


November 2019

Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Brookridge Heights Assisted Living & Memory Care</div> <div>1901 Division Street Marquette, MI 49855 (906) 225-4488</div>		<div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>CE Continuing Education</div><div>LL Lifestyle & Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div>	<div>Location Keys</div> <div>AL Dining Room ADR</div> <div>AL TV Room ATV</div> <div>Activity Room AR</div> <div>Bistro BS</div> <div>Chapel CL</div>			
					<div>9:00 Manicures and Morning News [ATV] 1</div> <div>10:15 PE Sit and Be Fit with the YMCA [AR]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 LL Happy Hour with Jim Pederson [ADR]</div> <div>4:00 The Jolly Jenga Jackpot [AR]</div> <div>6:00 Brookridge Troubadours with Stewart Bruce [ATV]</div> <div>7:00 LL Friday Night Feature Film [ATV]</div>	<div>10:15 Stronger Seniors [AR] 2</div> <div>11:00 Creating with Clay [AR]</div> <div>1:00 AE Express Yourself- Water-coloring [AR]</div> <div>2:00 Sand Bag Toss! [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div> <div>6:30 Bingo with Steve-o! [ADR]</div>
<div>Daylight Saving Time Begins 3</div> <div>10:00 Let the Bible Speak [ATV]</div> <div>10:30 Stronger Seniors [AR]</div> <div>1:30 Matinee Movie [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div>	<div>10:15 PE Gentle Yoga with the YMCA [CL] 4</div> <div>11:00 CE Team Brainpower [ATV]</div> <div>1:30 SS Catholic Mass [CL]</div> <div>2:30 Talk with City Council Candidate Andrew Lorsiner [ADR]</div> <div>3:30 CE Birding Basics with Scot Stewart [ATV]</div> <div>4:00 SS Women for Christ [CL]</div> <div>6:30 Studio Time with Kristie [AR]</div> <div>6:30 LL The Millionaire Challenge with Dave [ADR]</div>	<div>Election Day 5</div> <div>10:00 PE Fitness Fun [AR]</div> <div>11:00 Outing: Off to the polls!</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 U.P. Health Systems Presentation: How to Prevent Falls</div> <div>2:00 Wags & Wiggles- Pet Therapy</div> <div>6:30 LL Boisterous Bingo [ADR]</div>	<div>9:00 Foot Care with Kate's Place [AR] 6</div> <div>10:00 Pump Up The Jam! [CL]</div> <div>11:00 CE Team Brainpower [ATV]</div> <div>1:00 PE Stronger Seniors [AR]</div> <div>1:30 Cutthroat Checkerz [BS]</div> <div>1:30 SS The Catholic Rosary [CL]</div> <div>2:00 Sing with your Bingo [AR]</div> <div>3:30 CE Armchair Explorer [ATV]</div>	<div>10:00 PE Fitness Fun [AR] 7</div> <div>11:00 Java Jive</div> <div>2:00 Puzzle Perfect [ATV]</div> <div>2:30 Brookridge Town Hall [CL]</div> <div>4:00 Netflix and Chill (Before Dinner) [ATV]</div> <div>6:30 LL Merriment with Kristie [AR]</div>	<div>9:00 Manicures and Morning News [ATV] 8</div> <div>10:15 PE Sit and Be Fit with the YMCA [AR]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 LL Happy Hour with Jim Pennell</div> <div>4:00 The Jolly Jenga Jackpot [AR]</div> <div>6:00 Brookridge Troubadours with Stewart Bruce [ATV]</div> <div>7:00 LL Friday Night Feature Film [ATV]</div>	<div>10:15 Stronger Seniors [AR] 9</div> <div>11:00 Creating with Clay [AR]</div> <div>1:00 AE Express Yourself- Water-coloring [AR]</div> <div>2:00 Sand Bag Toss! [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div> <div>6:30 Bingo with Steve-o! [ADR]</div>
