NORTHLAND ADULT DAY CENTER
NOVEMBER 2026---- Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Chair Yoga	Rock n Roll Sittercise	Line Dance Sittercise	Disco Sittercise	Nelson-Adkins Museum
Board Games	Therapeutic Coloring	Word Category	Board Games	Art Class
Crossword Puzzles	BINGO	Concentration	Bean Bag Toss	Matinee Movie
				Crossword Puzzles
9	10	11	12	13
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Cupid Shuffle Exercise	60's Sittercise	Veteran's Day Breakfast	90's Sittercise	Chair Yoga
Bible Study	Walmart Tuesday	70's Sittercise	Picture Bingo	Simon Says
Today in History	Manicure Tuesday			Company Jingle Trivia
	Word Search	Nat'l Happy Hour Day	Birthday Celebration	Red Friday
16	17	18	19	20
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
90's Sittercise	My Favorite Hat	Chair Chai Tai	Motown Sittercise	Word Category
Brain Games	Tea Party	Concentration	Ring Toss	Jenga Game
Ring Toss Game	Name That Tune	Puzzle Pizazz	Crossword Puzzles	
Int'l Day for Tolerance	Take a Hike Day		Int'l Men's Day	Red Friday
23	24	25	26	27
Current Affairs	Current Affairs	Current Affairs	CLOSED	CLOSED
Disco Sittercise	70's Sittercise	Thanksgiving Party	HAPPY Thanksgiving	
Musical Ball Game	Parachute Game	BINGO		
	Arts & Crafts	Board Games		
Music Therapy		Music Therapy		
30				
Current Affairs				
Chair Yoga				
Ring Toss Game				
Word Search				
Cider Monday				