The Willows at Okemos Assisted Living

## INOVENTBER 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events	Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!	Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm \$- Need to Bring Money to Outing	Activities and activity time are subject to change. Please look to the daily chronicle for those changes.		1  K 8:15 Daily Chronicle  V 9:30 Trilogy Fit-HCAR  C 10:30 Calzone Day-HCAR  11:30 Healthy Tips-HCAR  2:00 Activity Cart  S 2:30 Happy Hour and Live Entertainment with Jack and Tess -HCDR  K 3:30 Creative Leisure-HCAR	8 9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR K 10:30 Family Feud-HCAR A 11:00 Jewelry Making-HCAR GF 2:00 Ice Cream Social M 3:00 Music Mania-HCAR
3 Daylight Savings Ends	4	5 Election Day	6	7	8	9
<ul> <li>9:00 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:00 Hymn Sing And Devotions-HCAR</li> <li>11:00 Coffee and Headlines-HCAR</li> <li>2:00 Card Stamping-HCAR</li> <li>3:00 History of Daylight Savings-HCAR</li> </ul>	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR CC10:00 Hazelnut Cocoa-HCAR I 10:30 Let's Talk Bible with Lew and Gerry-HCAR A 2:00 Fall Leaves Dot Painting-ALAR GF 2:30 Activity Cart K 3:00 Candy Lover's Dream-	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR 10:00 Book Club-ALAR 2:00 Out to the Outlet Mall 3:00 Famous Red Heads-ALAR	<ul> <li>8:15 Daily Chronicle</li> <li>10:30 Fabric Pumpkin Craft-HCAR</li> <li>2:00 Fun Day Afternoon - HCAR</li> <li>3:00 Uno - HCAR</li> <li>3:00 Chef Circle- AL</li> <li>6:00 Movie Mania - HCAR</li> </ul>	<ul> <li>8:15 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:00 Bible Study with Pastor Mike - HCAR</li> <li>2:00 Out to the Bowling Alley-\$\$</li> <li>3:00 Songs of Flight Reminisce - HCAR</li> <li>6:00 Bingo-HCAR</li> </ul>	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR 10:30 Apple Cider Cookies - HCAR 11:30 November IQ - HCAR 2:00 Activity Cart 5 2:30 Happy Hour with Live Entertainment by Lee P-HCDR	9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR 10:30 Star of the Month - HCAR 011:00 Out for Park Lake Creamery Festival-\$\$ GF 2:00 Brownie Delight Social K 3:00 Euchre - ALAR
10	11 Veterans Day	12	13	14	15	16
9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR 5 11:00 Brunch 5 12:15 Brunch M 2:00 Good Time Radio-HCAR I 3:00 Hymn Sing and Service w/Pastor Ellen-ALAR	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR A 10:30 Veterans Day Thank- You Omaments - HCAR CC 2:00 Veterans Day Cupcakes - HCAR GF 2:30 Activity Cart S 6:00 Bingo Night-HCAR	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR 10:00 Book Club-ALAR CC 1:30 Veterans Recognition Ceremony - HCDR Library Book Nook- ALAR 0 2:00 Out to Playing Picasso- \$\$	8:15 Daily Chronicle 9:30 TrilogyFIT-HCAR 10:30 Let's Talk Bible with Lew and Gerry - HCAR 2:00 Group Puzzle - ALAR G 2:00 Just the Guys - HCAR 3:00 Inspired Living Committee & Activity Planning -HCAR	<ul> <li>8:15 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>M10:00 Music Therapy with Julie -HCAR</li> <li>11:30 Holy Guacamole - HCAR</li> <li>2:00 Junk Drawer Detective - ALAR</li> <li>3:00 Tongue Twisters - ALAR</li> <li>6:00 Bingo-HCAR</li> </ul>	<ul> <li>8:15 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:30 Scenic Drive</li> <li>2:00 Activity Cart</li> <li>2:30 Happy Hour with Live Entertainment by Jay H-HCDR</li> <li>3:30 Creative Leisure-HCAR</li> </ul>	9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR A 10:30 Button Craft - HCAR K 11:00 Who Am I? - HCAR GF 2:00 Root Beer Float Social K 3:00 Catch Phrase - ALAR
17	18	19	20	21	22	23
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24	25	26	27	28 Thanksgiving	29	30
9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR 10:00 Hymn Sing & Service with Pastor Mike - HCAR K11:00 Cocoa for Convo - HCAR 2:00 Charades - HCAR K 3:00 Famous Sayings -	<ul> <li>8:15 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:30 Parfait Party - HCAR</li> <li>2:00 Library Book Nook! - ALAR</li> <li>2:30 Activity Cart</li> <li>3:00 HAND-some Paper Turkeys - HCAR</li> <li>6:00 Bingo Night-HCAR</li> </ul>		8:15 Daily Chronicle 9:30 Yoga-HCAR 1 10:30 Let's Talk Bible with Lew and Gerry - HCAR GF 6:00 Movie Mania - HCAR	K 8:15 Daily Chronicle V 9:30 Trilogy Fit-HCAR K 10:00 Macy's Thanksgiving Day Parade-HCAR L 11:30 A Wild Turkey Tale - HCAR S 2:00 Bingo - HCAR K 3:00 Truth or Turkey - HCAR	<ul> <li>8:15 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:00 Wishbone Toss - HCAR</li> <li>2:00 Activity Cart</li> <li>2:30 Happy Hour with Live Entertainment by Alex M - HCDR</li> <li>3:30 Creative Leisure-HCAR</li> </ul>	9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR A 10:00 Card Stamping - HCAR I 11:00 A History of Thanksgiving - HCAR GF 2:00 Ice Cream Social X 3:00 Scrabble - ALAR

