

# NOVEMBER/NOVIEMBRE

## 2024



REBEKAH HEALTH LINKS

LINKING YOUR HEALTH TO A BETTER LIFE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Religious Visits with St. Raymond's church 10am all units Baptist Svs! 2p (RR) 1:1 Visits (U2, U3, U5) **03**

Meet & Greet 9:30am Music & Exercise 10:15AM U6 & U5 Rhythm & Movement U4 10:30am Coffee Club U4, U5, U6 2:15pm Evening Bingo U4 & U5 6pm **04**

Beauty Hour (U5,U6) 10:15 AM Sip N paint (RR) 2 PM Social Club (RR) 6pm **05**

Meet & Greet 9:30am Bingo (U4, 5, 6) 10:15am Bible Study (RR) 2pm Trivia (U6) 2pm Advanced Bingo (RR) 6pm **06**

Church of God w/ Susan (RR) 10:30 AM Pokeno(RR) 2PM Horseracing (U4) 6 PM **07**

★ Flea Market (RR) 10AM - 3PM Table Top Games (U4, U5) 2PM Evening Movie (RR) 5:45PM **08**

Independent activities (U4, U5, U6) AM Bingo (U4,U5,U6) 2pm **09**

Religious Visits with St. Raymond's church 10am all units Baptist Svs! 2p (RR) 1:1 Visits (U2, U3, U5) **10**

Meet & Greet 9:30am Music & Exercise 10:15AM U6 & U5 Rhythm & Movement U4 10:30am Coffee Club U4, U5, U6 2:15pm Evening Bingo U4 & U5 6pm **11**

★ Beauty Hour (U5,U6) 10:15AM Election Day - Voting for Resident Council President (RR) 2-4PM Social Club (RR) 6PM **12**

Meet & Greet 9:30am Bingo (U4, 5, 6) 10:15am Bible Study (RR) 2pm Table Top Game (U6) 2pm **13**

Variety Hour (U5, U6) 10:15 AM Thanksgiving cooking group 2 PM (RR) Advanced Bingo (RR) 6 PM **14**

Hot Topics Discussion Group (RR) 10 :15 PM Horseracing (RR) 2 PM Evening Movie (RR) 5:45PM **15**

Independent activities (U4, U5, U6) AM Bingo (U4,U5,U6) 2pm **16**

Religious Visits with St. Raymond's church 10am all units Baptist Svs! 2p (RR) 1:1 Visits (U2, U3, U5) **17**

Meet & Greet 9:30am all units Music & Exercise 10:15AM U6 & U5 Rhythm & Movement U4 10:30am Coffee Club U4, U5, U6 2:15pm Evening Bingo U4 & U5 6pm **18**

Catholic Mass 10:15am (RR) Resident Council (RR) 2 PM Social Club (RR) 6PM **19**

Meet & Greet 9:30am Bingo (U4, 5, 6) 10:15am Bible Study (RR) 2pm Trivia (U6) 2pm Advanced Bingo (RR) 6pm **20**

Spiritual Services w/Pastor Osvaldo (RR) 10:30 AM Birthday Party/Thanksgiving Celebration 2pm (RR) Variety Hour (RR) 6 PM **21**

Hot Topics Discussion Group (RR) 10 :15 PM Catholic Mass w/Throggs Neck church 2PM Evening Movie (RR) 5:45PM **22**

Independent activities (U4, U5, U6) AM Bingo (U4,U5,U6) 2pm **23**

Religious Visits with St. Raymond's church 10am all units Baptist Svs! 2p (RR) 1:1 Visits (U2, U3, U5) **24**

Meet & Greet 9:30am all units Music & Exercise 10:15AM U6 & U5 Rhythm & Movement U4 10:30am Coffee Club U4, U5, U6 2:15pm Evening Bingo U4 & U5 6pm **25**

Beauty Hour (U5,U6) 10:15 AM Pokeno (RR) 2 PM Social Club (RR) 6pm **26**

Meet & Greet 9:30am Bingo (U4, 5, 6) 10:15am Bible Study (RR) 2pm Variety Hour (U6) 2pm Advanced Bingo (RR) 6pm **27**

Happy Thanksgiving **28**

Hot Topics Discussion Group (RR) 10 :15 PM Horseracing (RR) 2 PM Evening Movie (RR) 5:45PM **29**

Independent activities (U4, U5, U6) AM Bingo (U4,U5,U6) 2pm **30**

All programs are subject to change!

Rebekah Rehab and Extended Care Center  
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