



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 <i>Cinnamon Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Colored Pencil Art</p> <p>10 AM Shopping at Goodwill (depart MERIT at 9:30am)</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Bingo with MERIT Centre North</p> <p>1:30 PM Snack</p> <p>2 PM Left, Right, Center</p> <p>3 PM Trivia</p>

Activities are Subject to Change

If a participant does not wish to engage in a scheduled activity, participant may choose another option

MERIT Centre South *November* 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Candy Day 8 AM Coffee Chat 9 AM Colored Pencil Art 10 AM Mondays at Main: The Buzz on Honeybee's with R&J's Honey Farm (depart MERIT at 9:30am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Giant Bowling 1:30 PM Snack 2 PM Checkers 3 PM Group Reading	5 Donut Day 8 AM Coffee Chat 9 AM Leaf Hedgehogs 10 AM Cover the Number 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Tundra Swans in Brownsville, MN (depart MERIT at Noon) 1:30 PM Snack 2 PM UNO 3 PM Riddles & Jokes	6 Saxophone Day 8 AM Coffee Chat 9 AM MERIT Thankful Tree & Jazz Music 10 AM Tips for a Healthy Life Presentation at the Onalaska Library (depart MERIT at 9:15am) 11 AM Exercise 11:30 AM Lunch 12:30 PM Paper Plate Autumn Spinners 1:30 PM Snack 2 PM Bean Bag Toss 3 PM Shut the Box	7 Chocolate Almond Day 8 AM Coffee Chat 9 AM Pamper & Polish 10 AM Sorry 11 AM Sherry Zak Exercise 11:30 AM Lunch 1 PM Snowmen Tea Lights at Laurel Manor (depart MERIT at 12:30pm) 1:30 PM Snack 2 PM Mancala 3 PM War Card Game	8 Harvey Wallbanger Day 8 AM Coffee Chat 9 AM Thank You Cards for Veterans 10 AM Shopping at Dollar Tree (depart MERIT at 9:30am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Bingo with MERIT Centre North 1:30 PM Happy Hour (Featuring Harvey Wallbanger Mocktails) 2 PM Bean Bag Toss 3 PM Trivia

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MERIT Centre South *November* 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 Veterans Day 8 AM Coffee Chat 9 AM Shake Loose Some Memories 10 AM Mondays at Main: Badger Aces Presentation with Author Mike O'Conner (depart MERIT at 9:30am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Coffee Filter Poppy Craft 1:30 PM Snack 2 PM Checkers 3 PM Shut the Box	12 Chicken Soup for the Soul Day 8 AM Coffee Chat 9 AM Popsicle Stick Acorns 10 AM Cover the Number 11 AM Sherry Zak Exercise 11:30 AM Lunch 12:30 International Owl Center Virtual Visit with MERIT South 1:30 PM Snack 2 PM UNO 3 PM Read Chicken Soup for the Soul	13 Indian Pudding Day 8 AM Coffee Chat 9 AM Colored Pencil Art 10 AM Patriot K9's Presentation at the Onalaska Library (depart MERIT at 9:15am) 11 AM Sherry Zak Exercise 11:30 AM Lunch 12:30 PM Chocolate Chip Parfaits with Alison 1:30 PM Snack 2 PM Ring Toss 3 PM Trivia	14 Pickle Day 8 AM Coffee Chat 9 AM Pamper & Polish 10 AM Crafts at the La Crosse Library Creation Space (depart MERIT at 9:30am) 11 AM Sherry Zak Exercise 11:30 AM Lunch 12:30 PM Break the Ice Dice Game 1:30 PM Snack 2 PM Mancala 3 PM Shut the Box	15 Raisin Bran Cereal Day 8 AM Coffee Chat 9 AM Fall Painting 10 AM Shopping at Salvation Army Thrift Store (depart MERIT at 9:30am) 11 AM Parachute Exercise Game 11:30 AM Lunch 12:30 PM Bingo 1:30 PM Happy Hour (Featuring) 2 PM Giant Bowling 3 PM Board Games of Choice

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MERIT Centre South *November* 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 <i>Mickey Mouse's Birthday</i> 8 AM Coffee Chat 9 AM Disney Trivia 10 AM Mondays at Main: The Amish in Wisconsin Presentation by Author Larry Scheckel (depart MERIT at 9:30am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Mickey Mouse Craft 1:30 PM Snack 2 PM Checkers 3 PM Group Reading	19 <i>Monopoly Day</i> 8 AM Coffee Chat 9- 11 AM Monopoly 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Outing to Goose Island (depart MERIT at 12:30pm) 1:30 PM Snack 2 PM Turkey Paintings 3 PM Riddles & Jokes	20 <i>Peanut Butter Fudge Day</i> 8 AM Coffee Chat 9 AM Colored Pencil Art 10 AM Giving Hearts Choir Concert at the Onalaska Library (depart MERIT at 9:15am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Thanksgiving Gnomes with Alison 1:30 PM Snack 2 PM Giant Bowling 3 PM Shut the Box	21 <i>Red Mitten Day</i> <i>Happy Birthday Kathy!</i> 8 AM Coffee Chat 9 AM Pamper & Polish 10 AM Craft at the La Crosse Library Creation Space (depart MERIT at 9:30am) 11 AM Sherry Zak Exercise 11:30 AM Lunch 12:30 PM Berak the Ice Dice Game 1:30 PM Snack 2 PM Mancala 3 PM Shut the Box	22 <i>Cranberry Relish Day</i> 8 AM Coffee Chat 9 AM Turkey Craft 10 AM Shopping at Goodwill (depart MERIT at 9:30am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Bingo with MERIT Centre North 1:30 PM Snack 2 PM Autumn/ Thanksgiving Themed Hangman 3 PM Board Games of Choice

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MERIT Centre South *November* 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>25</p> <p><i>Parfait Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Cornucopia Craft</p> <p>10 AM Mondays at Main: Using Recollection Wisconsin to Discover La Crosse History (depart MERIT at 9:30am)</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Giant Bowling</p> <p>1:30 PM Snack</p> <p>2 PM Mancala</p> <p>3 PM Shut the Box</p>	<p>26</p> <p><i>Cake Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Stamped Indian Corn Craft</p> <p>10 AM Cover the Number</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Countryside Scenic Drive Scavenger Hunt (depart MERIT at 12:30pm)</p> <p>1:30 PM Snack</p> <p>2 PM Golf Putting</p> <p>3 PM WAR Card Game</p>	<p>27</p> <p><i>Juke Box Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Pamper & Polish</p> <p>10 AM Outing to the Sweet Shop (depart MERIT at 9:30am)</p> <p>11 AM Sherry Zak Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Break the Ice Dice Game</p> <p>1:30 PM Snack</p> <p>2 PM Pin the Tail on the Turkey</p> <p>3 PM A Charlie Brown Thanksgiving on YouTube</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p>	<p>29</p> <p><i>Day of Giving</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Magazine Scavenger Hunt</p> <p>10 AM Shopping at Dollar Tree (depart MERIT at 9:30am)</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Bingo with MERIT Centre North</p> <p>1:30 PM Snack</p> <p>2 PM Deer Hunting</p> <p>3 PM Trivia</p>

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