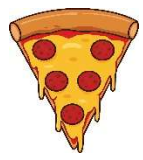
November 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Breakfast Social 10:30 Exercise With "Stretchy Mike" 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Nature Walk & Card Games 1:45 Snack *Manicures by request	**3** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Seated Hockey Game 1:45 Snack	**4** **NATIONAL PAJAMA DAY** **NO SLIPPERS** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Disney Movie 1:45 Snack 	**5** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Shuffleboard 1:45 Snack	**6** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Jewelry Making Craft 1:45 Snack
9 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Carnival Games/Clown Pant Toss 1:45 Snack *Manicures by request	**10** 9:30 Breakfast Social 10:30 Chair Yoga With J 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Horse Racing Game 1:45 Snack	**11** **VETERANS DAY** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Patriotic Bingo 12:00 Lunch 12:45 Live Performer – Silver Linings 1:45 Snack  	**12** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Pizza Party Lunch 12:45 Dominoes & Cornhole Tournaments 1:45 Snack 	**13** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Pinecone/Leaf Craft 1:45 Snack
16 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Mini Golf 1:45 Snack *Manicures by request	**17** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Homemade "Hungry Hippo" Game 1:45 Snack	**18** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Live Performer – Andy Ross 1:45 Snack  *Haircuts by request	**19** 9:30 Breakfast Social 10:30 Exercise With "Stretchy Mike" 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Grateful Tree & Turkey Craft 1:45 Snack	**20** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Grateful Tree & Turkey Craft 1:45 Snack
23 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Ice Cream Cart & Thanksgiving Craft 1:45 Snack  *Manicures by request	**24** 9:30 Breakfast Social 10:30 Chair Yoga With J 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Music Trivia Show with "Vincent" 1:45 Snack 	**25** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Thanksgiving Lunch 12:45 Mary Kay & Bowling Game 1:45 Snack *Haircuts by request	**26** **CLOSED** **HAPPY THANKSGIVING!!** 	**27** 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo Games 12:00 Lunch 12:45 String/Spaghetti Game 1:45 Snack
30 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo Games 12:00 Lunch 12:45 Birthdays & Participant Slideshow 1:45 Snack  *Haircuts by request				



Merrimack Adult Day Health Center

This institution is an equal opportunity provider

Phone: 603-417-6656

Email: operations@merrimackadhc.com