

# NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>M</b> - Music to My Ears <b>O</b> - Out & About	Please see the Life Enrichment Team if you are interested in volunteering on an outing or leading a program!	Locations Key BLC=Bogie Lake Cafe SR= Sunroom CR=Craft Rm. TS=Town Square CW=Campus-Wide (throughout bldng.)	LB=Library O=Outside OLL=Oxbow (200 Hall) Common Area SLL=Sugden (100 Hall) Common Area CLL=Carroll Lake (300 Hall) Common Area ULL=Union Lake (500 Hall) Common Area		<b>1</b> <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour & Entertainment w/Rick! (TS)	<b>2</b> <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>A</b> 10:30 Morning Craft-Rose Petal Sugar Scrub! (CR) <b>GG</b> 2:00 Afternoon Bingo (TS)
<b>3</b> Daylight Savings Ends <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>CC</b> 2:30 Troopon Clipping! (TS) <b>GG</b> 3:30 Card Game! (CR)	<b>4</b> <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>I</b> 1:30 Laugh Therapy w/Bonnie! (TS) <b>GG</b> 2:30 Afternoon Bingo! (TS) <b>A</b> 4:00 Knitting/Crocheting Group! (CR) <b>M</b> 6:30 Sing-A-Long (TS)	<b>5</b> Election Day <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Pumpkin Apple Punch! (CR) <b>O</b> 1:30 Store Run:Target! <b>JG</b> 4:00 Mens Group Games & Snacks! (CR)	<b>6</b> <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>I</b> 1:30 Jehovah's Witness Bible Study (CR) <b>L</b> 3:00 Pop In & Learn! (CR) <b>S</b> 5:45 Wine Down Wednesday! (ULL)	<b>7</b> <b>V</b> 9:30 Chair Zumba w/Jennifer! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>O</b> 11:30 Lunch Bunch Outing:Culvers! <b>A</b> 2:00 Craft Hour: Fall Leaves Dot Painting! (CR) <b>M</b> 3:30 Afternoon Game: Name	<b>8</b> <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour w/Entertainment from Jim! (TS)	<b>9</b> <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>GG</b> 2:00 Afternoon Bingo (TS) <b>M</b> 3:30 Musical Memories: Elvis! (CR)
<b>10</b> <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>K</b> 2:00 Word Game: Hangman! (TS) <b>GG</b> 3:30 Card Game! (CR)	<b>11</b> Veterans Day <b>S</b> 10:00 Veteran's Day Ceremony! (TS) <b>M</b> 10:45 Music with Bobby G! (TS) <b>GG</b> 2:30 Afternoon Bingo! (TS) <b>A</b> 4:00 Knitting/Crocheting Group! (CR) <b>M</b> 6:30 Sing-A-Long (TS)	<b>12</b> <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Apple Cider Cookies! (CR) <b>O</b> 1:30 Afternoon Drive: Downtown Detroit! <b>K</b> 3:30 LifeShare Games! (CR)	<b>13</b> <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>I</b> 1:30 Jehovah's Witness Bible Study (CR) <b>L</b> 3:00 Pop In & Learn! (CR) <b>GG</b> 5:45 Evening Bingo! (TS)	<b>14</b> <b>V</b> 9:30 Chair Zumba w/Jennifer! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>A</b> 10:30 Craft Hour: Bracelet Making! (CR) <b>O</b> 1:30 Long's Family Farm! <b>GG</b> 4:00 LifeShare Games! (CR)	<b>15</b> <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Birthday Happy Hour! (TS)	<b>16</b> <b>V</b> 9:30 Saturday Stretches! (TS) <b>GG</b> 10:00 Pet-a-Pet Visits (CW) <b>K</b> 10:30 Reading & Reminiscing (TS) <b>GG</b> 2:00 Afternoon Bingo (TS)
