


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30a Bible Study+ 1 10:30a Whoga+ 1:00p Catholic Mass+ 2:00p Music by Raw Sugar++	9:30a Forever Fit+ 2 2:00p Falls Prevention Presentation with Ethos Jenny, Physical Therapist & James, Physical Therapy Assistant++	9:30a Worship+ 3 10:30a Whoga+ 2:00p Bingo++ 4:00p Club Cocktails+	9:30a Forever Fit+ 4 2:00p Bingo++	9:30a Whoga+ 5 1:00p Bison Football Away Game on Ch. 6 --Western Illinois--++ 2:00p Rummikub++
10:30a Mass-Ch. 6+ 6 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Pinochle++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 7 11:00a Dining Out at West Fargo VFW+ 2p Dreamcatcher Craft with Christy Goulet++ (maximum of 10)	8-9a Voting at Polls+ 8 10:30a Whoga+ 1:00p Catholic Mass+ 2:00p Bingo++	9:30a Forever Fit+ 9 2:00p Birthday Party Entertainment by: Tim Mosser++	9:30a Worship Service+ 10 10:30a Whoga+ 2:00p Bingo++	9:30a Forever Fit+ 11 2:00p Veterans Day Program++	9:30a Whoga+ 12 1:00p Bison Football Away Game on Ch. 6 --Southern Illinois--++ 2:00p Scrabble++
10:30a Mass-Ch. 6+ 13 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Rummy++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 14 2:00p Jeopardy! ++	9:30a Bible Study+ 15 10:30a Whoga+ 1:00p Catholic Mass+ 2:00p Bingo++	9:30a Forever Fit+ 16 10a Coffee with a Cop at Sandy's Donuts+ 2:00p Popcorn & Movie "12 Mighty Orphans" +	9:30a Worship+ 17 10:30a Whoga+ 1:00p West Fargo Public Library here 2:00p Bingo++ 4:00p Club Cocktails+ 7:00p Red River Valley Veterans Concert Band++	9:30a Forever Fit+ 18 2:00p Cardio Drumming+	9:30a Whoga+ 19 2:00p Carbles++ 2:30p Bison Football Home Game on Ch. 6 --North Dakota--++
10:30a Mass-Ch. 6+ 20 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Whist++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 21 11:00a Dining Out at Scheel's Cafe+ 2:00p Balloon Volleyball+	10:30a Whoga+ 22 1:00p Catholic Mass+ 2:00p Bingo++	9:30a Forever Fit+ 23 2:00p Music by: Steve Kraushaar++	8-11a Macy's Thanksgiving Day Parade on Channel 11+ 24 Happy Thanksgiving!	9:30a Forever Fit+ 25 12-12:30p Hearing Aid Cleaning in Club Room 2:00p Movie: "The Lost Husband" +	9:30a Whoga+ 26 2:00p Balloon Ball++
10:30a Mass-Ch. 6+ 27 11:00a Messiah Lutheran on Ch. 6+ 2p Cards—Pinochle++ 6:00p The Lawrence Welk Show+	9:30a Forever Fit+ 28 2:00p Bingo++	9:30a Bible Study+ 29 10:30a Whoga+ 1:00p Catholic Mass+ 2:00p Eventide University++	9:30a Forever Fit+ 30 2:00p Music by: The Golden Oldies++	<h1>November 2022</h1> <h2>Sheyenne Crossings Senior Living Activity Calendar</h2>		

All activities are subject to change.