

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About</p>	<p>Location Guide: MPR - Multipurpose Room DR - Dining Room CY - Courtyard C - Chapel</p>	<p>Cards, puzzles, movies, books, magazines, a tablet and games are available from the Life Enrichment Team per resident request.</p> <p>All activities are subject to change - any additions or changes will be posted.</p>	<p>Volunteers enhance the lives of our residents - become a volunteer today! For more information about volunteering, please see a member of the Life Enrichment Team!</p>		<p>1</p> <p>I 10:00 Communion - C V 10:30 Trilogy Fit! - MPR K 12:00 "Go The Extra Mile Day" activity - MPR A 1:00 Crafty Creations (Turkey Door Hanger) - MPR 2:00 Bingo! - MPR M 3:00 Happy Hour w/David</p>	<p>2</p> <p>I 10:00 Communion & Rosary - C V 10:30 Saturday Stretches - DBL K 12:30 Trivia Time (All About November) - MPR V 1:00 Bingocise! - MPR M 2:00 Musical Memories - MPR</p>
<p>3 Daylight Savings Ends</p> <p>I 9:30 Sunday Mass and Rosary - C K 10:00 Master Your Memory - MPR L 12:00 Where In The World? (Plymouth, MA) - MPR M 1:00 Sing-A-Long w/Susie! - MPR I 3:30 Devotions with</p>	<p>4</p> <p>I 10:00 Communion Service w/Sam King - C V 10:30 Trilogy Fit! - MPR A 1:00 Crafty Creations (Indian Corn Pin) - MPR GF 3:00 Get Your Game On! (boardgame fun!) - MPR 5:15 Bingo! - MPR</p>	<p>5 Election Day</p> <p>I 10:00 Communion - C V 10:30 Armchair Aerobics! - MPR O 11:00 Lunch Outing - Cracker Barrel K 1:30 Word Games! - MPR K 3:00 Times We Treasure Tuesday! - MPR 5:15 Bingo! - MPR</p>	<p>6</p> <p>I 10:00 Communion/Rosary - C V 10:30 Trilogy Fit! - MPR GF 12:30 Glamour Girls! - MPR S 1:00 Chef's Circle! - MPR M 2:30 Tari Martin Performs! - MPR CC 3:00 Creative Cooking (Pecan Pie Bars) - AR GC 5:15 Bingo! - MPR</p>	<p>7</p> <p>I 9:30 Ladies Bible Study - 2/DR I 10:00 Communion/Rosary - C V 10:30 Morning Yoga with Nicole! - MPR O 1:00 Outing to Walmart M 1:30 Karaoke Fun! - MPR 5:15 Bingo! - MPR</p>	<p>8</p> <p>I 10:00 Communion - C V 10:30 Trilogy Fit! - MPR A 1:00 Crafty Creations (Turkey Magnet Craft) - MPR 2:00 Bingo! - MPR M 3:00 Happy Hour with Doug Pinson! - MPR</p>	<p>9</p> <p>I 10:00 Communion & Rosary - C V 10:30 Saturday Stretches - DBL K 12:30 Trivia Time (Veteran's Day) - MPR V 1:00 Bingocise! - MPR M 2:00 Musical Memories - MPR</p>
<p>10</p> <p>I 9:30 Sunday Mass and Rosary - C K 10:00 Master Your Memory - MPR S 11:00 Sunday Family Brunch 11:00 a.m. - 1:00 p.m. L 12:00 Where In The World? (Washington, DC) - MPR</p>	<p>11 Veterans Day</p> <p>I 10:00 Communion Service w/Sam King - C V 10:30 Trilogy Fit! - MPR A 12:00 Crafty Creations - "In Everything Give Thanks" door hanger CC 2:00 Veteran's Day Program 5:15 Bingo! - MPR</p>	<p>12</p> <p>I 10:00 Communion - C V 10:30 Armchair Aerobics! - MPR O 11:00 Lunch Outing - Skyline Chili K 1:30 Word Games! - MPR K 3:00 Times We Treasure Tuesday! - MPR 5:15 Bingo! - MPR</p>	<p>13</p> <p>I 10:00 Communion/Rosary - C V 10:30 Trilogy Fit! - MPR A 12:30 Jewelry & Gems Group - MPR GF 12:30 Glamour Girls! - MPR S 1:00 Chef's Circle! - MPR S 1:30 Inspired Living Committee (calendar