<b>17</b> <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>S</b> 11:00 Brunch (Dining Rms) <b>V</b> 2:00 Balloon Volleyball! (TS) <b>GG</b> 3:30 Card Game! (CR)	<b>18</b> <b>K</b> 10:00 Keeping Up With The News! (TS) <b>I</b> 1:30 Laugh Therapy w/Bonnie! (TS) <b>GG</b> 2:30 Afternoon Bingo! (TS) <b>A</b> 4:00 Knitting/Crocheting Group! (CR) <b>M</b> 6:30 Sing-A-Long (TS)	<b>19</b> <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Pumpkin Pie Chocolate Chip Cookies! (CR) <b>JG</b> 1:30 Mens Group Outing: Home Depot! <b>K</b> 3:30 LifeShare Games! (CR)	<b>20</b> <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>K</b> 10:45 Resident's Council (CR) <b>I</b> 1:30 Jehovah's Witness Bible Study (CR) <b>L</b> 3:00 Pop In & Learn! (CR) <b>S</b> 5:45 Wine Down	<b>21</b> <b>V</b> 9:30 Chair Zumba w/Jennifer! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>A</b> 10:30 Craft Hour: Bread Dough Gratitude Ornament! (CR) <b>O</b> 2:00 Afternoon Fall Drive!	<b>22</b> <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour & Entertainment w/Sheryl! (TS)	<b>23</b> <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>GG</b> 2:00 Afternoon Bingo (TS) <b>M</b> 3:30 Musical Memories: Back to the 60's! (CR)
<b>24</b> <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>A</b> 2:00 Art Therapy: Adult Coloring! (CR) <b>GG</b> 3:30 Card Game! (ULL)	<b>25</b> <b>I</b> 10:00 Catholic Service & Communion w/Julie! (CR) <b>GG</b> 2:30 Afternoon Bingo! (TS) <b>A</b> 4:00 Knitting/Crocheting Group! (CR) <b>M</b> 6:30 Sing-A-Long (TS)	<b>26</b> <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Pumpkin Pie Parfaits! (CR) <b>O</b> 1:30 Store Run: Dollar Tree! <b>K</b> 3:30 LifeShare Games! (CR)	<b>27</b> <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>I</b> 1:30 Jehovah's Witness Bible Study (CR) <b>L</b> 3:00 Pop In & Learn! (CR) <b>GG</b> 5:45 Evening Bingo! (TS)	<b>28</b> Thanksgiving <b>V</b> 9:30 Resident's Choice Fitness (TS) <b>GF</b> 10:00 Thanksgiving Day Parade Live Broadcast on Channel 4! (TS) <b>A</b> 1:30 Craft Hour: Thanksgiving Bracelets! (CR) <b>K</b> 2:00 Sharing Thanksgiving	<b>29</b> <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour & Entertainment w/George! (TS)	<b>30</b> <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>GG</b> 2:00 Afternoon Bingo (TS) <b>GF</b> 3:00 Music & Refreshments



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GC</b> - Group Games <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MN</b> - Mindful Moments <b>M</b> - Music to My Ears	Outings are generally scheduled for Tuesday and Thursday Afternoons but times may change as needed. Outings are subject to weather as well. (If the wind-chill or temp. is below 20 or Heat index greater than 94 we are not able to take the bus out)	Locations Key RR= Residents' Room BLC=Bogie Lake Cafe SR= Sunroom CR=Craft Rm. TS=Town Square CW=Campus-Wide (throughout bldg.)	LB=Library O=Outside OLL=Oxbow (200 Hall) Common Area SLL=Sugden (100 Hall) Common Area CLL=Carroll Lake (300 Hall) Common Area ULL=Union Lake (500 Hall) Common Area		<b>1</b> <b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour &	<b>2</b> <b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GC</b> 2:00 Afternoon Bingo (TS)
