

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2019

KEYSTONE PLACE AT NEWBURY BROOK ASSISTED LIVING COMMUNITY

					10:00 Chair Yoga (T) 10:30 Target Shoot (BR) 10:30 Manicures (PR) 2:00 Dime Bingo (PR) 3 :15 Happy Hour Entertainment by Jeffery Folmer (P)	10:00 Exercise (AW) 11:00 Guess Who (AW) 1:30 Afternoon Movie (T) 6:45 Evening Movie (T)
1 :00 NFL Football on TV in the Pub 1:30 Afternoon Movie (T) 2:00 Dime Bingo (PR) 6:45 Evening Movie (T) Daylight Saving Time Ends	10:00 Chair Yoga (T) 10:30 Blood Pressure Clinic by Foothills VNA (P) 2:00 Afternoon Bake 3:00 Coffee Break (P)	10:30 Tai Chi with Bonnie (PR) 2:00 November's Dates in History Discussion (P) 3:30 Wii Bowling (P)	10:15 Exercise (T) 11:00 Health Facts (T) 2:00 Sing-a-Long (P) 3:15 Torrington High ROTC Cadet Visit (P) 7:00 Sing-a-Long Group Practice (P)	10:15 Exercise 11:00 Rosary 2:00 Harwintones Singing Group (P) 3:00 Afternoon Visits	10:00 Chair Yoga (T) 10:30 Target Shoot (BR) 10:30 Manicures (PR) 2:00 Dime Bingo (PR) 3:15 Happy Hour Music by Matt Valenti (P)	10:15 Dime Pokeno (PR) 11:00 Guided Meditation (T) 1:30 Afternoon Movie (T) 6:45 Evening Movie (T)
10:15 AM Stretch (T) 11:00 Trivia (T) 1:00 NFL Football in Pub 1:30 Afternoon Movie (T) 2:00 Dime Pokeno (PR) 6:45 Evening Movie (T)	10:00 Chair Yoga (T) 10:30 Handmade Card Making with Sue M. (BR) 11:45 Veterans Lunch (P) 2:00 Patriotic Sing-a-Long by The Keystone Sing-a-Long Group (P) THANK YOU TO ALL OF OUR VETERANS <small>Veterans Day (US) Remembrance Day (Canada)</small>	10:15 Exercise (T) 10:30 Simple Bake (BR) 2:00 Educational Program by VNA Northwest (P) 3:30 Wii Bowling (P)	10:30 Reflection with Rev. Diaz-Varas First United Methodist Church of Torrington (P) 2:00 Active Game (BR) 7:00 Sing-a-Long Group Practice	10:00 TV Mass & Communion (T) 10:30 Rosary (T) 10:30 Art Class with Carolyn (BR) 2:00 Coffee & Games (BR) 6:15 Music by Larry Batter & Dessert Bar (P)	9:30 Shopping Trip to Stop and Shop (must sign up) 1015 Exercise (T) 10:30 Manicures (PR) 10:30 Target Shoot (BR) 2:00 Bingo with the Staff (BR) 3:15 Employee Anniversary Pinning Ceremony & Happy Hour (P)	1:30 Afternoon Movie 2:00 Musical Tribute to the Veterans by Jesse Luke (P) 6:45 Evening Movie (T)
10:15 AM Stretch (T) 11:00 What's New (T) 1:00 NFL Football on in Pub 1:30 Afternoon Movie (T) 2:00 Dime Bingo (PR) 6:45 Evening Movie (T)	10:00 Chair Yoga (T) 1:30 Monday Matinee (T) 2 :00 Word-in-a- Word (P) 3:15 Arm Chair Travel (P)	10:15 Exercise (T) 10:30 Looking Back (P) 11:00 Documentary (T) 2:00 Cards (P) 3:30 Wii Bowling (P)	10:15 Exercise 11:00 Guided Meditation (T) 1:00 Special Movie Matinee 3:00 Book Club (W) 7:00 Sing-a-Long Group Practice (P)	10:00 TV Mass & Communion (T) 10:30 Rosary (T) 11:15 Exercise (T) 2:00 Resident Meeting (BR) 3:00 Coffee Break (P)	10:00 Chair Yoga (T) 10:30 Manicures (PR) 10:30 Target Shoot (BR) 2:00 Dime Bingo (P) 3:15 Thankful Thoughts Tree Happy Hour (P)	10:00 Newscurrents with Jenn (P) 1:30 Afternoon Movie (T) 6:45 Evening Movie (T)
1:00 NFL Football on in Pub 1:30 Afternoon Movie (T) 2:00 Dime Bingo (PR) 6:45 Evening Movie (T)	10:00 Chair Yoga (T) 11:00 Lunch Bunch (must sign up) 2:00 Word Game (P) 3:15 Veterans Coffee Hour with Sherri (BR)	10:15 Exercise (T) 11:00 Spiritual Sing-a-Long (P) 2:00 Piano Memories with Mary Sullivan (P) 3:30 Wii Bowling (P)	10:15 Exercise (T) 11:00 AM Visits 2:00 Turkey Talk & Traditions /Cocoa Break (P) 7:00 Sing-A-Long Group Practice (P)	HAPPY THANKSGIVING Thanksgiving Day (US)	10:00 Chair Yoga (T) 10:30 Manicures (PR) 10 :30 Target Shoot (BR) 2 :00 Dime Bingo (PR) 3 :15 Happy Hour & Birthday Celebration Happy Hour with Pierce Campbell (P)	10:00 Newscurrents with Jenn (P) 1:30 Afternoon Movie (T) 6:45 Evening Movie (T)