The Willows at Okemos Health Center Calendar

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A PARTY OF THE PAR	, <del>(</del>					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About	Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!	Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm \$- Need to Bring Money to Outing	Every second Sunday of the month we hold brunch. Residents can bring 3 guests. Please make reservations with Life Enrichment today!		1  K 8:15 Daily Chronicle  Y 9:30 Trilogy Fit-HCAR  C 10:30 Calzone Day-HCAR  I 11:30 Healthy Tips-HCAR  MN 1:30 Mindful Moments  2:00 Activity Cart  S 2:30 Happy Hour and Live  Entertainment with  Jack and Tess -HCDR	X 9:00 Daily Chronicle Y 9:30 Trilogy Fit-HCAR K 10:30 Family Feud-HCAR A 11:00 Jewelry Making-HCAR MIX 1:30 Mindful Moments GF 2:00 Ice Cream Social M 3:00 Music Mania-HCAR
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9:00 Daily Chronicle 9:30 Trilogy Fit-HCAR 5 11:00 Brunch 5 12:15 Brunch 1:30 Mindful Moments M 2:00 Good Time Radio-HCAR I 3:00 Hymn Sing and Service w/Pastor Ellen-ALAR	MP 11:30 Mindful Moments 2:00 Veterans Day Cupcakes - HCAR GF 2:30 Activity Cart	<ul> <li>8:15 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:00 Book Club-ALAR</li> <li>11:30 Mindful Moments</li> <li>1:30 Veterans Recognition Ceremony - HCDR</li> <li>2:00 Library Book Nook- ALAR</li> <li>2:00 Out to Playing Picasso-</li> </ul>	8:15 Daily Chronicle 9:30 TrilogyFIT-HCAR 1 10:30 Let's Talk Bible with Lew and Gerry - HCAR Mindful Moments 2:00 Group Puzzle - ALAR JG 2:00 Just the Guys - HCAR 3:00 Inspired Living Committee & Activity	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR M10:00 Music Therapy with Julie -HCAR CC11:30 Holy Guacamole - HCAR MN 1:30 Mindful Moments K 2:00 Junk Drawer Detective - ALAR K 3:00 Tongue Twisters - ALAR	8:15 Daily Chronicle 9:30 Trilogy Fit-HCAR 010:30 Scenic Drive MN 11:30 Mindful Moments 2:00 Activity Cart S 2:30 Happy Hour with Live Entertainment by Jay H-HCDR K 3:30 Creative Leisure-HCAR	<ul> <li>9:00 Daily Chronicle</li> <li>9:30 Trilogy Fit-HCAR</li> <li>10:30 Button Craft - HCAR</li> <li>11:00 Who Am !? - HCAR</li> <li>1:30 Mindful Moments</li> <li>2:00 Root Beer Float Social</li> <li>3:00 Catch Phrase - ALAR</li> </ul>
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