<b>3</b> Daylight Savings Ends	<b>4</b>	<b>5</b> Election Day	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>CC</b> 2:30 Troop Clipping! (TS)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>I</b> 1:30 Laugh Therapy w/Bonnie! (TS)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Pumpkin Apple Punch! (CR) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>I</b> 1:30 Jehovah's Witness Bible	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Chair Zumba w/Jennifer! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 10:30 Mindful Moments! (OLL/CLL) <b>O</b> 11:30 Lunch Bunch	<b>GF</b> 8:45 Room Visits & Courtesy Cart! (RR) <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GC</b> 2:00 Afternoon Bingo (TS)
<b>10</b>	<b>11</b> Veterans Day	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>K</b> 2:00 Word Game: Hangman!	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>S</b> 10:00 Veteran's Day Ceremony! (TS) <b>M</b> 10:45 Music with Bobby G! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GC</b> 2:30 Afternoon Bingo! (TS)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) 10:30 Recipe Roundup: Apple Cider Cookies! (CR) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>O</b> 1:30 Afternoon Drive:	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>I</b> 1:30 Jehovah's Witness Bible	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>MN</b> 9:00 Sensory Group: Fall Colors! (OLL/CLL) <b>V</b> 9:30 Chair Zumba w/Jennifer! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>A</b> 10:30 Craft Hour: Bracelet	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Birthday Happy Hour!	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Saturday Stretches! (TS) <b>GG</b> 10:00 Pet-a-Pet Visits (CW) <b>K</b> 10:30 Reading & Reminiscing (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>S</b> 11:00 Brunch (Dining Rms) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>I</b> 1:30 Laugh Therapy w/Bonnie! (TS) <b>GC</b> 2:30 Afternoon Bingo! (TS)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Pumpkin Pie Chocolate Chip Cookies! (CR) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>I</b> 1:30 Jehovah's Witness Bible	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Chair Zumba w/Jennifer! (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>A</b> 10:30 Craft Hour: Bread Dough Gratitude Ornament! (CR)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour &	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GC</b> 2:00 Afternoon Bingo (TS)
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Thanksgiving	<b>29</b>	<b>30</b>
<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>GF</b> 9:30 Sunday Sense of Humor! (TS) <b>I</b> 10:00 Nondenominational Church Service (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>A</b> 2:00 Art Therapy: Adult	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>I</b> 10:00 Catholic Service & Communion w/Julie! (CR) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GC</b> 2:30 Afternoon Bingo! (TS) <b>A</b> 4:00 Knitting/Crocheting	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Trilogy Fit (TS) <b>K</b> 10:00 Trivia Tuesday! (TS) <b>CC</b> 10:30 Recipe Roundup: Pumpkin Pie Parfaits! (CR) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Chair Yoga w/Michelle (TS) <b>K</b> 10:00 Keeping Up With The News! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>I</b> 1:30 Jehovah's Witness Bible	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Resident's Choice Fitness (TS) <b>GF</b> 10:00 Thanksgiving Day Parade Live Broadcast on Channel 4! (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL)	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>M</b> 9:30 Music & Motion! (TS) <b>K</b> 10:00 Coffee n News! (TS) <b>GF</b> 10:45 Chef's Circle (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GG</b> 2:00 Puzzles & Games! (TS) <b>S</b> 3:00 Happy Hour &	<b>GF</b> 8:45 Room Visits/Courtesy Cart! (RR) <b>V</b> 9:30 Saturday Stretches! (TS) <b>K</b> 10:00 Reading & Reminiscing (TS) <b>MN</b> 11:15 Mindful Moments! (OLL/CLL) <b>GC</b> 2:00 Afternoon Bingo (TS)



# NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans  <b>CC</b> - Creative Cooking  <b>GF</b> - Gathering of Friends  <b>GG</b> - Group Games  <b>K</b> - Keeping it Sharp/Reminisce  <b>M</b> - Music to My Ears  <b>O</b> - Out &amp; About  <b>V</b> - Vitality</p>	<p>Please see our life enrichment associate or legacy neighborhood director if you would be interested in attending our Legacy outings weekly.</p>	<p>Outings are generally scheduled for Friday Afternoons but times may change as needed. Outings are subject to weather as well. (If the wind-chill or temp. is below 20 we are not able to take the bus out)</p>	<p>Do you have a talent or passion you would want to share with our residents? We would love to have you join us in engaging our residents in a variety of activities. Please see LND&gt;</p>		<p><b>1</b>  <b>V</b> Cornucopia Pass  <b>K</b> Word Poem  <b>CC</b> Apple-Cranberry Crumb Bars  Relax &amp; Recharge  <b>A</b> Corncob Painting  <b>M</b> November Happy Hour  <b>GG</b> Pin the Tail on Bessie  Healthy Hands  <b>GF</b> LifeShare Games</p>	<p><b>2</b>  <b>V</b> Mindfulness Matters  <b>K</b> Turn Over  <b>CC</b> Monster Cookies  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Orange Clove Gift  <b>M</b> Saturday Jazz  <b>GG</b> Life on the Farm  Healthy Hands</p>
<p><b>3</b> Daylight Savings Ends</p> <p><b>V</b> Bowling  <b>K</b> Create a Caption  <b>CC</b> Sandwich Cookies  Relax &amp; Recharge  <b>A</b> Button Trees  <b>M</b> Glee Club  <b>GG</b> Image Snap  Healthy Hands  <b>GF</b> Old Time Theater</p>	<p><b>4</b>  <b>V</b> #BurnBeforeTheBird  <b>K</b> Football Frenzy!  <b>CC</b> Layered Chili Cheese Dip  Relax &amp; Recharge  <b>A</b> Gourd-geous Paint  <b>M</b> Musical Moments  <b>GG</b> Horseshoes  Healthy Hands  <b>GF</b> Animal Album</p>	<p><b>5</b> Election Day</p> <p><b>V</b> Cowboy Boogie  <b>K</b> Best Friends Forever!  <b>CC</b> S'more Crescent Rolls  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Creative Storytelling  <b>M</b> Toot Your Flute  <b>GG</b> Roll the Die &amp; Break the Ice  Healthy Hands</p>	<p><b>6</b>  <b>V</b> Chair Swimming  <b>K</b> Autumn Spelling Words  <b>CC</b> Hearty Ham &amp; Bean Soup  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Thanksgiving Gratitude Tree  <b>M</b> Pass The Beat  <b>GG</b> Lollipop Paddle  Healthy Hands</p>	<p><b>7</b>  <b>V</b> Turkey Trot  <b>K</b> Reverse Hangman  <b>CC</b> Mother's Pumpkin Bread  Relax &amp; Recharge  <b>A</b> Fall Garland  <b>M</b> Feel The Heartbeat  <b>GG</b> Turkey Toss  Healthy Hands  <b>GF</b> A Time for Tea!