

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events	The Life Enrichment Department is always looking for volunteers. We are always in need of help at our weekly Happy Hour, monthly Sunday Brunch, quarterly Themed Dinners and Family Nights and more! Please contact a team member if interested.	HCAR- Health Center Activity Room ALAR- Assisted Living Activity Room PDR- Private Dining Room VC- Village Center (Dining Room) \$- Requires Money	Join our new wellness group "Trilogyfit" on Monday, Wednesday and Friday mornings.		1 V 10:00 Balloon Battles (HCAR) CC 10:30 Special guest for room visits CC 11:00 Creative Cooking: (HCAR) K 1:30 Purple Primer (HCAR) M 3:00 Happy Hour (HCDR)	2 V 9:30 Morning Exercise (HCAR) A 11:00 Craft Hour (HCAR) K 1:30 BINGO (HCAR) M 3:00 Timeless Trivia (HCAR)
3 Daylight Savings Ends V 9:30 Balloon Battles (HCAR) I 3:00 Devotions (HCAR)	4 V 9:30 Morning Exercise (HCAR) CC 10:00 Meridian Hearing (HCAR) I 10:15 Monday Morning Service (HCAR) I 11:00 Catholic Service (PDR) S 2:00 Chef's Circle (HCAR) K 3:00 Ice Cream Social	5 Election Day V 10:00 Trilogy Fit Exercise (HCAR) O 1:15 Shopping: Dollar Tree (O) K 6:00 Bingo with Evelyn (HCAR)	6 CC 9:00 Hospitality Cart (AL) V 10:30 Wednesday Walkers (HCAR) S 11:00 Resident Council (HCAR) JG 12:00 Men's Group: Pizza & Beer (HCAR) A 1:30 Craft Time K 3:30 Card Game: Garbage (HCAR)	7 K 10:30 Veterans Day Ceremony (HCDR) S 2:30 Inspired Living Committee A 3:00 Jewelry Making (HCAR) GF 6:00 Night-Time aromatherapy (HCAR)	8 V 10:00 Balloon Battles (HCAR) O 11:15 Lunch outing Park Lake Creamery (o) O 11:15 Lunch outing Park Lake Creamery (O) L 1:30 Purple Primer (HCAR) M 3:00 Happy Hour (HCDR)	9 V 9:30 Morning Exercise (HCAR) A 11:00 Craft Hour (HCAR) K 1:30 BINGO (HCAR) M 3:00 Timeless Trivia (HCAR)
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A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality	EVERY MORNING (approx times) 9:30 Get up and go 10:00 Brain Ticklers 10:45 Creative Cooking	EVERY AFTERNOON 1:00 Reminiscence 2:00 Creative Hands 3:00 Musical Celebration 4:00 Group Games	EVERY EVENING 6:00 Gathering of Friends \$- Requires Money for outing		1 V Cornucopia Pass K Word Poem CC Apple-Cranberry Crumb Bars Relax & Recharge A Corncob Painting M Margaritaville Happy Hour M November Happy Hour A Marble Painting GG Pin the Tail on Bessie	2 V Mindfulness Matters K Turn Over CC Monster Cookies Relax & Recharge A Orange Clove Gift M Saturday Jazz M SingFit GG Life on the Farm Healthy Hands
3 Daylight Savings Ends	4	5 Election Day	6	7	8	9
V Bowling K Create a Caption CC Sandwich Cookies Relax & Recharge A Button Trees M Glee Club GG Image Snap Healthy Hands GF Old Time Theater	V #BurnBeforeTheBird K Football Frenzy! CC Layered Chili Cheese Dip Relax & Recharge A Gourd-geous Paint M Musical Moments GG Horseshoes Healthy Hands GF Animal Album	V Cowboy Boogie K Best Friends Forever! CC S'more Crescent Rolls Relax & Recharge A Creative Storytelling M Toot Your Flute M SingFit GG Roll the Die & Break the Ice Healthy Hands	V Chair Swimming K Autumn Spelling Words CC Hearty Ham & Bean Soup Relax & Recharge O Country Drive (O) A Thanksgiving Gratitude Tree M Pass The Beat M Lollipop Paddle GG Healthy Hands	V Turkey Trot K Reverse Hangman CC Mother's Pumpkin Bread Relax & Recharge A Fall Garland M Feel The Heartbeat M SingFit GG Turkey Toss Healthy Hands	V Cornucopia Pass K Word Poem CC Orange Cranberry Bread Relax & Recharge A Cloth Tie Wreath M Margaritaville Happy Hour M November Happy Hour A Marble Painting GG Pin the Tail on Bessie	V Mindfulness Matters K Turn Over CC Peanut Butter Pudding Cake Relax & Recharge A Foam Fortune Cookies M Saturday Jazz M SingFit GG Life on the Farm Healthy Hands