planning) - MPR</p>	<p>14</p> <p>I 9:30 Ladies Bible Study - 2/DR I 10:00 Communion/Rosary - C V 10:30 Morning Yoga with Nicole! - MPR O 1:00 Outing to Half Price Books M 1:30 Karaoke Fun! - MPR 5:15 Bingo! - MPR</p>	<p>15</p> <p>I 10:00 Communion - C V 10:30 Trilogy Fit! - MPR A 1:00 Crafty Creations (Tree of Thanks) - MPR 2:00 Bingo! - MPR S 3:00 Happy Hour w/Warren Rowe</p>	<p>16</p> <p>I 10:00 Communion & Rosary - C V 10:30 Saturday Stretches - DBL K 12:30 Trivia Time (Fun Football Facts!) - MPR V 1:00 Bingocise! - MPR M 2:00 Musical Memories - MPR</p>
<p>17</p> <p>I 9:30 Sunday Mass and Rosary - C K 10:00 Master Your Memory - MPR L 12:00 Where In The World? (Boston, MA) - MPR M 1:00 Sing-A-Long w/Susie! - MPR G 3:30 Devotions with</p>	<p>18</p> <p>I 10:00 Communion Service w/Sam King - C V 10:30 Trilogy Fit! - MPR A 1:00 Crafty Creations (Autumn Luminaries) - MPR GF 3:00 Get Your Game On! (boardgame fun!) - MPR 5:15 Bingo! - MPR</p>	<p>19</p> <p>I 10:00 Communion - C V 10:30 Armchair Aerobics! - MPR O 11:00 Lunch Outing - Bob Evans Restaurant K 1:30 Word Games! - MPR M 2:30 November Birthday Celebration with music by Don Watson - MPR</p>	<p>20</p> <p>I 10:00 Communion/Rosary - C V 10:30 Trilogy Fit! - MPR GF 12:30 Glamour Girls! - MPR S 1:00 Chef's Circle! - MPR CC 3:00 Creative Cooking (Thanksgiving Blessing Mix) - AR CC 3:00 Creative Cooking (Thanksgiving Blessing)</p>	<p>21</p> <p>I 9:30 Ladies Bible Study - 2/DR CC 10:00 A visit from The Louisville Zoo! - AL/CH I 10:00 Communion/Rosary - C V 10:30 Morning Yoga with Nicole! - MPR O 1:00 Outing to The Dollar Tree</p>	<p>22</p> <p>I 10:00 Communion - C V 10:30 Trilogy Fit! - MPR A 1:00 Canvases & Cocktails - MPR 2:00 Bingo! - MPR S 3:00 Happy Hour with Gil Kaelin - MPR</p>	<p>23</p> <p>I 10:00 Communion & Rosary - C V 10:30 Saturday Stretches - DBL K 12:30 Trivia Time (Turkey Trivia) - MPR V 1:00 Bingocise! - MPR M 2:00 Musical Memories - MPR</p>
<p>24</p> <p>I 9:30 Sunday Mass and Rosary - C K 10:00 Master Your Memory - MPR L 12:00 Where In The World? (Colonial America) - MPR M 1:00 Sing-A-Long w/Susie! - MPR</p>	<p>25</p> <p>I 10:00 Communion Service w/Sam King - C V 10:30 Trilogy Fit! - MPR A 1:00 Crafty Creations (Thanksgiving Floral Centerpieces) - MPR GF 3:00 Get Your Game On! (boardgame fun!) - MPR 5:15 Bingo! - MPR</p>	<p>26</p> <p>I 10:00 Communion - C V 10:30 Armchair Aerobics! - MPR O 11:00 Lunch Outing - McAlister's Deli K 1:30 Word Games! - MPR K 3:00 Times We Treasure Tuesday! - MPR 5:15 Bingo! - MPR</p>	<p>27</p> <p>I 10:00 Communion/Rosary - C V 10:30 Trilogy Fit! - MPR S 11:00 Taste of the Town A 12:30 Jewelry & Gems Group - MPR GF 12:30 Glamour Girls! - MPR S 1:00 Chef's Circle! - MPR CC 3:00 Creative Cooking (Pumpkin Pie Bites) - AR</p>	<p>28 Thanksgiving</p> <p>I 9:30 Ladies Bible Study - 2/DR I 10:00 Communion/Rosary - C V 10:30 Morning Yoga with Nicole! - MPR O 12:00 "We're Thankful" Outing M 2:30 Karaoke Fun! - MPR 3:00 Bingo! - MPR</p>	<p>29</p> <p>I 10:00 Communion - C V 10:30 Trilogy Fit! - MPR A 1:00 Crafty Creations (Holiday Craft) - MPR 2:00 Bingo! - MPR</p>	<p>30</p> <p>I 10:00 Communion & Rosary - C V 10:30 Saturday Stretches - DBL K 12:30 Trivia Time (KY Trivia) - MPR V 1:00 Bingocise! - MPR M 2:00 Musical Memories - MPR</p>