</p>	<p><b>8</b>  <b>V</b> Cornucopia Pass  <b>K</b> Word Poem  <b>CC</b> Orange Cranberry Bread  Relax &amp; Recharge  <b>M</b> Entertainment w/Jim Herman!  <b>A</b> Cloth Tie Wreath  <b>M</b> November Happy Hour  <b>O</b> Dunkin Donuts  <b>GG</b> Pin the Tail on Bessie</p>	<p><b>9</b>  <b>V</b> Mindfulness Matters  <b>K</b> Turn Over  <b>CC</b> Peanut Butter Pudding Cake  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Foam Fortune Cookies  <b>M</b> Saturday Jazz  <b>GG</b> Life on the Farm  Healthy Hands</p>
<p><b>10</b>  <b>V</b> Bowling  <b>K</b> Create a Caption  <b>CC</b> Homemade Vanilla Cupcakes  Relax &amp; Recharge  <b>A</b> Feather Paint  <b>M</b> Glee Club  <b>GG</b> Image Snap  Healthy Hands  <b>GF</b> Old Time Theater</p>	<p><b>11</b> Veterans Day</p> <p><b>V</b> #BurnBeforeTheBird  <b>K</b> Football Frenzy!  <b>M</b> Music with Bobby G!  <b>CC</b> Navy Bean Vegetable Soup  Relax &amp; Recharge  <b>A</b> Veterans Day Heart Card  <b>M</b> Musical Moments  <b>GG</b> Horseshoes  Healthy Hands</p>	<p><b>12</b>  <b>V</b> Cowboy Boogie  <b>K</b> Best Friends Forever!  <b>CC</b> Sugar-free Pumpkin Cake  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Autumn Leaf Stamping  <b>M</b> Toot Your Flute  <b>GG</b> Roll the Die &amp; Break the Ice  Healthy Hands</p>	<p><b>13</b>  <b>V</b> Chair Swimming  <b>K</b> Autumn Spelling Words  <b>CC</b> Pretzel No Bake Cookies  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Beaded Pumpkins  <b>M</b> Pass The Beat  <b>GG</b> Lollipop Paddle  Healthy Hands</p>	<p><b>14</b>  <b>V</b> Turkey Trot  <b>K</b> Reverse Hangman  <b>CC</b> Apple Praline Bread  Relax &amp; Recharge  <b>A</b> A Man's Masterpiece  <b>M</b> Feel The Heartbeat  <b>GG</b> Turkey Toss  Healthy Hands  <b>GF</b> A Time for Tea!</p>	<p><b>15</b>  <b>V</b> Cornucopia Pass  <b>K</b> Word Poem  <b>CC</b> Grands Monkey Bread  Relax &amp; Recharge  <b>A</b> Q-tip Trees  <b>M</b> Entertainment w/Jerry!  <b>M</b> November Happy Hour  <b>O</b> Frankenmuth  <b>GG</b> Pin the Tail on Bessie</p>	<p><b>16</b>  <b>V</b> Mindfulness Matters  <b>K</b> Turn Over  <b>CC</b> Cranberry Orange Salsa Spread  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Sensory Paint  <b>M</b> Saturday Jazz  <b>GG</b> Life on the Farm  Healthy Hands</p>
<p><b>17</b>  <b>V</b> Bowling  <b>K</b> Create a Caption  <b>CC</b> Fruit Bread  Relax &amp; Recharge  <b>A</b> Creative Storytelling  <b>M</b> Glee Club  <b>GG</b> Image Snap  Healthy Hands  <b>GF</b> Old Time Theater</p>	<p><b>18</b>  <b>V</b> #BurnBeforeTheBird  <b>K</b> Football Frenzy!  <b>CC</b> Tuscan Pumpkin Soup  Relax &amp; Recharge  <b>A</b> Collaborative Weaving  <b>M</b> Musical Moments  <b>GG</b> Horseshoes  Healthy Hands  <b>GF</b> Animal Album</p>	<p><b>19</b>  <b>V</b> Cowboy Boogie  <b>K</b> Best Friends Forever!  <b>CC</b> Caramel Stuffed Snickerdoodles  <b>GF</b> 12pm Men's Lunch and Movie  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Thumbprint Dandelion  <b>M</b> Toot Your Flute  <b>GG</b> Roll the Die &amp; Break the Ice</p>	<p><b>20</b>  <b>V</b> Chair Swimming  <b>K</b> Autumn Spelling Words  <b>CC</b> Sugar-free Oatmeal Spice Muffins  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Poppy Field Collage  <b>M</b> Pass The Beat  <b>GG</b> Lollipop Paddle</p>	<p><b>21</b>  <b>V</b> Turkey Trot  <b>K</b> Reverse Hangman  <b>CC</b> Jiffy Combread Casserole  Relax &amp; Recharge  <b>A</b> Picture Prompts  <b>M</b> Feel The Heartbeat  <b>GG</b> Turkey Toss  Healthy Hands  <b>GF</b> A Time for Tea!