10	11 Veterans Day	12	13	14	15	16
V Bowling K Create a Caption CC Homemade Vanilla Cupcakes Relax & Recharge A Feather Paint M Glee Club GG Image Snap Healthy Hands GF Old Time Theater	V #BurnBeforeTheBird K Football Frenzy! M Music Circle CC Navy Bean Vegetable Soup Relax & Recharge A Veterans Day Heart Card M Musical Moments GG Horseshoes Healthy Hands	V Cowboy Boogie K Best Friends Forever! CC Sugar-free Pumpkin Cake Relax & Recharge A Autumn Leaf Stamping M Toot Your Flute M SingFit GG Roll the Die & Break the Ice Healthy Hands	V Chair Swimming K Autumn Spelling Words CC Pretzel No Bake Cookies O Cracker Barrel (O) Relax & Recharge A Beaded Pumpkins M Music with Wendy M Pass The Beat O Cracker Barrel (O)	V Turkey Trot K Reverse Hangman CC Apple Praline Bread Relax & Recharge A A Man's Masterpiece M Feel The Heartbeat M SingFit GG Turkey Toss Healthy Hands	V Cornucopia Pass K Word Poem CC Grands Monkey Bread Relax & Recharge A Q-tip Trees M Margaritaville Happy Hour M November Happy Hour A Marble Painting GG Pin the Tail on Bessie	V Mindfulness Matters K Turn Over CC Cranberry Orange Salsa Spread Relax & Recharge A Sensory Paint M Saturday Jazz M SingFit GG Life on the Farm Healthy Hands
17	18	19	20	21	22	23
V Bowling K Create a Caption CC Fruit Bread S Sunday Brunch Relax & Recharge A Creative Storytelling M Glee Club GG Image Snap Healthy Hands	V #BurnBeforeTheBird K Football Frenzy! CC Tuscan Pumpkin Soup Relax & Recharge A Collaborative Weaving M Musical Moments GG Horseshoes Healthy Hands GF Animal Album	V Cowboy Boogie K Best Friends Forever! CC Caramel Stuffed Snickerdoodles Relax & Recharge A Thumbprint Dandelion M Toot Your Flute M SingFit GG Roll the Die & Break the Ice Healthy Hands	V Chair Swimming K Autumn Spelling Words CC Sugar-free Oatmeal Spice Muffins Relax & Recharge O MSU Museum (O) A Poppy Field Collage M Pass The Beat GG Lollipop Paddle	V Turkey Trot K Reverse Hangman CC Jiffy Cornbread Casserole Relax & Recharge A Picture Prompts M Feel The Heartbeat M SingFit GG Turkey Toss Healthy Hands	V Cornucopia Pass K Word Poem CC Autumn Cheese Ball Relax & Recharge A Spice Painting M Margaritaville Happy Hour M November Happy Hour A Marble Painting GG Pin the Tail on Bessie	V Mindfulness Matters K Turn Over CC Mini Pecan Pies Relax & Recharge A Chihuly Inspired Glass Art M Saturday Jazz M SingFit GG Life on the Farm Healthy Hands
24	25	26	27	28 Thanksgiving	29	30
V Bowling K Create a Caption CC Game Day BLT Dip Relax & Recharge A Thankfulness Collage M Glee Club GG Image Snap Healthy Hands GF Old Time Theater	V #BurnBeforeTheBird K Football Frenzy! CC Ham & Potato Soup Relax & Recharge A Mystery Drawing M Musical Moments GG Horseshoes Healthy Hands GF Animal Album	V Cowboy Boogie K Best Friends Forever! CC Warm Apple Dip Relax & Recharge A Deck of Wit & Wisdom M Toot Your Flute M SingFit GG Roll the Die & Break the Ice Healthy Hands	V Chair Swimming K Autumn Spelling Words CC Sugar-free Pumpkin Custard Cups Relax & Recharge A Drama Club-Short Story M Pass The Beat GG Lollipop Paddle Healthy Hands	V Turkey Trot K Reverse Hangman CC Turkey Peanut Butter Cup Cookies Relax & Recharge A Seasonal Adult Coloring M Feel The Heartbeat M SingFit GG Turkey Toss	V Cornucopia Pass K Word Poem CC Peanut Butter Fudge Relax & Recharge A Ribbon Tree Ornament M Margaritaville Happy Hour M November Happy Hour A Marble Painting GG Pin the Tail on Bessie	V Mindfulness Matters K Turn Over CC Chewy Gingersnap Cookies Relax & Recharge A Creative Storytelling M Saturday Jazz M SingFit GG Life on the Farm Healthy Hands