<div>10:00 Let the Bible Speak [ATV] 10</div> <div>10:30 Stronger Seniors [AR]</div> <div>1:30 Matinee Movie [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div>	<div>Veterans Day 11</div> <div>9:45 New Flag Ceremony</div> <div>10:15 PE Gentle Yoga with the YMCA [CL]</div> <div>11:00 CE Team Brainpower [ATV]</div> <div>1:30 SS Catholic Mass [CL]</div> <div>2:00 Veterans Gathering [BS]</div> <div>4:00 SS Women for Christ [CL]</div> <div>6:30 Studio Time with Kristie [AR]</div> <div>6:30 LL The Millionaire Challenge with Dave [ADR]</div>	<div>10:00 PE Fitness Fun [AR] 12</div> <div>11:00 Morning Mindfulness and Guided Meditation [CL]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 CC A Novel Idea (Reading Group) [CL]</div> <div>2:00 Wags & Wiggles- Pet Therapy</div> <div>3:00 Brookridge Music Scene [ATV]</div> <div>6:30 LL Boisterous Bingo [ADR]</div>	<div>10:00 Pump Up The Jam! [AR] 13</div> <div>11:00 CE Team Brainpower [ATV]</div> <div>1:00 PE Stronger Seniors [AR]</div> <div>1:30 Cutthroat Checkerz [BS]</div> <div>1:30 SS The Catholic Rosary [CL]</div> <div>2:00 Sing with your Bingo [AR]</div> <div>3:30 CE Armchair Explorer [ATV]</div>	<div>10:00 PE Fitness Fun [AR] 14</div> <div>11:00 Java Jive</div> <div>1:30 Game Day with Amy [AR]</div> <div>2:00 Puzzle Perfect [ATV]</div> <div>3:00 Brookridge Music Scene [ATV]</div> <div>4:00 Netflix and Chill (Before Dinner) [ATV]</div> <div>6:30 LL Merriment with Kristie [AR]</div>	<div>9:00 Manicures and Morning News [ATV] 15</div> <div>10:15 PE Sit and Be Fit with the YMCA [AR]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 LL Happy Hour with Toni Saari [ADR]</div> <div>4:00 The Jolly Jenga Jackpot [AR]</div> <div>6:00 Brookridge Troubadours with Stewart Bruce [ATV]</div> <div>7:00 LL Friday Night Feature Film [ATV]</div>	<div>10:15 Stronger Seniors [AR] 16</div> <div>11:00 Creating with Clay [AR]</div> <div>1:00 AE Express Yourself- Water-coloring [AR]</div> <div>2:00 Sand Bag Toss! [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div>
<div>10:00 Let the Bible Speak [ATV] 17</div> <div>10:30 Stronger Seniors [AR]</div> <div>1:30 Matinee Movie [ATV]</div> <div>2:30 SS Worship Service with Jim Larson [CL]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div>	<div>Mickey Mouse Day 18</div> <div>10:15 PE Gentle Yoga with the YMCA [CL]</div> <div>11:00 CE Team Brainpower [ATV]</div> <div>1:30 SS Catholic Mass [CL]</div> <div>3:30 CE Birding Basics with Scot Stewart [ATV]</div> <div>4:00 SS Women for Christ [CL]</div> <div>6:30 LL The Millionaire Challenge with Kristy [ADR]</div>	<div>9:30 U.P. Health and Hospice- Blood Pressure and Diabetic checks 19</div> <div>10:00 PE Fitness Fun [AR]</div> <div>11:00 Morning Mindfulness and Guided Meditation [CL]</div> <div>12:45 Outing: Trip to the Dollar Store</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 Wags & Wiggles- Pet Therapy</div> <div>6:30 LL Boisterous Bingo [ADR]</div>	<div>10:00 