**NOVEMBER Specialty Care Calendar**

*Calendar is subject to change*

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>3. Morning Programs Live Stream Eagle Brook Church (F1&amp;F2)</td>
<td>Morning Programs Catholic Church Services (F1&amp;F2)</td>
<td>Morning Programs Catholic Church Mass With Confession (F1&amp;F2)</td>
<td>Morning Programs St. Paul Church Service (F1&amp;F2)</td>
<td>Morning Programs Second Hand (F1&amp;F2)</td>
<td>Morning Programs Ballroom Games &amp; Exercise (F1&amp;F2)</td>
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<td>Clipping Coupons (F1&amp;F2)</td>
<td>Rise &amp; Thrive (F2)</td>
<td>Doughnut Social (F2)</td>
<td>Balloon Games &amp; Exercise (F1&amp;F2)</td>
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<td>Trinity Reminiscence (F1&amp;F2)</td>
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<td>Finishing Lines (F2)</td>
<td>Sing a Long with Tom Janochoski (Community Room)</td>
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**November Special Events**

- **Every Tuesday:** Catholic Church Services
- **Every Thursday:** Music Therapy with Living Spirit
- **Every Thursday:** Protestant Church Services
- **11/1:** Magic Show with Wayne Hessedal
- **11/1:** Baking Corner – Sweet Potato Bars
- **11/5:** Doughnut Social for National Doughnut Day
- **11/6 & 11/20:** Sing-A-Long with Tom Janochoski
- **11/8:** Musical Guest: Michael Riddle
- **11/11:** Veteran's Day Tribute
- **11/13:** Travel Club Chef Demo – Duxbury Bay Oysters: Two Ways
- **11/14:** Baking Corner – Make your own Pickle for National Pickle Day
- **11/28:** Turkey Bingo

**The Integrative Therapy of November is Gratitude**

We will have letter writing station in the Creative Arts Room to tell our troops we are thankful for them. All cards will be sent to Operation Gratitude.

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**TheWaters**

**OF WHITE BEAR LAKE**

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## NOVEMBER Specialty Care Calendar

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### NOVEMBER Travel Destinations

**Veteran's Day**

- **November 11**: Maryland
  - **Activity**: Remembrance ceremony at Fort McHenry

**November 5**

- **Activity**: Visit to Top places to visit in Maryland
  - American Visionary Art Museum
  - Fort McHenry

**November 7**

- **Activity**: Visit to Maryland State House
  - Naval Academy
  - Historic Annapolis

**November 12**

- **Activity**: Visit to St. Michaels
  - Historic Churches
  - Honeymoon Bridge
  - Chesapeake Bay Maritime Museum

**November 14**

- **Activity**: Visit to Salisbury and Assateague National Island
  - Salisbury Mansion
  - Historic Homes of Salisbury
  - Assateague Lighthouse

**November 19**

- **Activity**: Visit to Frederick County
  - Historic Downtown Frederick
  - Museum of Civil War Medicine
  - National Federal Labs
  - Monocacy Battlefield

**November 21**

- **Activity**: Visit to Chesapeake City
  - C&D Canal Museum
  - Ben Cardin Reactional Trial
  - Life in the Chesapeake Bay

**November 26**

- **Activity**: Visit to National Harbor
  - Gaylord National Resort
  - Capitol Wheel
  - Famous Statues

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### Calendar Key:

- **F1= Floor One**
- **F2= Floor Two**
- **Café= First Floor Café**
- **CR= Community Room**