The Springs at Stony Brook Personal Care

# INOVEMBER 2019

|   |  |   |  | A STATE OF THE STA |  |   |
|---|--|---|--|--|--|---|
| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|   | Location Key: AR: Main Activity Rm PCAR: Personal Care Activity Rm DR: Main Dining Rm PCDR: Personal Care Dining Rm PDR: Private Dining Rm PCLR: Personal Care Living Rm R2R: Room to Room ME: Main Entrance | Ombudsman Cathy Palmer-Ball (502) 637-9786  Activities subject to change.   | PLEASE SIGN UP FOR OUTINGS IN ADVANCE.  Residents are responsible for their own expenses during outings.   |  | 10:00 Bend and Stretch Chair Exercise/AR 12:00 Daily Chronicles/PCDR 3:00 Happy Hour/DR  | 9:00 Puzzle Packets/R2R 12:00 Saturday Chronicles/PCDR 1:30 Movie Matinee with popcom - AR 6:00 Saturday Board Games/PCAR             |
| 3 Daylight Savings Ends   | 4  | 5 Election Day  | 6  | 7  | 8  | 9   |
| 10:30 Mass of the Air (ABC<br>Network)/PCLR<br>11:00 Walnut St Baptist Church<br>(ABC Network)/PCLR<br>12:00 Sunday Chronicles/PCDR<br>2:00 Bingo w/Family & Friends  | 9:30 Light & Lively Chair<br>Exercise/AR 10:00 Bend and Stretch Chair<br>Exercise/AR 12:00 Daily Chronicles/PCDR 2:00 Scenic Tour - RSVP   | 9:30 Sittercise/PCAR 10:15 Creative Cooking - AR 12:00 Daily Chronicles/PCDR 1:45 Chef's Circle/PCAR 2:15 Poetry with June/PCLR | 9:30 Light & Lively Chair Exercise/PCDR 10:00 Bend and Stretch Chair Exercise/AR 12:00 Daily Chronicles/PCDR 2:00 Suitcase Art wih Gina - PC AR 3:00 The Artist in Me 6:00 Bible Group/AR                    | 9:30 Sittercise PCAR 10:00 Dollar Tree Shopping/ME 11:45 Daily Chronicles/PCDR 2:00 Adult Coloring   | <ul> <li>10:00 Bend and Stretch Chair Exercise/AR</li> <li>11:30 Calendar Planning Meeting PC AR</li> <li>12:00 Daily Chronicles/PCDR</li> <li>3:00 Happy Hour/DR</li> </ul> | 9:00 Puzzle Packets/R2R 12:00 Saturday Chronicles/PCDR 3:00 Saturday Social/PCAR 6:00 Saturday Board Games/PCAR                       |
| .0  | 11 Veterans Day  | 12  | 13   | 14   | 15   | 16  |
| 10:30 Mass of the Air (ABC Network)/PCLR 11:00 Walnut St Baptist Church (ABC Network)/PCLR 12:00 Sunday Chronicles/PCDR 12:00 Sunday Brunch/PCDR 2:00 Bingo w/Family & Friends 4:00 Antioch Church Service      | 9:30 Light & Lively Chair Exercise/AR 10:00 Bend and Stretch Chair Exercise/AR 12:00 Daily Chronicles/PCDR 2:00 Veterans Wall Appreciation Event 2:00 Scenic Tour - RSVP                                     | 9:30 Sittercise/PCAR 10:15 Creative Cooking - AR 12:00 Daily Chronicles/PCDR 1:45 Chef's Circle/PCAR 2:15 Poetry with June/PCLR | 9:30 Light & Lively Chair Exercise/PCDR  10:00 Bend and Stretch Chair Exercise/AR  12:00 Daily Chronicles/PCDR  3:00 The Artist in Me  4:30 Taste of Town/DR  6:00 Bible Group/AR                            | 9:30 Sittercise PCAR 10:30 Lunch outing- Golden Corral 11:45 Daily Chronicles/PCDR 2:00 Thankful Thursday Cards  | <ul><li>10:00 Bend and Stretch Chair Exercise/AR</li><li>12:00 Daily Chronicles/PCDR</li><li>3:00 Happy Hour/DR</li></ul>  | 9:00 Puzzle Packets/R2R 12:00 Saturday Chronicles/PCDR 3:00 Saturday Social/PCDR 6:00 Saturday Board Games/PCAR                       |