Pump Up The Jam! [AR] 20</div> <div>11:00 Outing: Brookridge Music Scene Concert and Thanksgiving Feast</div> <div>1:00 PE Stronger Seniors [AR]</div> <div>1:30 Cutthroat Checkerz [BS]</div> <div>1:30 SS The Catholic Rosary [CL]</div> <div>2:00 Sing with your Bingo [AR]</div> <div>3:30 CE Armchair Explorer [ATV]</div>	<div>10:00 PE Fitness Fun [AR] 21</div> <div>11:00 Java Jive</div> <div>2:00 Hand Drumming with Leora and Morning Thunder [ADR]</div> <div>2:00 Puzzle Perfect [ATV]</div> <div>4:00 Netflix and Chill (Before Dinner) [ATV]</div> <div>6:30 LL Merriment with Kristie [AR]</div>	<div>9:00 Manicures and Morning News [ATV] 22</div> <div>10:15 PE Sit and Be Fit with the YMCA [AR]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 LL Happy Hour with Dave Berry</div> <div>4:00 The Jolly Jenga Jackpot [AR]</div> <div>6:00 Brookridge Troubadours with Stewart Bruce [ATV]</div> <div>7:00 LL Friday Night Feature Film [ATV]</div>	<div>10:15 Stronger Seniors [AR] 23</div> <div>11:00 Creating with Clay [AR]</div> <div>1:00 AE Express Yourself- Water-coloring [AR]</div> <div>2:00 Sand Bag Toss! [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div>
<div>10:00 Let the Bible Speak [ATV] 24</div> <div>10:30 Stronger Seniors [AR]</div> <div>1:30 Matinee Movie [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div>	<div>10:15 PE Gentle Yoga with the YMCA [CL] 25</div> <div>11:00 Team Brainpower [ATV]</div> <div>1:30 SS Catholic Mass [CL]</div> <div>4:00 SS Women for Christ [CL]</div> <div>6:30 LL The Millionaire Challenge with Kristy [ADR]</div>	<div>10:00 PE Fitness Fun [AR] 26</div> <div>11:00 CC A Novel Idea (Reading Group) [CL]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 UP Home Health and Hospice Presentation:</div> <div>2:00 Wags & Wiggles- Pet Therapy</div> <div>6:30 LL Boisterous Bingo [ADR]</div>	<div>10:00 Pump Up The Jam! [AR] 27</div> <div>11:00 CE Team Brainpower [ATV]</div> <div>1:00 PE Stronger Seniors [AR]</div> <div>1:30 Cutthroat Checkerz [BS]</div> <div>1:30 SS The Catholic Rosary [CL]</div> <div>2:00 Sing with your Bingo [AR]</div> <div>3:30 CE Armchair Explorer [ATV]</div>	<div>Thanksgiving 28</div> <div>10:00 PE Fitness Fun [AR]</div> <div>11:00 Java Jive</div> <div>2:00 Pumpkin Pie and Friends: What are you thankful for? [BS]</div> <div>2:00 Puzzle Perfect [ATV]</div> <div>4:00 Netflix and Chill (Before Dinner) [ATV]</div>	<div>9:00 Manicures and Morning News [ATV] 29</div> <div>10:15 PE Sit and Be Fit with the YMCA [AR]</div> <div>1:00 PE Tai Chi [AR]</div> <div>2:00 LL Holiday Happy Hour with Deb Bengry and Company [ADR]</div> <div>4:00 The Jolly Jenga Jackpot [AR]</div> <div>6:00 Brookridge Troubadours with Stewart Bruce [ATV]</div> <div>7:00 LL Friday Night Feature Film [ATV]</div>	<div>10:15 Stronger Seniors [AR] 30</div> <div>11:00 Creating with Clay [AR]</div> <div>1:00 AE Express Yourself- Water-coloring [AR]</div> <div>2:00 Sand Bag Toss! [ATV]</div> <div>3:00 Cutthroat Checkerz [BS]</div> <div>4:00 Puzzle Perfect [ATV]</div> <div>6:00 The Jolly Jenga Jackpot [AR]</div> <div>6:30 Bingo with Steve-o! [ADR]</div>