


**Sodalis Cantonment... A caring and compassionate home, dedicated to serving our families.
(850) 477-1312**

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All Activities Are Subject to Change	1. 10:00 Exercise w/Select 10:15 Coffee Hour/Daily Chronicle 1:00 Meditation & Relax 2:00 Manicure Monday 3:00 Hydration & Snack 6:15 Action Movie Night	2. 9:30 Light and Lively 10:00 Hydration/ Snacks 10:15 Daily Chronicle 10:45 One on One 2:30 BINGO 3:00 Hydration & Snack 6:15 Meditation & Relax	3. 10:00 Exercise Class w/ Select Rehabilitation 10:30 Hydration/Snacks 10:30 Daily Chronicle 2:00 Arts & Crafts 3:15 Front Porch Social 6:15 Music Therapy	4. 9:30 Shopping for Residents 10:00 Salon Day 10:30 Hydration/ Snacks 10:45 Daily Chronicle 2:30 Resident Council Meeting 3:30 Hydration & Snack 6:15 Musical Movie Night	5. 9:30 Light and Lively 10:00 Hydration / Snacks 10:15 Coffee Hour/Daily Chronicle 11:00 Silver Sneakers 1:00 Meditation & Relax 2:30 Ice Cream Social 6:15 Friday Flicks on Netflix	6. 10:00 Coffee Social/Daily Chronicle 11:00 Courtyard Social 2:00 BINGO 3:00 Hydration & Snack 6:15 Music Therapy	
	7. Daylight Saving End 10:00 Gospel Music 10:15 Hydration & Snack 10:30 Board Games 2:30 Courtyard Social 3:00 Hydration & Snack 3:15 Movie Matinee 6:15 Sunday Night Football	8. 10:00 Exercise w/Select 10:30 Coffee Hour/Daily Chronicle 1:00 Meditation & Relax 2:00 Manicure Monday 3:00 Hydration & Snack 6:15 Historical Movie Night	9. 9:30 Light and Lively 10:00 Hydration/Snack 10:15 Daily Chronicle 10:45 One on One 2:30 BINGO 3:00 Hydration & Snack 3:15 Puzzles 6:15 Meditation & Relax	10. 10:00 Exercise Class w/ Select Rehabilitation 10:30 Hydration/Snacks 11:00 Daily Chronicle 2:00 Scenic Drive 3:00 Hydration & Snack 6:15 Music Therapy	11. Veterans Day 9:30 Shopping for Residents 10:00 Salon Day 10:30 Hydration/ Snacks 10:45 Daily Chronicle 2:30 Honoring our Veterans 6:15 Action Movie Night	12. 9:30 Light and Lively 10:00 Hydration / Snacks 10:15 Coffee Hour/Daily Chronicle 11:00 Silver Sneakers 1:00 Meditation & Relax 2:30 Root Beer Floats Social 6:15 Friday Flicks on Netflix	13. 10:00 Coffee Social/Daily Chronicle 11:00 Walk & Talk 2:00 BINGO 3:00 Cookie n Cream Social 6:15 Meditation & Relax
	14 10:00 Gospel Music 10:15 Hydration & Snack 10:30 Bowling 2:00 Hymn Singing w/ Pensacola Christian 3:00 Hydration & Snack 3:15 Courtyard Social 6:15 Sunday Night Football	15. 10:00 Exercise w/Select 10:15 Coffee Hour/Daily Chronicle 1:00 Meditation & Relax 2:30 Manicure Monday 3:00 Hydration & Snack 6:15 Activity Packets	16. 9:30 Light and Lively 10:00 Hydration/ Snacks 10:15 Daily Chronicle 10:45 One on One 2:30 BINGO 3:00 Hydration & Snack 3:15 Puzzles 6:15 Meditation & Relax	17. 10:00 Exercise Class w/Select Rehabilitation 10:30 Hydration/Snack 11:00 Coffee & Daily Chronicle 2:30 Roll A Turkey 3:15 Snack & Social Hour 6:15 Music Therapy	18. 9:30 Shopping for Residents 10:00 Salon Day 10:30 Hydration/ Snacks 10:45 Daily Chronicle 2:30 Apple Cider & Cookies Chat 3:15 Courtyard Social 6:15 Comedy Movie Night	19. 9:30 Light and Lively 10:00 Hydration / Snacks 10:15 Coffee Hour/Daily Chronicle 11:00 Silver Sneakers 1:00 Meditation & Relax 2:30 Monthly Birthday Party 6:15 Friday Flicks on Netflix	20. 10:00 Coffee Social/Daily Chronicle 11:00 Walk & Talk 2:00 BINGO 3:00 Courtyard Social 6:15 Music Therapy
	21. 10:00 Gospel Music 10:15 Hydration & Snack 10:30 Noodle Ball 2:30 Courtyard Social 3:00 Hydration & Snack 3:15 Movie Matinee 6:15 Sunday Night Football	22. 10:00 Exercise w/Select 10:15 Coffee Hour/Daily Chronicle 1:00 Meditation & Relax 2:00 Manicure Monday 3:00 Hydration & Snack 6:15 Adventure Movie Night	23. 9:30 Light and Lively 10:00 Hydration/ Snacks 10:15 Daily Chronicle 10:45 One on One 2:00 BINGO 3:00 Hydration & Snack 6:15 Meditation & Relax	24. 10:00 Exercise Class w/ Select Rehabilitation 10:30 Hydration/Snacks 11:00 I am Thankful For 2:00 Country Drive 3:15 Front Porch Social 6:15 Music Therapy	25. 12:00 Thanksgiving Lunch 	26. 9:30 Light and Lively 10:00 Christmas Decorating 10:15 Coffee Hour 11:00 Silver Sneakers 2:30 Kicking off Christmas Crafts 6:15 Movie Matinee & Pop-corn Miracle on 34th St.	27. 10:00 Coffee Social/ Daily Chronicle 11:00 Walk & Talk 2:00 BINGO 3:00 Hydration & Snack 6:15 Meditation & Relax
	28. 10:00 Gospel Music 10:15 Hydration & Snack 10:30 Bowling 2:00 Hymn Singing w/ Pensacola Christian 3:00 Hydration & Snack 3:15 Courtyard Social 6:15 Sunday Night Football	29. 10:00 Exercise w/Select 10:15 Coffee Hour/Daily Chronicle 11:00 Christmas Decorating 1:00 Meditation & Relax 2:00 Manicure Monday 3:00 Hydration & Snack 6:15 Activity Packets	30. 9:30 Light and Lively 10:00 Hydration/ Snacks 10:15 Daily Chronicle 10:45 One on One 2:30 BINGO 3:00 Hydration & Snack 3:15 Front Porch Social 6:15 Meditation & Relax			