| 1.7   | 18   | 19  | 20   | 21   | 22   | 23  |
| 10:30 Mass of the Air (ABC Network)/PCLR 11:00 Walnut St Baptist Church (ABC Network)/PCLR 11:30 Thanksgiving Sunday Brunch 12:00 Sunday Chronicles/PCDR 2:00 Bingo w/Family & Friends 3:00 Scoops & Scriptures | 9:30 Light & Lively Chair<br>Exercise/AR 10:00 Bend and Stretch Chair<br>Exercise/AR 12:00 Daily Chronicles/PCDR 2:00 Scenic Tour - RSVP   | 9:30 Sittercise/PCAR 10:15 Creative Cooking - AR 12:00 Daily Chronicles/PCDR 1:45 Chef's Circle/PCAR 2:15 Poetry with June/PCLR | 9:30 Light & Lively Chair Exercise/PCDR 10:00 Bend and Stretch Chair Exercise/AR 10:15 Library Day/PCAR 12:00 Daily Chronicles/PCDR 3:00 The Artist in Me 6:00 Bible Group/AR                                | 9:30 Sittercise PCAR 11:00 Shopping at Big Lots 11:45 Daily Chronicles/PCDR 2:00 Pass the Trash Game   | 10:00 Bend and Stretch Chair Exercise/AR 12:00 Daily Chronicles/PCDR 3:00 Happy Hour/DR 3:00 Sam Brown Performs Old Time Country Music/DR                                    | 9:00 Puzzle Packets/R2R 12:00 Saturday Chronicles/PCDR 3:00 Ice Cream Social with DuWayne & Diane PCAR 6:00 Saturday Board Games/PCAR |
| 24  | 25   | 26  | 27   | 28 Thanksgiving  | 29   | 30  |
| <ul> <li>10:30 Mass of the Air (ABC Network)/PCLR</li> <li>11:00 Walnut St Baptist Church (ABC Network)/PCLR</li> <li>12:00 Sunday Chronicles/PCDR</li> <li>2:00 Bingo w/Family &amp; Friends</li> </ul>        | 9:30 Light & Lively Chair<br>Exercise/AR 10:00 Bend and Stretch Chair<br>Exercise/AR 12:00 Daily Chronicles/PCDR 2:00 Scenic Tour - RSVP   | 9:30 Sittercise/PCAR 10:15 Creative Cooking - AR 12:00 Daily Chronicles/PCDR 1:45 Chef's Circle/PCAR 2:15 Poetry with June/PCLR | 9:30 Light & Lively Chair Exercise/PCDR 10:00 Bend and Stretch Chair Exercise/AR 10:15 Word Game: Name 10/AR 11:00 Resident Council/AR 12:00 Daily Chronicles/PCDR 3:00 The Artist in Me 6:00 Bible Group/AR | 9:30 Sittercise PCAR 11:45 Daily Chronicles/PCDR 2:00 Adult Coloring   | 10:00 Bend and Stretch Chair Exercise/AR 12:00 Daily Chronicles/PCDR 3:00 Happy Hour/DR  | 9:00 Puzzle Packets/R2R 12:00 Saturday Chronicles/PCDR 3:00 Saturday Social/PCDR 6:00 Saturday Board Games/PCAR                       |

#### The Springs at Stony Brook Health Center

## NOTEMBER 2019

| Ex BUILD  |  |  | VI)  |   |  |  |
|---|--|--|--|---|--|--|
| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