</p>	<p><b>22</b>  <b>V</b> Cornucopia Pass  <b>K</b> Word Poem  <b>CC</b> Autumn Cheese Ball  Relax &amp; Recharge  <b>A</b> Spice Painting  <b>M</b> November Happy Hour  <b>O</b> Hobby Lobby  <b>GG</b> Pin the Tail on Bessie  Healthy Hands</p>	<p><b>23</b>  <b>V</b> Mindfulness Matters  <b>K</b> Turn Over  <b>CC</b> Mini Pecan Pies  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Chihuly Inspired Glass Art  <b>M</b> Saturday Jazz  <b>GG</b> Life on the Farm  Healthy Hands</p>
<p><b>24</b>  <b>V</b> Bowling  <b>K</b> Create a Caption  <b>CC</b> Game Day BLT Dip  Relax &amp; Recharge  <b>A</b> Thankfulness Collage  <b>M</b> Glee Club  <b>GG</b> Image Snap  Healthy Hands  <b>GF</b> Old Time Theater</p>	<p><b>25</b>  <b>V</b> #BurnBeforeTheBird  <b>K</b> Football Frenzy!  <b>CC</b> Ham &amp; Potato Soup  Relax &amp; Recharge  <b>A</b> Mystery Drawing  <b>M</b> Musical Moments  <b>GG</b> Horseshoes  Healthy Hands  <b>GF</b> Animal Album</p>	<p><b>26</b>  <b>V</b> Cowboy Boogie  <b>K</b> Best Friends Forever!  <b>CC</b> Warm Apple Dip  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Deck of Wit &amp; Wisdom  <b>M</b> Toot Your Flute  <b>GG</b> Roll the Die &amp; Break the Ice  Healthy Hands</p>	<p><b>27</b>  <b>V</b> Chair Swimming  <b>K</b> Autumn Spelling Words  <b>CC</b> Sugar-free Pumpkin Custard Cups  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Drama Club-Short Story  <b>M</b> Pass The Beat  <b>GG</b> Lollipop Paddle</p>	<p><b>28</b> Thanksgiving</p> <p><b>V</b> Turkey Trot  <b>K</b> Reverse Hangman  <b>CC</b> Turkey Peanut Butter Cup Cookies  Relax &amp; Recharge  <b>A</b> Seasonal Adult Coloring  <b>M</b> Feel The Heartbeat  <b>GG</b> Turkey Toss  Healthy Hands</p>	<p><b>29</b>  <b>V</b> Cornucopia Pass  <b>K</b> Word Poem  <b>CC</b> Peanut Butter Fudge  Relax &amp; Recharge  <b>A</b> Ribbon Tree Ornament  <b>M</b> November Happy Hour  <b>O</b> Bigby  <b>GG</b> Pin the Tail on Bessie  Healthy Hands</p>	<p><b>30</b>  <b>V</b> Mindfulness Matters  <b>K</b> Turn Over  <b>CC</b> Chewy Gingersnap Cookies  Relax &amp; Recharge  <b>M</b> SingFIT  <b>A</b> Creative Storytelling  <b>M</b> Saturday Jazz  <b>GG</b> Life on the Farm  Healthy Hands</p>

# NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Brunch begins at 12pm. It is complimentary for Villa Tenants. 4 or more persons \$7 per meal. Reservations requested.		Activity Location Codes: HC-AR: Health Center Activity Room HC-CR: Health Center Craft Room AL-CM: Assisted Living Common Area	Activity Location Codes: CH: Club House HC-DR: Health Center Dining Room HC-TS: Health Center Town Square		<b>1</b> <b>9:00</b> Tai Chi with Catherine <b>10:00</b> Coffee Klutch (CH) <b>3:00</b> Happy Hour (CH) <b>4:00</b> Board Games (CH)	<b>2</b> <b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Bingo (HC-TS) <b>6:00</b> Texas Hold'em (CH)
<b>3</b> Daylight Savings Ends	<b>4</b>	<b>5</b> Election Day	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10:00</b> Nondenominational Church Service (HC-TS) <b>10:00</b> Coffee