

Life Enrichment – Sterling Heights				November 2025
Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Coffee & Conversation 10:30 Morning Stretches 10:45 Relaxing Coloring 11:30 Calendar Review 1:00 Password Game	4 Election Day/Parade Co. 10:00 Morning Gratitude 10:30 Chair Aerobics 10:45 Family Feud/ Book Club 11:30 Calendar Review 1:00 Password Game	5 Elderific Salon/AVON 10:00 Salon Sign-Up 10:30 Football Touchdown 10:45 Bingo 11:30 TED Talk & Discussion 1:00 Euchre Club /Jeopardy	6 Purple Party 10:00 This Day in History 10:30 Chair Yoga 10:45 Mocktails 11:30 Palliative Care Educ. 1:00 Rod Stewart /Bingo	7 Purple Party 10:00 Relax & Chat 10:30 Movement to Music 10:45 Mocktails 11:30 Palliative Care Educ. 1:00 Craft Cart
10 Pop-Up Shop 10:00 Morning Gratitude 10:30 Weekly Reminders 10:45 Mindful Meditation 11:00 Memorial Service 1:00 Table Talk Tidbits	11 Staff Townhall Center Closed	12 Walmart/Veteran's Day 10:00 This Day in History 10:30 Peaches and Greens 10:45 Recognition of Veterans 11:30 Activity Planning 1:00 Cardio Drumming	13 Elderific Salon 10:00 Salon Sign-Up 10:30 Morning Stretches 10:45 Ceramic Painting 11:30 Activity Planning 1:00 Pillow Making Craft	14 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 Ceramic Painting 11:30 855 Education 1:00 Dynamic Duo /Bingo
17 Applebee's Outing 10:00 Daily Wordle 10:30 Chair Yoga 10:45 November Trivia 11:30 Scam Prevention Educ. 1:00 Willie Nelson /Bingo	18 AVON 10:00 This Day in History 10:30 Morning Stretches 10:45 Seafoam Art w/ Kim 11:30 855 Education 1:00 Dynamic Duo /Bingo	19 Red Wings Day 10:00 Relax & Chat 10:30 Seafoam Art w/ Kim 10:45 Red Wings Highlights 11:30 Thankful Leaves 1:00 Euchre Club /Cornhole	20 Red Wings Day/Applebee's 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 Red Wings Trivia 11:30 Scam Prevention Educ. 1:00 Cardio Drumming	21 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Shrinky Dinks 11:30 Bio: Goldie Hawn 1:00 Pillow Making Craft
24 Movie & Popcorn 10:00 Music & Mingle 10:30 Movement to Music 10:45 Movie & Popcorn 11:00 Baking Club 1:00 Movie & Popcorn	25 Thanksgiving Party 10:00 Relax & Chat 10:30 Mindful Meditation 10:45 Turkey Craft 11:30 Dec. Outing Sign-Up 1:00 Jake & Sarah /Bingo	26 Thanksgiving Party 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 Turkey Craft 11:30 Dec. Outing Sign-Up 1:00 Paul Ritchie/Craft Club	27 	28 Bingo Bonanza 10:00 Daily Wordle 10:30 Morning Stretches 10:45 Bingo 11:30 Bingo 1:00 Bingo

Book Club: Tuesday, November 4th @ 11am
Baking Club: Monday, November 24th at 11am
Craft Club: Wednesday, November 26th at 1pm
Bible Study on Thursdays

Life Enrichment Therapists: Chelsea Roginski, CTRS (248) 763-4611
 Grace Smith, CTRS (313) 701-6940

