



FOX TRAIL 2023

MEMORY CARE LIVING

Sun Mon Tue Wed Thur Fri Sat

			<p>1.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>2. National Deviled Eggs Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>3. National Sandwich Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>4. National Candy Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p>
<p>5. American Football Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game 4:00 The Honeymooners Hour</p>	<p>6. National Nacho's Dad</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne & Shirley Hour</p>	<p>7. Notary Public Day</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts</p>	<p>8.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>9. World Quality Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>10. National Vanilla Cupcake Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>11. Veterans Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p>
<p>12.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p>	<p>13. World Kindness Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne & Shirley Hour</p>	<p>14. World Diabetes Day</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 Andy Griffith Hour</p>	<p>15. National Bundt Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>16.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>17.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>18.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p>
<p>19.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p>	<p>20. Peanut Butter Fudge Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along</p>	<p>21.</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts</p>	<p>22.</p> <p>30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>23.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>24.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>25. National Cake Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p>

26. National Cake Day

9:30 Laps of Love
10:00 Chair Exercise
10:30 Daily Chronicle/Trivia
11:00 Refreshments
11:30 Famous Quotes
1:00 Music and Meditation
2:00 Table Tennis
2:45 Afternoon Social
3:15 Word Game

27.

9:30 Laps of Love
10:00 Chair Exercise
10:30 Daily Chronicle/Trivia
11:00 Refreshments
11:30 Famous Quotes
1:00 Music and Meditation
2:00 Bowling with Friends
2:45 Afternoon Social
3:15 Sing Along

28. National French Toast Day

9:30 Laps of Love
10:00 Parachuting Fun
10:30 Daily Chronicle/Trivia
11:00 Refreshments
11:30 Brain Teasers
1:00 Music and Meditation
2:00 Cornhole
2:45 Afternoon Social
3:15 Arts & Crafts

29. Chadwick Boseman Day

30 Laps of Love
10:00 Chair Exercise
10:30 Karaoke Sing Along
11:00 Refreshments
1:00 Music and Meditation
2:00 Physical Fun
2:45 Afternoon Social
3:15 Daily Chronicle/Trivia

9:30 Laps of Love
10:00 Chair Exercise
10:30 Manicures and Hand Massages
11:00 Refreshments
1:00 Music and Meditation
2:00 Shooting Hoops
2:45 Afternoon Social
3:15 Word Game
4:00 Brady Bunch Hour



Fox TRAIL Senior Living
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