St. Andrews Health Campus
Life Enrichment - Assisted Living

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events	Happy Birthday! November 12 John B. November 13 Alta Rose November 18 Charles S. November 18 Bev T.	Ombudsman-Debbie Cole 1-866-689-3753	Taste of Town: 11/19 ~ Wendy's Chili		**1** V 10:00 Exercise-AR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR S 2:30 Connect Four Game in ALDR S 3:00 Happy Hour IN ALDR M 3:00 Dan Mobley- Music	**2** V 10:00 Saturday Morning Stretch with music-AR I 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR V 3:30 Walk around the block
3 Daylight Savings Ends I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room GF 1:30 Ice Cream Social in the Health Care Dining Room V 2:30 Sunday Walk	**4** V 10:00 Trilogy Fit- AR V 10:30 Tai Chi-AR O 11:00 Country Cruise - Library 2:00 Bingo-HCDR K 3:00 Card Club-AR	**5 Election Day** I 10:00 Communion- AR V 10:05 Exercise -AR I 11:00 Inspired Living I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR S 6:00 Movie Night -AR "The Biggest Little Farm"	**6** V 10:00 Morning Stretch!-AR V 10:30 Tai Chi-AR K 2:00 Bingo-HCDR A 3:00 Felt Craft-AR S 5:00 Ladies Night-AR	**7** V 10:00 Trilogy Fit-AR S 10:30 Resident Council-AR O 11:00 Batesville Historical Museum-Trains 2:00 Canvas & Color with music- AR I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room	**8** V 10:00 Exercise-AR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR S 2:30 Games in ALDR M 3:00 Captain Mike-Music ALDR S 3:00 Happy Hour IN ALDR	**9** V 10:00 Saturday Morning Stretch with music-AR I 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR
10 10:00 Veteran's Day Ceremony 10am-1pm I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room S 11:00 Family Brunch (11-1) GF 1:30 Ice Cream Social in the Health Care Dining	**11 Veterans Day** V 10:00 Trilogy Fit- AR I 10:25 Communion-AR V 10:30 Tai Chi-AR O 11:00 Country Cruise 2:00 Just The Guys-AR-Movie K 3:00 Card Club-AR 6:30 St Nicholas Bingo-HCDR	**12** I 10:00 Communion- AR V 10:05 Exercise -AR CC 10:35 Chef's Circle -AL I 2:00 Rosary w/ Denean-HCDR A 2:30 Canvas & Color-AR S 6:00 Movie Night -AR " Sweet Home Alabama"	**13** V 10:00 Morning Stretch!-AR V 10:30 Tai Chi-AR O 11:00 Outing ~ Snikkers & Peanuts K 2:00 Bingo-HCDR A 3:00 Leaf Craft-AR GG 5:30 Game Night AR	**14** V 10:00 Trilogy Fit-AR M 2:00 Susie Grelle-Music I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room K 3:30 Card Club-AR	**15** V 10:00 Exercise-AR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR S 2:30 "Quick Draw" Game in ALDR S 3:00 Happy Hour IN ALDR	**16** V 10:00 Saturday Morning Stretch with music-AR I 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR
17 I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room GF 1:30 Ice Cream Social in the Health Care Dining Room V 2:30 Sunday Walk	**18** V 10:00 Trilogy Fit- AR V 10:30 Tai Chi-AR O 11:00 Country Cruise - Library M 2:00 Name That Tune-AR K 3:00 Card Club-AR K 6:30 St. Anthonys Bingo-HCDR	**19** I 10:00 Communion- AR V 10:05 Exercise -AR I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR S 6:00 Movie Night -AR "Back To The Future"	**20** V 10:00 Morning Stretch!-AR V 10:30 Tai Chi-AR K 2:00 Bingo-HCDR A 3:00 Turkey Craft-AR	**21** O 9:00 Greensburg Movie V 10:00 Trilogy Fit-AR 2:00 Canvas & Color with music- AR I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room K 3:30 Card Club-AR	**22** V 10:00 Exercise-AR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR S 2:30 "Wishbone Toss" Game in ALDR M 3:00 Richard Scott- Music S 3:00 Happy Hour IN ALDR	**23** V 10:00 Saturday Morning Stretch with music-AR I 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR
24 I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room GF 1:30 Ice Cream Social in the Health Care Dining Room V 2:30 Sunday Walk	**25** V 10:00 Trilogy Fit- AR V 10:30 Tai Chi-AR I 10:35 Communion O 11:00 Country Cruise - Library K 2:00 Bingo-HCDR K 3:00 Card Club-AR	**26** CC 8:00 Bake Sale 8-4 in ALLR I 10:00 Communion- AR V 10:05 Exercise -AR CC 10:35 Chef's Circle-AL I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR S 6:00 Movie Night -AR	**27** V 10:00 Morning Stretch!-AR V 10:30 Tai Chi-AR O 11:00 Outing K 2:00 Bingo-HCDR A 3:00 Thankful Craft-AR S 5:00 Men's Night -Now called, "Just The Guys"	**28 Thanksgiving** V 10:00 Trilogy Fit-AR 2:00 Canvas & Color with music- AR I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room K 3:30 Card Club-AR	**29** V 10:00 Exercise-AR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR S 2:30 "Turkey Trivia" Game in ALDR S 3:00 Happy Hour IN ALDR	**30** V 10:00 Saturday Morning Stretch with music-AR I 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR

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Life Enrichment - Health Center

NOVEMBER 2019

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A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About	Happy Birthday! November 12 John B. November 13 Alta Rose November 18 Charles S. November 18 Bev T.	AR-Activity Room HCDR-Health Care Dining Room HCLR-Health Care Living Room	Taste Of The Town~ 11/19 Wendy's Chili	Ombudsman- Debbie Cole 1-866-689-3753	**1** V 9:30 Trilogy Fit!-HCDR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR MN 11:00 Mindful Moments S 2:30 Connect Four Game in ALDR S 3:00 Happy Hour IN ALDR M 3:00 Dan Mobley- Music	**2** V 9:30 Saturday Morning Stretch with music in HCLR V 9:30 Saturday Morning Stretch-HC I 11:00 Mindful Moments MN 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR
3 Daylight Savings Ends I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room MN 11:00 Mindful Moments GF 1:30 Ice Cream Social in the Health Care Dining Room V 2:30 Sunday Walk	**4** V 9:30 Trilogy Fit!-HCLR V 10:30 Tai Chi-AR O 11:00 Country Cruise - Library MN 11:00 Mindful Moments 2:00 Bingo-HCDR K 3:00 Card Club-AR	**5 Election Day** V 9:30 Trilogy Fit -HCLR I 11:00 Inspired Living MN 11:00 Mindful Moments I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR S 6:00 Movie Night -AR "The Biggest Little Farm"	**6** V 9:30 Morning Stretch! -HCLR V 10:30 Tai Chi-AR MN 11:00 Mindful Moments K 2:00 Bingo-HCDR A 3:00 Felt Craft-AR	**7** V 9:30 Trilogy Fit -HCLR S 10:30 Resident Council-HCLR O 11:00 Batesville Historical Museum-Trains MN 11:00 Mindful Moments 2:00 Canvas & Color with music- AR I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room	**8** V 9:30 Trilogy Fit!-HCDR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR MN 11:00 Mindful Moments S 2:30 Games in ALDR M 3:00 Captain Mike-Music ALDR S 3:00 Happy Hour IN ALDR	**9** V 9:30 SaturdayMorning Stretch-HC V 9:30 Saturday Morning Stretch-HC I 11:00 Mindful Moments MN 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR V 9:30 SaturdayMorning
