Life Enrichment – Sterling Heights — November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Elderific Salon 10:30 Movement to Music 10:45 Shrinky Dinks 11:30 Calendar Review 1:00 Board/Card Games 2:00 What is Dia de los Muertos?	**3 Election Day/Book Club** 10:30 Balloon Volleyball 10:45 Shrinky Dinks 11:30 Calendar Review 1:00 **Suzie Marsh/**Bingo 2:00 Bio: David Ho	**4 Leo's Coney Island/Euchre** 10:30 Chair Yoga 10:45 **Chairish Chair Fitness** 11:30 Bio: Walter Cronkite 1:00 You Be the Judge 2:00 You Pick Music	**5 Elderific Salon** 10:30 Basketball 11:00 **Highland Cow Visit** 11:30 Learn: Guy Fawkes Day 1:00 **Cardio Drumming** 2:00 National Redhead Day	**6** Michigan vs. MSU Pride 10:30 Chair Aerobics/**Pop-Up** 10:45 Football Cup Challenge 11:30 855 Education 1:00 **Dr. Feelgood** 2:00 Nat'l Saxophone Day
9 10:30 Morning Stretches 10:45 This or That Autumn 11:30 Activity Planning 1:00 Thanksgiving Ceramics 2:00 Learn about Diwali	**10 Fall Bazaar/Applebee's** 10:30 You Pick Exercise 10:45 This or That Autumn 11:30 Activity Planning 1:00 Thanksgiving Ceramics 2:00 History of Motorcycles	**11 Veteran's Day** 10:30 Cornhole 10:45 **Cardio Drumming** 11:30 Recognition of Veterans 1:00 Bingo 2:00 Bio: Kurt Vonnegut	**12 Memorial** 10:30 Mindful Meditation 10:45 Memorial Service 11:30 Memorial Service 1:00 Independent Leisure 2:00 Table Talk Tidbits	**13** Peaches and Greens 10:30 Walk 'n' Roll 10:45 Virtual Vacation: Thailand 11:30 Question of the Day 1:00 November Jeopardy! 2:00 Nurse Practitioner Week
16 10:30 Simon Says 10:45 Word Search Race 11:30 Bio: Shigeru Miyamoto 1:00 Thankful Leaves 2:00 Nat'l Clarinet Day	**17 Baking Club** 10:30 Dance Party 10:45 **Seafoam Art w/ Kim** 11:30 Diabetes Month Educ. 1:00 **Pet Therapy/**Leaves 2:00 Guinness World Records	**18 Roaring '20s Party** 10:30 Balloon Volleyball 10:45 **Seafoam Art/Euchre** 11:30 Bio: Sojourner Truth 1:00 **R & M Sounds** 2:00 1920s Trivia	**19 Roaring '20s Party** 10:30 Chair Yoga 10:45 Turkey Oreos 11:30 855 Education 1:00 Speakeasy Password 2:00 1920s Name that Tune	**20 Dollar Store Outing** 10:30 Velcro Darts/Cornhole 10:45 **Tai Chi/**Password 11:30 Diabetes Month Educ. 1:00 Turkey Oreos 2:00 This Day in History
23 10:30 Chair Aerobics 10:45 Karaoke 11:30 Bio: Billy the Kid 1:00 Turkey Shoot 2:00 Wolfenoot	**24 Thanksgiving/Walmart** 10:30 Morning Stretches 10:45 **Tai Chi/**Turkey Shoot 11:30 Dec. Outing Signup 1:00 **Elvis/**Beaded Corn Craft 2:00 The Music of Scott Joplin	**25 Thanksgiving Party** 10:30 You Pick Exercise 10:45 Turkey Poke Craft 11:30 Dec. Outing Signup 1:00 **Annemarie Jo/**Bingo 2:00 Bio: Karl Benz	**26** 	**27** 10:30 Basketball 10:45 Movie & Popcorn 11:30 Dec. Outing Signup 1:00 Movie & Popcorn 2:00 Thanksgiving Memories
30 Low Vision Group 10:30 Chair Yoga 10:45 Beaded Corn Craft 11:30 Learn: Hodges Meteorite 1:00 Independent Leisure 2:00 Relax & Chat		**Bible Study on Thursdays** **Choir Club on Fridays** **Book Club:** Tuesday, November 3rd **Baking Club:** Tuesday, November 17th		





PACE SOUTHEAST MICHIGAN
Keeping seniors independent