November 2018 Assisted Living Lifestyle & Leisure						created with
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Northglenn Heights Assisted Living & Memory Care Community	11475 Pearl Street Northglenn, CO 80233 303-452-0501	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Location Keys  Activtiy Room AR Chapel C Dining Room DR Game Room GR Library L TV Lounge TVL	9:30 PE Tai Chi 10:00 SS Nondenominational Services 10:00 CE November Gazette & IQ 10:30 AE Lets Create! [TVL] 1:00 CO Ambassadors' Meeting 1:15 SS L.D.S. Choir [DR] 2:30 AE Sip'n Paint [AR] 5:30 LL Movie and Popcorn	9:30 SS Rosary Recitation 9:30 CE Weekly Chronicles [TVL] 10:00 PE Chair Zumba!! [TVL] 12:30 Music by Lois [TVL] 1:15 BINGO 3:00 HAPPY HOUR	9:30 CE Chit Chat Club 10:00 SS Gratitude Prayer [C] 10:30 LL BINGO 1:15 AE Artistic Moments [AR] 2:30 SS New Life Church 5:30 LL Afternoon Movie [TVL]
Don't Forget to Change Your Clocks BACK!  9:30 SS Morning Meditations [C]  10:00 CC Coffee and Crosswords [TVL]  10:45 SS Catholic Gatherings [C]  11:00 CE This Day in History [TVL]  1:30 PE Bowling  2:05 LL Broncos VS Texans [TVL]	9:30 PE Sit & Be Fit [TVL]  10:00 O Burrito Man [DR]  10:45 AE Creative Kitchen [GR]  1:15 D BINGO  3:30 O Get to Know You  6:00 D Poker Night	9:30 PE Chair Yoga 10:30 P	9:30 PE Get Fit with Optimal [TVL]  10:00 SS Catholic Gathering  10:30 SS Laughter Therapy  11:00 C Chef Chat 1:15 L BINGO  2:45 AE Jewelry Making  3:30 Home Visits	9:30 PE Tai Chi 10:00 CE Current Events 10:30 AE Do It Yourself [AR] 1:15 SS L.D.S. Choir [DR] 2:30 AE Sip'n Paint [AR] 5:30 Movie and Popcorn	9:30 CE Weekly Chronicles	9:30 CE Chit Chat Club 10:00 SS Gratitude Prayer [C] 10:30 LL BINGO 1:15 CE Sesame Street's Anniversary [TVL] 2:30 SS New Life Church 5:30 LL Afternoon Movie [TVL]
Veterans Day 9:30 SS Veterans Day Prayer & Meditation [TVL] 10:00 CE A Veterans Day Discussion [TVL] 10:45 SS Catholic Gatherings [C] 11:00 AE Patriotic Sing-a-Long [TVL] 1:30 CO Honoring our Veterans [TVL]	1:15 <b>III BINGO</b> 3:30 <b>Get to Know You</b>	9:30 CE Coffee Talk with Optimal  10:30 CNGHs Word Project [AR]  11:00 VNA Podiatry  12:30 Music by Lois [TVL]  1:15 Manicures  2:00 Men's Group [GR]  3:00 E Bowling with Cody  5:30 Movie Time [TVL]	9:30 PE Get Fit with Optimal [TVL]  10:00 SS Catholic Gathering  10:30 SS Laughter Therapy  11:00 AE Jewelry Making  1:30 Resident Council  2:30 BINGO  3:30 Home Visits	9:30 PE Tai Chi 10:00 CE Current Events 10:00 SS Nondenominational Services 12:00 CO Veteran's Lunch 1:15 SS L.D.S. Choir [DR] 2:30 AE Sip'n Paint [AR] 5:30 Movie and Popcorn	9:30 SS Rosary Recitation 9:30 CE Weekly Chronicles [TVL] 10:00 Chair Zumba!! [TVL] 12:30 Music by Lois [TVL] 1:15 BINGO 3:00 HAPPY HOUR	9:30 CE Chit Chat Club 10:00 SS Gratitude Prayer [C] 10:30 LL BINGO 1:15 CE World Peace Day [TVL] 2:30 SS New Life Church 5:30 LL Afternoon Movie [TVL]
9:30 SS Morning Meditations [C] 10:00 CE Sharing Short Stories [TVL] 10:45 SS Catholic Gatherings [C] 11:00 CE Mad Science [AR] 1:30 PE Wii Games 2:05 LE Broncos VS Chargers [TVL]	9:30 PE Sit & Be Fit [TVL]  10:00 Burrito Man [DR]  10:45 CE Travels with Toni  12:00 Thanksgiving Family Buffet [DR]  2:45 BINGO  6:00 Poker Night	9:30 PE Chair Yoga 10:30 CE Computer Learning [L] 12:30 LL Music by Lois [TVL] 1:15 LL Manicures 2:30 LL Yesteryear Singers [DR] 5:30 LL Movie Time [TVL]	9:30 PE Get Fit with Optimal [TVL]  10:00 SS Catholic Gathering  10:30 SS Laughter Therapy  11:00 AE Puzzle Perfect [AR]  1:15 II BINGO  2:45 AE Jewelry Making  3:30 Home Visits	Thanksgiving 9:30 PE Tai Chi 10:00 CE Turkey Ticklers [TVL] 10:30 AE Thanksgiving Day Crafts [AR] 11:30 CE Turkey Day Trivia [TVL] 1:15 SS L.D.S. Choir [DR] 5:30 Movie and Popcorn	9:30 CE Weekly Chronicles	9:30 CE Chit Chat Club 10:00 SS Gratitude Prayer [C] 10:30 LL BINGO 1:15 AE Wish Upon a Wishbone [TVL] 2:30 SS New Life Church 5:30 LL Afternoon Movie [TVL]
9:30 SS Morning Meditations [C] 10:00 CE TED Talks [TVL] 10:45 SS Catholic Gatherings [C] 11:00 CE Star of the Month [TVL] 1:30 PE Bowling 2:25 LE Broncos VS Steelers [TVL]	9:30 PE Sit & Be Fit [TVL]  10:00 Burrito Man [DR]  10:45 AE Crafters Corner [AR]  1:15 BINGO  3:30 C Get to Know You  6:00 Poker Night	9:30 PE Chair Yoga 10:30 SS  Aromatherapy Hand Massages [C] 12:30 LL Music by Lois [TVL] 1:15 LL Manicures 3:00 CE Tuesday Trivia 5:30 LL Movie Time [TVL]	9:30 PE Get Fit with Optimal [TVL]  10:00 SS Catholic Gathering  10:30 SS Laughter Therapy  11:00 AE Busy Hands [AR]  1:15 LE BINGO  2:45 AE Jewelry Making  3:30 CC Home Visits	Events  10:30 AE Kindness Rock Project [AR]	9:30 SS Rosary Recitation 9:30 CE Weekly Chronicles [TVL] 10:00 PE Chair Zumba!! [TVL] 12:30 Music by Lois [TVL] 1:15 BINGO 3:00 HAPPY HOUR	