Life Enrichment – Detroit — November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Avon Shopping 10:30 Calendar Review 11:15 Calendar Suggestions 11:45 Card Tournament 12:15 *Move to the Beat* 1:15 Name that Tune	**3 Election Day** 10:30 Calendar Review 11:15 Calendar Suggestions 11:45 Card Tournament 12:15 *Move to the Beat* 1:15 Name that Tune	**4 Jewelry & Things** 10:30 Grateful Grateful 11:15 POKENO 11:45 Outings suggestions 12:15 855 Education Chat 1:00 **Party w/ DJ Ivan**	**5** 10:30 Grateful Grateful 11:15 POKENO 11:45 Outings suggestions 12:15 855 Education Chat 1:00 Would you Rather	**6** Michigan vs. MSU Pride 10:30 Grateful Grateful 11:15 Velvet Art & Music 11:45 Family Feud IN2L 12:15 Move to the Beat 1:00 Basketball Tournament
9 10:30 Coffee & Gospel 11:15 Fav. Holiday Recipe 11:45 Name 5 Game 12:15 Exercise to Prince 1:00 BINGO	**10** **DTR MEMORIAL SERVICE**	**11 Veteran's Day** 10:30 **Avon Shopping** 11:15 Fav. Holiday Recipe 11:45 Recognition of Veterans 12:15 Exercise to Bruno Mars 1:00 Trivia & Snack	**12** 10:30 Coffee & Gospel 11:15 Good Conversations 11:45 BINGO 12:15 Exercise to Micheal J. 1:00 **Party w/DJ Mike**	**13** 10:30 Coffee & Gospel 11:15 Good Conversations 11:45 BINGO 12:15 Exercise to Bee Gee's 1:00 **Party w/ DJ Rob**
16 ODD Sock Day 10:30 Morning Gratitude 11:15 Human slot machine 11:45 Chess Games 12:15 *Feel good dance* 1:00 Color & Convo	**17 ODD Sock Day** 10:30 Morning Gratitude 11:15 Human slot machine 11:45 Spades Game 12:15 *Feel good dance* 1:00 **Party w/ DJ Rob**	**18** 10:30 Music & Mingle 11:15 BINGO 11:45 **Spa Day w/ Rayven** 12:15 *Feel good dance* 1:00 Thanksgiving Centerpieces	**19 Jewelry & Things** 10:30 Music & Mingle 11:15 Thankful cards 11:45 **Spa Day w/ Rayven** 12:15 *Feel good dance* 1:00 Thanksgiving Centerpieces	**20** 10:30 Music & Mingle 11:15 Thankful cards 11:45 Pool Tournament 12:15 *Feel good dance* 1:00 **Party w/DJ Mike**
23 Thankful for my Dog 10:30 I am Thankful for 11:15 Word search race 11:45 Pop for a prize 12:15 Senior Sittercise 1:00 Trivia with Toni $$	**24 Thanksgiving Party** 10:30 I am Thankful for 11:15 Word search race 11:45 Pop for a prize 12:15 Senior Sittercise 1:00 **Party w/DJ Mike**	**25 Thanksgiving Party** 10:30 I am Thankful for 11:15 Name 5 Game 11:45 Drinksgiving & trivia 12:15 Senior Sittercise 1:00 **Party w/ DJ Rob**	**26** 	**27** 10:30 I am Thankful for 11:15 Movie Begins 11:45 Movie and popcorn 12:15 Senior Sittercise 1:00 Black Friday Thrift store
30 10:30 I am Thankful for 11:15 Velvet Art Challenge 11:45 Family Feud IN2L 12:15 Sit and be Fit 1:00 BINGO		• **Activities are subject to change**		

Life Enrichment Therapists: Rayven Higgins ADC, LET
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PACE SOUTHEAST MICHIGAN
Keeping seniors independent