

MERIT Centre North *November* 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Homemaker Day 8am: Brews & News 9am: Reminisce on Homemaker growing up, and your immediate family 10am: Monday Mornings @ Main: What Hospice Really Means: A Conversation with Gundersen's Seven Rivers Home with Dr. Larry Skendzel 11am: Exercise 11:30am: Lunch 12:30 Craft with Alison 130pm: Newspaper Races (2 sit in chairs and shuffle feet to collect all the lined newspaper first) 3pm: Brain Games	4 Easy Bake Oven Day 8am: Brews & News 9am: Paper Pumpkin Pie Craft 10am: Linda's Bakery 11am: Exercise 11:30am: Lunch 1230pm: Blindfolded Minute to win it (use a spatula to scoop up the most cotton balls into a bucket) 1:30pm: Snack 2:00pm: Assemble a miniature vintage oven 3pm: Brain Games	5 American Football Day 8am: Brews & News 9am: Balloon Toss Tic Tac Toe (into round laundry baskets) 10am: Floyd's Senior Moments: Protecting Our Night Skies @ Onalaska Library (depart @ 9:30) 11am: Exercise 11:30am: Lunch 1230pm: Craft with Alison 1:30pm: Snack 2:00pm: Football Trivia 3pm: Brain Games 	6 Saxophone Day 8am: Brews & News 9am: Scare Crow Paper Plates Craft 10am: Ball Drumming 11am: Exercise 11:30am: Lunch 1pm: Music Café: Rich Pinski- Keyboard & Accordion Classics @ South Side Neighborhood Center 2:30pm: Snack 3pm: Brain Games 	7 Merlot Day 8am: Brews & News 9am: Hand Print Turkeys 10am: I trust our Participants (pool noodles to knock solo cup off staff's heads) 11am: Exercise 11:30am: Lunch 1230pm: Card Sharks (shuffle cards and deal 4 out, decide if it's higher or lower than the previous card) 2:00pm: International Owl Center in Houston, MN (depart at 1:15pm and return at 330-345pm)

Activities are Subject to Change

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

MERIT Centre North *November* 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 Vanilla Cupcake Day 8am: Brews & News 9am: Bake Vanilla Cupcakes/Frost them 10am: Monday Morning's at Main: Stories & Songs: Where Music and Storytelling Come Together with Author David Nash 11am: Exercise 11:30am: Lunch 1230pm: Shower Cap Whipped Cream/Cheese Puff Toss 1:30pm: Snack 2:00pm: Patriotic Craft/Thank you letter to our Veteran Patrick 3pm: Brain Games	11 Veteran's Day 8am: Brews & News 9am: "Suckers" for a new trend: Lollipop and soap (say lick, lick the lollipop, say smell, smell the soap) 10am: Grandad's Bluff 11am: Exercise 11:30am: Lunch 1230pm: Nerf Gun Target Practice 1:30pm: Snack 2:00pm: Share personal stories/experiences about military 3pm: Brain Games 	12 Happy Hour Day 8am: Brews & News 9am: Trivia and Mocktails 10am: Floyd's Senior Moments: Arlington Cemetery @ Onalaska Library (depart @ 930) 11am: Exercise 11:30am: Lunch 1230pm: Pool Noodle Hockey 1:30pm: Kangaroo Visit (at Shelby Terrace) 2:00pm: Card Games 3pm: Brain Games 	13 World Kindness Day 8am: Brews & News 9am: Bake Banana/Oat Dog Treats 10am: Don't Burst My Bubble (roll a tri-color dice, the color it lands on, is the color balloon popped. Staff get 6 balloons on a string of one color. Be the winning team) 11am: Exercise 11:30am: Lunch 1230pm: Tour/Deliver Dog Treats @ Coulee Region Humane Society 1:30pm: Snack 2:00pm: Word Unscramble: Inspiring Adjectives 3pm: Brain Games	14 American Teddy Bear Day 8am: Brews & News 9am: Teddy Bear Hunt around MERIT Centre. 10am: Bingo @ MCS. 11am: Exercise 11:30am: Lunch 12:30pm: Thanksgiving craft with Alison 1:30pm: Snack 2:00pm: Bears Documentary 3pm: Brain Games  

Activities are Subject to Change

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

MERIT Centre North *November* 2025



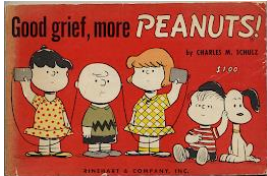
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Homemade Bread Day 8am: Brews & News 9am: Bake Monkey Bread 10am: Monday Mornings at Main: Women Airforce Service Pilots of WWII with Frederick Beseler 11am: Exercise 11:30am: Lunch 1230pm: Board Games 1:30pm: Snack 2:00pm: Turkey Target Shooting Game 3pm: Brain Games	18 Apple Cider Day 8am: Brews & News 9am: Modge Podge Leaves onto Jars 10am: Make Apple Cider Play Doh / Gratitude Game 11am: Exercise 11:30am: Lunch 1230pm: Participant's Choice for outing 1:30pm: Snack 2:00pm: UNO 3pm: Brain Games 	19 International Men's Day 8am: Brews & News 9am: Recycled Carton Bird Feeders 10am: Men's brunch @ A&W 11am: Exercise 11:30am: Lunch 1230pm: Hanger Toss onto a rod/broom 1:30pm: Snack 2:00pm: Old Maid 3pm: Brain Games 	20 World Children's Day 8am: Brews & News 9am: Button Tree Art 10am: Menards to Look at Christmas Trees & Decorations 11am: Exercise 11:30am: Lunch 1230pm: Pen Pals with students 1:30pm: Snack 2:00pm: Go Fish 3pm: Brain Games	21 World TV Day 8am: Brews & News 9am: Turkey Craft 10am: Bingo @ MCN 11am: Exercise 11:30am: Lunch 1230pm: Reminiscing Party (Listen to tv and movie theme songs) 1:30pm: Snack 2:00pm: King's Corners 3pm: Brain Games 

Activities are Subject to Change

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

MERIT Centre North *November* 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Celebrate Your Unique 8am: Brews & News 9am: Round Paper Weaving Baskets 10am: Monday Mornings at Main: Maintaining Healthy Relationships with Age with Dr. Rachel Leonard 11am: Exercise 11:30am: Lunch 1230pm: Making Thanksgiving Cookies 1:30pm: Snack 2:00pm: Thanksgiving Hangman 3pm: Brain Games	25 Parfait Day 8am: Brews & News 9am: Painting Holiday Candle Sticks 10am: Coon Valley Market/Sweet Valley Artisans Christmas in the Valley 11am: Exercise 11:30am: Lunch 1230pm: MERIT Centre Price is RIGHT 1:30pm: Snack 2:00pm: Shut the Box 3pm: Brain Games	26 Good Grief Day 8am: Brews & News 9am: Making Cinnamon Stick Bundles 10am: Jackson Plaza Candy Outlet Store 11am: Exercise 11:30am: Lunch 1230pm: I'm Thankful For... Discussion 1:30pm: Snack 2:00pm: Charlie Brown Thanksgiving 3pm: Brain Games 	27 MERIT CENTRE CLOSED- Thanksgiving Day  	28 French Toast Day 8am: Brews & News 9am: Making Winter Swags 10am: Scenic Drive Scavenger Hunt 11am: Exercise 11:30am: Lunch 1230pm: Group Yahtzee 1:30pm: Snack 2:00pm: Rummikub 3pm: Brain Games

Activities are Subject to Change

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