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<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears</p>	<p>DBL - Derby/Belle Lounge A - Activity Room DR - Dining Room CY - Courtyard C - Chapel</p>	<p>Cards, puzzles, movies, books, magazines, a tablet and games are available from the Life Enrichment Team per resident request.</p> <p>All activities are subject to change - any additions or changes will be posted.</p>	<p>Volunteers enhance the lives of our residents - become a volunteer today! For more information about volunteering, please see a member of the Life Enrichment Team!</p>		<p>1 V 10:00 Fitness Fun (exercise) - DBL I 10:00 Communion - C MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL S 1:30 "Guy Day" Friday - Planes, Trains &</p>	<p>2 L 9:30 Wellness Wake Up! - TCU C I 10:00 Communion & Rosary - C V 10:00 Saturday Stretches - DBL MM 11:00 Themed Sensory Baskets - DBL A 2:30 Crafty Creations -</p>
<p>3 Daylight Savings Ends</p> <p>I 9:30 Sunday Mass and Rosary - C MM 11:00 Themed Sensory Baskets - DBL L 11:15 Purple Primer Program - AR 2:30 Bingo! - AR I 3:30 Devotions with Maryville Baptist</p>	<p>4 V 10:00 Morning Movements (exercise)- DBL I 10:00 Communion Service w/Sam King - C MM 11:00 Themed Sensory Baskets - DBL 2:00 Bingo - AR M 3:00 iN2L Sing-A-Long - DBL</p>	<p>5 Election Day</p> <p>V 10:00 Morning Yoga with Nicole! - DBL I 10:00 Communion - C O 11:00 Lunch Outing - Cracker Barrel MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL</p>	<p>6 V 10:00 Armchair Aerobics (exercise)- DBL I 10:00 Communion/Rosary - C MM 11:00 Themed Sensory Baskets - DBL GF 12:30 Glamour Girls! - MPR K 1:30 Trivia Time! (Veteran's Day) - AR 2:00 Bingo! - AR</p>	<p>7 V 10:00 Sittercise (exercise) - DBL I 10:00 Communion/Rosary - C L 10:30 Magazine Scavenger Hunt - AR MM 11:00 Themed Sensory Baskets - DBL O 1:00 Outing to Walmart GC 4:00 Lucky Dog! - AR</p>	<p>8 V 10:00 Fitness Fun (exercise) - DBL I 10:00 Communion - C MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL S 1:30 "Guy Day" Friday - Veteran</p>	<p>9 L 9:30 Wellness Wake Up! - TCU C I 10:00 Communion & Rosary - C V 10:00 Saturday Stretches - DBL MM 11:00 Themed Sensory Baskets - DBL A 2:30 Crafty Creations -</p>
<p>10 I 9:30 Sunday Mass and Rosary - C S 11:00 Sunday Family Brunch 11:00 a.m. - 1:00 p.m. MM 11:00 Themed Sensory Baskets - DBL L 11:15 Purple Primer Program - AR 2:30 Bingo! - AR</p>	<p>11 Veterans Day</p> <p>V 10:00 Morning Movements (exercise)- DBL I 10:00 Communion Service w/Sam King - C MM 11:00 Themed Sensory Baskets - DBL 2:00 Bingo! - AR CC 2:00 Veteran's Day Program M 3:00 iN2L Sing-A-Long - DBL</p>	<p>12 V 10:00 Morning Yoga with Nicole! - DBL I 10:00 Communion - C O 11:00 Lunch Outing - Skyline Chili MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL</p>	<p>13 V 10:00 Armchair Aerobics (exercise)- DBL I 10:00 Communion/Rosary - C MM 11:00 Themed Sensory Baskets - DBL GF 12:30 Glamour Girls! - MPR K 1:30 Trivia Time! (Fun Football