10 10:00 Veteran's Day Ceremony 10am-1pm I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room S 11:00 Family Brunch (11-1) MN 11:00 Mindful Moments GF 1:30 Ice Cream Social in the	**11 Veterans Day** V 9:30 Trilogy Fit!-HCLR I 10:25 Communion-AR V 10:30 Tai Chi-AR O 11:00 Country Cruise MN 11:00 Mindful Moments 2:00 Just The Guys-AR-Movie K 3:00 Card Club-AR 6:30 St Nicholas Bingo-HCDR	**12** V 9:30 Trilogy Fit -HCLR CC 11:00 Chef's Circle-HCLR MN 11:00 Mindful Moments I 2:00 Rosary w/ Denean-HCDR A 2:30 Canvas & Color-AR S 6:00 Movie Night -AR " Sweet Home Alabama"	**13** V 9:30 Morning Stretch! -HCLR V 10:30 Tai Chi-AR MN 11:00 Mindful Moments K 2:00 Bingo-HCDR A 3:00 Leaf Craft-AR GG 5:30 Game Night AR	**14** V 9:30 Trilogy Fit -HCLR MN 11:00 Mindful Moments M 2:00 Susie Grelle-Music I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room K 3:30 Card Club-AR	**15** V 9:30 Trilogy Fit!-HCDR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR MN 11:00 Mindful Moments S 2:30 "Quick Draw" Game in ALDR S 3:00 Happy Hour IN ALDR	**16** V 9:30 Saturday Morning Stretch-HC I 11:00 Mindful Moments MN 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR
17 I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room MN 11:00 Mindful Moments GF 1:30 Ice Cream Social in the Health Care Dining Room V 2:30 Sunday Walk	**18** V 9:30 Trilogy Fit!-HCLR V 10:30 Tai Chi-AR O 11:00 Country Cruise - Library MN 11:00 Mindful Moments M 2:00 Name That Tune-AR K 3:00 Card Club-AR K 6:30 St. Anthonys Bingo-HCDR	**19** V 9:30 Trilogy Fit -HCLR MN 11:00 Mindful Moments I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR S 6:00 Movie Night -AR "Back To The Future"	**20** V 9:30 Morning Stretch! -HCLR V 10:30 Tai Chi-AR K 2:00 Bingo-HCDR A 3:00 Turkey Craft-AR S 5:00 Health Care & Legacy Lane Ladie's Night	**21** O 9:00 Greensburg Movie V 9:30 Trilogy Fit -HCLR MN 11:00 Mindful Moments 2:00 Canvas & Color with music- AR I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room K 3:30 Card Club-AR	**22** V 9:30 Trilogy Fit!-HCDR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR MN 11:00 Mindful Moments S 2:30 "Wishbone Toss" Game in ALDR M 3:00 Richard Scott- Music S 3:00 Happy Hour IN ALDR	**23** V 9:30 Saturday Morning Stretch-HC I 11:00 Mindful Moments MN 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR
24 I 10:15 Morning Inspirations-HCLR K 11:00 Morning Trivia- room to room MN 11:00 Mindful Moments GF 1:30 Ice Cream Social in the Health Care Dining Room V 2:30 Sunday Walk	**25** V 9:30 Trilogy Fit!-HCLR V 10:30 Tai Chi-AR I 10:35 Communion O 11:00 Country Cruise - Library MN 11:00 Mindful Moments K 2:00 Bingo-HCDR K 3:00 Card Club-AR	**26** CC 8:00 Bake Sale 8-4 in ALLR V 9:30 Trilogy Fit -HCLR CC 11:00 Chef's Circle -HCLR MN 11:00 Mindful Moments I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR S 6:00 Movie Night -AR	**27** V 9:30 Morning Stretch! -HCLR V 10:30 Tai Chi-AR MN 11:00 Mindful Moments K 2:00 Bingo-HCDR A 3:00 Thankful Craft-AR S 5:00 Men's Night -Now called, "Just The Guys"	**28 Thanksgiving** V 9:30 Trilogy Fit -HCLR MN 11:00 Mindful Moments 2:00 Canvas & Color with music- AR I 3:00 Rosary- HCDR K 3:30 Puzzle Handout- Room to Room K 3:30 Card Club-AR	**29** V 9:30 Trilogy Fit!-HCDR V 10:30 Tai Chi-AR I 11:00 Mass-HCDR MN 11:00 Mindful Moments S 2:30 "Turkey Trivia" Game in ALDR S 3:00 Happy Hour IN ALDR	**30** V 9:30 Saturday Morning Stretch-HC I 11:00 Mindful Moments MN 11:00 Mindful Moments K 2:00 B-I-N-G-O-- HCDR L 3:00 Life Long Learning-AR