| A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MI - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events | Location Key: AR: Main Activity Room PCAR: Personal Care Activity Room PDR: Private Dining Room DR: Main Dining Room PCDR: Personal Care Dining Room PCLR: Personal Care Living Room ME: Main Entrance   | We would love for you to join<br>your loved one for our Bus<br>Outings. Your help is always<br>appreciated!<br>Residents are responsible for<br>their own expenses during the<br>outings | All Activities are subject to change.  PLEASE SIGN UP IN ADVANCE FOR OUTINGS   |   | V 10:00 Bend and Stretch Chair Exercise/AR  K 12:00 Daily Chronicles/DR  S 3:00 Happy Hour/DR  M 4:30 Mindful Moments  | Pico Puzzle Packets/R2R  12:00 Saturday Chronicles/DR  1:30 Movie Matinee with popcom - AR  1:30 Mindful Moments/PDR  6:00 Adult Color and Chat/AR         |
| 3 Daylight Savings Ends   | 4  | 5 Election Day   | 6  | 7   | 8  | 9  |
| MR 10:00 Mindful Moments/PDR I 10:30 Mass of the Air (ABC Network)/AR I 11:00 Walnut St Baptist Church (ABC Network)/AR K 12:00 Sunday Chronicles/DR G 2:00 Bingo w/Family & Friends  | 9:30 Light & Lively Chair Exercise/AR V 10:00 Bend and Stretch Chair Exercise/AR K 12:00 Daily Chronicles/DR O 2:00 Scenic Tour - RSVP MN 4:30 Mindful Moments/PDR   | 9:30 Sittercise/PCAR C 10:15 Creative Cooking - AR L 12:00 Daily Chronicles/DR F 2:15 Poetry with June/PCLR M 4:30 Mindful Moments/PCLR  | <ul> <li>V 9:30 Light &amp; Lively Chair Exercise/PCDR</li> <li>V 10:00 Bend and Stretch Chair Exercise/AR</li> <li>K 12:00 Daily Chronicles/DR</li> <li>A 2:00 Suitcase Art wih Gina - PC AR</li> <li>A 3:00 The Artist in Me</li> <li>MIN 4:30 Mindful Moments/PDR</li> </ul>                | 9:30 Sittercise PCAR 010:00 Dollar Tree Shopping/ME K 12:00 Daily Chronicles/DR A 2:00 Adult Coloring S 3:00 Chef's Circle/AR MN 4:30 Mindful Moments   | V 10:00 Bend and Stretch Chair Exercise/AR  K 12:00 Daily Chronicles/DR  3:00 Happy Hour/DR  M 4:30 Mindful Moments  | 9:00 Puzzle Packets/R2R  12:00 Saturday Chronicles/DR  3:00 Saturday Social/PCAR  4:30 Mindful Moments/PDR  6:00 Adult Color and  Chat/AR                  |
| 10  | 11 Veterans Day  | 12   | 13   | 14  | 15   | 16   |
| MI 10:00 Mindful Moments/PDR I 10:30 Mass of the Air (ABC Network)/AR I 11:00 Walnut St Baptist Church (ABC Network)/AR K 12:00 Sunday Chronicles/DR S 12:00 Sunday Brunch/DR GC 2:00 Bingo w/Family &                                  | <ul> <li>9:30 Light &amp; Lively Chair Exercise/AR</li> <li>V 10:00 Bend and Stretch Chair Exercise/AR</li> <li>K 12:00 Daily Chronicles/DR</li> <li>5 2:00 Veterans Wall Appreciation Event</li> <li>O 2:00 Scenic Tour - RSVP</li> <li>MIN 4:30 Mindful Moments/PDR</li> </ul> | 