)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:00</b> - Expressive Arts with Topaz (Art Studio)</p> <p><b>1:30</b> - Manicures (Art Studio, Signup at Front Desk)</p> <p><b>1:30</b> - Documentary: National Geographic, Expedition Amelia (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Cranium Crunches (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Open Art Studio with Bay (Art Studio)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Baseball Bean Bag Toss (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Jeopardy (Living Room)</p>



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10	11	12	13	14	15	16
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Traveling with Virtual Reality Headsets (Theater)</p> <p><b>1:00</b> - National Geographic: Magic of Disney's Animal Kingdom, Sea You Later, Turtles! (Theater)</p> <p><b>1:15</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:30</b> - Mad Libs (Living Room)</p> <p><b>3:30</b> - Horseshoes (Bistro)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:30</b> - Honoring Our Veterans (Living Room)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Presentation from Lake Champlain Maritime Museum (Living Room)</p> <p><b>3:30</b> - Visit with Pepper, the Therapy Dog (Bistro)</p> <p><b>4:00</b> - Nat Geo's Best of the World (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Cookies (Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Resident Social: November Birthdays (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Games with Lily (Bistro)</p>	<p><b>9:30</b> - Seated Dance with Heather (Fitness Center)</p> <p><b>10:30</b> - Chat on Financial Fraud with Kendra Shedd (Theater)</p> <p><b>1:00</b> - T.E.D Talk, What Do You Want to Learn? (Living Room)</p> <p><b>2:00</b> - Drum Circle (Fitness Center)</p> <p><b>3:15</b> - Signing up for Library Cards/Planning a Book Club (Bistro)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Ted Williams (Living Room)</p> <p><b>1:00</b> - Bocce (Fitness Center)</p> <p><b>2:15</b> - Making Treats for UVM Students (Kitchen)</p> <p><b>3:30</b> - Karaoke (Living Room)</p> <p><b>5:45</b> - Games with Maggie (Bistro)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Current Events and NY Times Games (Living Room)</p> <p><b>1:30</b> - Manicures (Art Studio, Signup at Front Desk)</p> <p><b>1:30</b> - Documentary: National Geographic, Before the Flood (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>3:30</b> - Music with UVM Generation Outreach Club (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Flower Arranging (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Bowling (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - The Price Is Right (Living Room)</p>



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17	18	19	20	21	22	23
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - National Geographic: Magic of Disney's Animal Kingdom, Sea Turtle SOS (Theater)</p> <p><b>1:15</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:30</b> - Family Feud (Bistro)</p> <p><b>3:45</b> - Bean Bag Toss (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Into to Felting, Part 1 (Art Studio)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>1:30</b> - Outing: Essex Free Library (Signup at Desk)</p> <p><b>3:15</b> - Seated Horseshoes (Fitness Center)</p> <p><b>4:00</b> - Geography Games (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Fall Breads (Kitchen)</p> <p><b>1:00</b> - Catholic Communion (Theater)</p> <p><b>2:00</b> - Resident Social (Bistro)</p> <p><b>3:15</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:45</b> - Making Thank You Gifts for Bayada (Bistro)</p>	<p><b>9:30</b> - Seated Dance with Heather (Fitness Center)</p> <p><b>10:30</b> - Trip to Hannaford (Lobby)</p> <p><b>1:00</b> - T.E.D Talk, What Do You Want to Learn? (Living Room)</p> <p><b>2:00</b> - Live Music: Jazzou (Living Room)</p> <p><b>3:00</b> - A Pie of a Goodbye to Kate (Bistro)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Burgess Meredith (Living Room)</p> <p><b>1:00</b> - Cranium Crunches (Living Room)</p> <p><b>2:00</b> - Wellness Presentation (Healthy Holiday Tips) w/ Kandi from Bayada (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p> <p><b>5:45</b> - Games with Maggie (Bistro)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Current Events and NY Times Games (Living Room)</p> <p><b>1:30</b> - Manicures (Art Studio, Signup at Front Desk)</p> <p><b>1:30</b> - Documentary: National Geographic: Lost Treasures of the Maya (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - <i>Sound of Music</i> Sing Along (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Open Art Studio with Bay (Art Studio)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Seated Hockey (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Poetry Share (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Traveling with Virtual Reality Headsets (Theater)</p> <p><b>1:00</b> - National Geographic: Magic of Disney's Animal Kingdom, Okapi Bundle of Joy (Theater)</p> <p><b>1:15</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:30</b> - Learning American Sign Language (Living Room)</p> <p><b>3:30</b> - Shuffleboard (Fitness Center)</p>	<p><b>9:30</b> - Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Into to Felting, Part 2 (Art Studio)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Resident Council Meeting (Dining Room)</p> <p><b>2:45</b> - Learning How to Line Dance (Fitness Center)</p> <p><b>3:30</b> - Visit with Pepper, the Therapy Dog (Bistro)</p> <p><b>4:00</b> - Nat Geo's Best of the World (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Chocolate Turkey Thanksgiving Treats (Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Resident Social (Bistro)</p> <p><b>3:15</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p>	<p><b>9:30</b> - Seated Cardio (Fitness Center)</p> <p><b>10:15</b> - Making Corn Husk Dolls (Art Studio)</p> <p><b>1:00</b> - T.E.D Talk, What Do You Want to Learn? (Living Room)</p> <p><b>2:00</b> - Live Music: Dan Levine (Living Room)</p> <p><b>3:00</b> - Word Mining (Living Room)</p> <p><b>4:00</b> - Local Photography (Living Room)</p>	<p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - History of Macy's Parade/Balloons (Living Room)</p> <p><b>11:00</b> - Macy's Parade (Living Room)</p> <p><b>12:00</b> - National Dog Show (Living Room)</p> <p><b>2:15</b> - Thanksgiving Tongue Twisters (Living Room)</p> <p><b>3:00</b> - A Charlie Brown Thanksgiving (Living Room)</p> <p><b>3:30</b> - Thanksgiving A to Z (Living Room)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Current Events and NY Times Games (Living Room)</p> <p><b>1:30</b> - Manicures (Art Studio, Signup at Front Desk)</p> <p><b>1:30</b> - Documentary: National Geographic, The Rescue (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Finish the Song Title (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - The Soundtrack of Cinema (Living Room)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Darts (Bistro)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Real Estate: Guess the Asking Price (Living Room)</p>