St. Andrews Health Campus
Life Enrichment - Legacy Lane

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Happy Birthday! November 12 John B. November 13 Alta Rose November 18 Charles S. November 18 Bev T.	Every Morning (approx times) 9:30 Brain Ticklers 10:00 Morning Refreshers 10:30 Housekeeping 11:00 Creative Cooking 11:30 Lunch Prep	Every Afternoon (approx times) 1:00- Rest & Relax 1:30- Reminiscing 2:00- Creative Hands (crafts) 3:00- Afternoon Snack 3:30- Music to my Ears 4:00- Dinner time 5:00- Evening Game	Taste of Town ~ November - Wendy's Chili	**1** V 9:00 Cornucopia Pass K 9:30 Word Poem V 10:30 Tai Chi-AR CC 10:45 Apple-Cranberry Crumb Bars I 11:00 Mass-HCDR 12:45 Relax & Recharge A 2:00 Corncob Painting S 2:30 Connect Four Game in	**2** V 9:00 Minfulness Matters K 9:30 Turn Over CC 10:45 Monster Cookies 12:45 Relax & Recharge A 2:00 Orange Clove Gift M 3:30 Saturday Jazz GG 4:00 Life on the Farm 4:30 Healthy Hands GF 6:00 Aquapainting
3 Daylight Savings Ends V 9:00 Bowling K 9:30 Create a Caption CC 10:45 Sandwich Cookies 12:45 Relax & Recharge GF 1:30 Ice Cream Social in the Health Care Dining Room A 2:00 Button Trees V 2:30 Sunday Walk	**4** V 9:00 #BurnBeforeTheBird K 9:30 Football Frenzy! V 10:30 Tai Chi-AR CC 10:45 Layered Chili Cheese Dip O 11:00 Country Cruise - Library 12:45 Relax & Recharge A 2:00 Gourd-geous Paint 2:00 Bingo-HCDR	**5 Election Day** V 9:00 Cowboy Boogie K 9:30 Best Friends Forever! CC 10:45 S'more Crescent Rolls 12:45 Relax & Recharge A 2:00 Creative Storytelling I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with Music-AR	**6** V 9:00 Chair Swimming K 9:30 Autumn Spelling Words V 10:30 Tai Chi-AR CC 10:45 Hearty Ham & Bean Soup 12:45 Relax & Recharge A 2:00 Thanksgiving Gratitude Tree K 2:00 Bingo-HCDR	**7** V 9:00 Turkey Trot K 9:30 Reverse Hangman CC 10:45 Mother's Pumpkin Bread O 11:00 Batesville Historical Museum-Trains 12:45 Relax & Recharge A 2:00 Fall Garland I 3:00 Rosary- HCDR M 3:30 Feel The Heartbeat	**8** V 9:00 Cornucopia Pass K 9:30 Word Poem V 10:30 Tai Chi-AR CC 10:45 Orange Cranberry Bread I 11:00 Mass-HCDR 12:45 Relax & Recharge A 2:00 Cloth Tie Wreath M 3:00 Captain Mike-Music	**9** V 9:00 Minfulness Matters K 9:30 Turn Over CC 10:45 Peanut Butter Pudding Cake 12:45 Relax & Recharge A 2:00 Foam Fortune Cookies M 3:30 Saturday Jazz GG 4:00 Life on the Farm 4:30 Healthy Hands
10 V 9:00 Bowling K 9:30 Create a Caption 10:00 Veteran's Day Ceremony 10am-1pm CC 10:45 Homemade Vanilla Cupcakes S 11:00 Family Brunch (11-1) 12:45 Relax & Recharge GF 1:30 Ice Cream Social in the	**11 Veterans Day** V 9:00 #BurnBeforeTheBird K 9:30 Football Frenzy! V 10:30 Tai Chi-AR CC 10:45 Navy Bean Vegetable Soup O 11:00 Country Cruise 12:45 Relax & Recharge A 2:00 Veterans Day Heart Card	**12** V 9:00 Cowboy Boogie K 9:30 Best Friends Forever! CC 10:45 Sugar-free Pumpkin Cake 12:45 Relax & Recharge A 2:00 Autumn Leaf Stamping I 2:00 Rosary w/ Denean-HCDR M 3:30 Toot Your Flute	**13** V 9:00 Chair Swimming K 9:30 Autumn Spelling Words V 10:30 Tai Chi-AR CC 10:45 Pretzel No Bake Cookies 12:45 Relax & Recharge A 2:00 Beaded Pumpkins K 2:00 Bingo-HCDR M 3:30 Pass The Beat	**14** V 9:00 Turkey Trot K 9:30 Reverse Hangman CC 10:45 Apple Praline Bread 12:45 Relax & Recharge A 2:00 A Man's Masterpiece M 2:00 Susie Grelle-Music I 3:00 Rosary- HCDR M 3:30 Feel The Heartbeat K 3:30 Card Club-AR	**15** V 9:00 Cornucopia Pass K 9:30 Word Poem V 10:30 Tai Chi-AR CC 10:45 Grands Monkey Bread I 11:00 Mass-HCDR 12:45 Relax & Recharge A 2:00 Q-tip Trees S 2:30 "Quick Draw" Game in ALDR	**16** V 9:00 Minfulness Matters K 9:30 Turn Over CC 10:45 Cranberry Orange Salsa Spread 12:45 Relax & Recharge A 2:00 Sensory Paint M 3:30 Saturday Jazz GG 4:00 Life on the Farm 4:30 Healthy Hands
17 V 9:00 Bowling K 9:30 Create a Caption CC 10:45 Fruit Bread 12:45 Relax & Recharge GF 1:30 Ice Cream Social in the Health Care Dining Room A 2:00 Creative Storytelling V 2:30 Sunday Walk	**18** V 9:00 #BurnBeforeTheBird K 9:30 Football Frenzy! V 10:30 Tai Chi-AR CC 10:45 Tuscan Pumpkin Soup O 11:00 Country Cruise - Library 12:45 Relax & Recharge A 2:00 Collaborative Weaving M 2:00 Name That Tune-AR K 3:00 Card Club-AR	**19** V 9:00 Cowboy Boogie K 9:30 Best Friends Forever! CC 10:45 Caramel Stuffed Snickerdoodles 12:45 Relax & Recharge A 2:00 Thumbprint Dandelion I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with	**20** V 9:00 Chair Swimming K 9:30 Autumn Spelling Words V 10:30 Tai Chi-AR CC 10:45 Sugar-free Oatmeal Spice Muffins 12:45 Relax & Recharge A 2:00 Poppy Field Collage K 2:00 Bingo-HCDR M 3:30 Pass The Beat	**21** V 9:00 Turkey Trot K 9:30 Reverse Hangman CC 10:45 Jiffy Cornbread Casserole 12:45 Relax & Recharge A 2:00 Picture Prompts I 3:00 Rosary- HCDR M 3:30 Feel The Heartbeat K 3:30 Card Club-AR	**22** V 9:00 Cornucopia Pass K 9:30 Word Poem V 10:30 Tai Chi-AR CC 10:45 Autumn Cheese Ball I 11:00 Mass-HCDR 12:45 Relax & Recharge A 2:00 Spice Painting S 2:30 "Wishbone Toss" Game in ALDR	**23** V 9:00 Minfulness Matters K 9:30 Turn Over CC 10:45 Mini Pecan Pies 12:45 Relax & Recharge A 2:00 Chihuly Inspired Glass Art M 3:30 Saturday Jazz GG 4:00 Life on the Farm 4:30 Healthy Hands
24 V 9:00 Bowling K 9:30 Create a Caption CC 10:45 Game Day BLT Dip 12:45 Relax & Recharge GF 1:30 Ice Cream Social in the Health Care Dining Room A 2:00 Thankfulness Collage V 2:30 Sunday Walk	**25** V 9:00 #BurnBeforeTheBird K 9:30 Football Frenzy! V 10:30 Tai Chi-AR CC 10:45 Ham & Potato Soup O 11:00 Country Cruise - Library 12:45 Relax & Recharge A 2:00 Mystery Drawing K 2:00 Bingo-HCDR K 3:00 Card Club-AR	**26** CC 8:00 Bake Sale 8-4 in ALLR V 9:00 Cowboy Boogie K 9:30 Best Friends Forever! CC 10:45 Warm Apple Dip 12:45 Relax & Recharge A 2:00 Deck of Wit & Wisdom I 2:00 Rosary w/ Denean-HCDR GF 2:30 Hand Massage with	**27** V 9:00 Chair Swimming K 9:30 Autumn Spelling Words V 10:30 Tai Chi-AR CC 10:45 Sugar-free Pumpkin Custard Cups 12:45 Relax & Recharge A 2:00 Drama Club-Short Story K 2:00 Bingo-HCDR M 3:30 Pass The Beat	**28 Thanksgiving** V 9:00 Turkey Trot K 9:30 Reverse Hangman CC 10:45 Turkey Peanut Butter Cup Cookies 12:45 Relax & Recharge A 2:00 Seasonal Adult Coloring I 3:00 Rosary- HCDR M 3:30 Feel The Heartbeat K 3:30 Card Club-AR	**29** V 9:00 Cornucopia Pass K 9:30 Word Poem V 10:30 Tai Chi-AR CC 10:45 Peanut Butter Fudge I 11:00 Mass-HCDR 12:45 Relax & Recharge A 2:00 Ribbon Tree Ornament S 2:30 "Turkey Trivia" Game in ALDR	**30** V 9:00 Minfulness Matters K 9:30 Turn Over CC 10:45 Chewy Gingersnap Cookies 12:45 Relax & Recharge A 2:00 Creative Storytelling M 3:30 Saturday Jazz GG 4:00 Life on the Farm 4:30 Healthy Hands