Klutch (CH) <b>1:00</b> Sunday Night Football (CH)	<b>10:00</b> Walking Club (CH) <b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Pinochle (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Soup & Sandwiches (CH) <b>4:00</b> Board Games (CH) <b>6:00</b> Alzheimer's & Dementia Support Group (CH)	<b>9:00</b> Tai Chi with Catherine <b>10:00</b> Coffee Klutch (CH) <b>5:45</b> Bingo (HC-TS) <b>6:00</b> Euchre (CH)	<b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Shopping Out & About <b>6:00</b> Popcorn and a Movie (CH)	<b>9:00</b> Tai Chi with Catherine <b>10:00</b> Coffee Klutch (CH) <b>3:00</b> Happy Hour (CH) <b>3:30</b> Dunkin Donuts <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Bingo (HC-TS) <b>6:00</b> Texas Hold'em (CH)
<b>10</b>	<b>11</b> Veterans Day	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>10:00</b> Nondenominational Church Service (HC-TS) <b>10:00</b> Coffee Klutch (CH) <b>1:00</b> Sunday Night Football (CH)	<b>10:00</b> Walking Club (CH) <b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Veteran's Lunch <b>2:00</b> Pinochle (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>2:30</b> Dinner Club <b>4:00</b> Board Games (CH)	<b>9:00</b> Tai Chi with Catherine <b>10:00</b> Coffee Klutch (CH) <b>5:45</b> Bingo (HC-TS) <b>6:00</b> Euchre (CH)	<b>9:30</b> Hot Breakfast <b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Shopping Out & About <b>6:00</b> Popcorn and a Movie (CH)	<b>9:00</b> Tai Chi with Catherine <b>10:00</b> Coffee Klutch (CH) <b>3:00</b> Happy Hour (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Bingo (HC-TS) <b>6:00</b> Texas Hold'em (CH)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>10:00</b> Nondenominational Church Service (HC-TS) <b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Brunch (HC-AR) <b>1:00</b> Sunday Night Football (CH)	<b>10:00</b> Walking Club (CH) <b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Pinochle (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Senior Executive Club lunch in WLHC dining room <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>5:45</b> Bingo (HC-TS) <b>6:00</b> Euchre (CH)	<b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Shopping Out & About <b>6:00</b> Popcorn and a Movie (CH)	<b>10:00</b> Coffee Klutch (CH) <b>3:00</b> Happy Hour (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Bingo (HC-TS) <b>6:00</b> Texas Hold'em (CH)
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Thanksgiving	<b>29</b>	<b>30</b>
<b>10:00</b> Nondenominational Church Service (HC-TS) <b>10:00</b> Coffee Klutch (CH) <b>1:00</b> Sunday Night Football (CH)	<b>10:00</b> Walking Club (CH) <b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Pinochle (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Lunch & Learn <b>4:00</b> Board Games (CH)	<b>9:00</b> Tai Chi with Catherine <b>10:00</b> Coffee Klutch (CH) <b>1:00</b> Friendsgiving <b>5:45</b> Bingo (HC-TS) <b>6:00</b> Euchre (CH)	<b>9:30</b> Hot Breakfast (CH) <b>10:00</b> Coffee Klutch (CH) <b>12:00</b> Shopping Out & About <b>6:00</b> Popcorn and a Movie (CH)	<b>10:00</b> Coffee Klutch (CH) <b>3:00</b> Happy Hour (CH) <b>4:00</b> Board Games (CH)	<b>10:00</b> Coffee Klutch (CH) <b>2:00</b> Bingo (HC-TS) <b>6:00</b> Texas Hold'em (CH)