Facts) - AR 2:00 Bingo! - AR</p>	<p>14 V 10:00 Sittercise (exercise) - DBL I 10:00 Communion/Rosary - C L 10:30 Magazine Scavenger Hunt - AR MM 11:00 Themed Sensory Baskets - DBL O 1:00 Outing to Half Price Books</p>	<p>15 V 10:00 Fitness Fun (exercise) - DBL I 10:00 Communion - C MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL S 1:30 "Guy Day" Friday - A Movie Matinee - CY</p>	<p>16 L 9:30 Wellness Wake Up! - TCU I 10:00 Communion & Rosary - C V 10:00 Saturday Stretches - DBL MM 11:00 Themed Sensory Baskets - DBL A 2:30 Crafty Creations -</p>
<p>17 I 9:30 Sunday Mass and Rosary - C MM 11:00 Themed Sensory Baskets - DBL L 11:15 Purple Primer Program - AR 2:30 Bingo! - AR G 3:30 Devotions with Maryville Baptist</p>	<p>18 V 10:00 Morning Movements (exercise)- DBL I 10:00 Communion Service w/Sam King - C MM 11:00 Themed Sensory Baskets - DBL 2:00 Bingo! - AR M 3:00 iN2L Sing-A-Long - DBL</p>	<p>19 V 10:00 Morning Yoga with Nicole! - DBL I 10:00 Communion - C O 11:00 Lunch Outing - Bob Evans Restaurant MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL</p>	<p>20 V 10:00 Armchair Aerobics (exercise)- DBL I 10:00 Communion/Rosary - C MM 11:00 Themed Sensory Baskets - DBL GF 12:30 Glamour Girls! - MPR K 1:30 Trivia Time! (Turkey Trivia) - AR 2:00 Bingo! - AR</p>	<p>21 CC 10:00 A visit from The Louisville Zoo! - AL/CH V 10:00 Sittercise (exercise) - DBL I 10:00 Communion/Rosary - C L 10:30 Magazine Scavenger Hunt - AR MM 11:00 Themed Sensory Baskets - DBL</p>	<p>22 V 10:00 Fitness Fun (exercise) - DBL I 10:00 Communion - C S 11:00 "Guy Day" Friday - An Outing to Hooters MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL</p>	<p>23 L 9:30 Wellness Wake Up! - TCU C I 10:00 Communion & Rosary - C V 10:00 Saturday Stretches - DBL MM 11:00 Themed Sensory Baskets - DBL A 2:30 Crafty Creations -</p>
<p>24 I 9:30 Sunday Mass and Rosary - C MM 11:00 Themed Sensory Baskets - DBL L 11:15 Purple Primer Program - AR I 2:00 Devotions with Farmdale Church of the Nazarene - C</p>	<p>25 V 10:00 Morning Movements (exercise)- DBL I 10:00 Communion Service w/Sam King - C MM 11:00 Themed Sensory Baskets - DBL 2:00 Bingo! - AR M 3:00 iN2L Sing-A-Long - DBL</p>	<p>26 V 10:00 Morning Yoga with Nicole! - DBL I 10:00 Communion - C O 11:00 Lunch Outing - McAlister's Deli MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL</p>	<p>27 V 10:00 Armchair Aerobics (exercise)- DBL I 10:00 Communion/Rosary - C S 11:00 Taste of the Town MM 11:00 Themed Sensory Baskets - DBL GF 12:30 Glamour Girls! - MPR K 1:30 Trivia Time! (Thanksgiving Trivia) -</p>	<p>28 Thanksgiving</p> <p>V 10:00 Sittercise (exercise) - DBL I 10:00 Communion/Rosary - C L 10:30 Magazine Scavenger Hunt - AR MM 11:00 Themed Sensory Baskets - DBL O 12:00 "We're Thankful" Outing</p>	<p>29 V 10:00 Fitness Fun (exercise) - DBL I 10:00 Communion - C MM 11:00 Themed Sensory Baskets - DBL K 11:30 Dream Virtual Reality - DBL S 1:30 "Guy Day" Friday - Football Friday - AR</p>	<p>30 L 9:30 Wellness Wake Up! - TCU C I 10:00 Communion & Rosary - C V 10:00 Saturday Stretches - DBL MM 11:00 Themed Sensory Baskets - DBL A 2:30 Crafty Creations -</p>