9:30 Sittercise/PCAR CC10:15 Creative Cooking - AR K 12:00 Daily Chronicles/DR GF 2:15 Poetry with June/PCLR MN 4:30 Mindful Moments/PCLR  | <ul> <li>V 9:30 Light &amp; Lively Chair Exercise/PCDR</li> <li>V 10:00 Bend and Stretch Chair Exercise/AR</li> <li>M 10:30 Bongo Boys</li> <li>K 12:00 Daily Chronicles/DR</li> <li>A 3:00 The Artist in Me</li> <li>MIV 4:30 Mindful Moments/PDR</li> <li>S 4:30 Taste of Town/DR</li> </ul> | <ul> <li>9:30 Sittercise PCAR</li> <li>10:30 Lunch outing- Golden Corral</li> <li>K 12:00 Daily Chronicles/DR</li> <li>A 2:00 Thankful Thursday Cards</li> <li>S 3:00 Chef's Circle/AR</li> <li>MIN 4:30 Mindful Moments</li> </ul> | V 10:00 Bend and Stretch Chair Exercise/AR K 12:00 Daily Chronicles/DR 3:00 Happy Hour/DR M 4:30 Mindful Moments   | 9:00 Puzzle Packets/R2R 12:00 Saturday Chronicles/DR 3:00 Saturday Social/PCDR 4:30 Mindful Moments/PDR 6:00 Adult Color and Chat/AR                       |
| 17  | 18   | 19   | 20   | 21  | 22   | 23   |
| MID:00 Mindful Moments/PDR I 10:30 Mass of the Air (ABC Network)/AR I 11:00 Walnut St Baptist Church (ABC Network)/AR S 11:30 Thanksgiving Sunday Brunch K 12:00 Sunday Chronicles/DR   |  | 9:30 Sittercise/PCAR CC10:15 Creative Cooking - AR K12:00 Daily Chronicles/DR GF 2:15 Poetry with June/PCLR MN 4:30 Mindful Moments/PCLR   | V 9:30 Light & Lively Chair Exercise/PCDR V 10:00 Bend and Stretch Chair Exercise/AR K 10:15 Library Day/PCAR K 12:00 Daily Chronicles/DR A 3:00 The Artist in Me M 4:30 Mindful Moments/PDR I 6:00 Bible Group/AR   | 9:30 Sittercise PCAR 011:00 Shopping at Big Lots K 12:00 Daily Chronicles/DR C 2:00 Pass the Trash Game 3:00 Chef's Circle/AR MN 4:30 Mindful Moments   | V 10:00 Bend and Stretch Chair Exercise/AR  K 12:00 Daily Chronicles/DR  3:00 Happy Hour/DR  M 3:00 Sam Brown Performs Old Time Country Music/DR  M 4:30 Mindful Moments | 9:00 Puzzle Packets/R2R  12:00 Saturday Chronicles/DR lce Cream Social with DuWayne & Diane PCAR  4:30 Mindful Moments/PDR CC 6:00 Adult Color and Chat/AR |
| 24  | 25   | 26   | 27   | 28 Thanksgiving   | 29   | 30   |
| I 10:00 Mindful Moments/PDR I 10:30 Mass of the Air (ABC Network)/AR I 11:00 Walnut St Baptist Church (ABC Network)/AR K 12:00 Sunday Chronicles/DR GC 2:00 Bingo w/Family & Friends  | 9:30 Light & Lively Chair Exercise/AR V10:00 Bend and Stretch Chair Exercise/AR K12:00 Daily Chronicles/DR O 2:00 Scenic Tour - RSVP MIN 4:30 Mindful Moments/PDR  | GF 2:15 Poetry with June/PCLR  | V 9:30 Light & Lively Chair Exercise/PCDR V 10:00 Bend and Stretch Chair Exercise/AR GC 10:15 Word Game: Name 10/AR K 12:00 Daily Chronicles/DR A 3:00 The Artist in Me MN 4:30 Mindful Moments/PDR  | V 9:30 Sittercise PCAR CC 10:15 Resident Council/AR K 12:00 Daily Chronicles/DR 3:00 Chef's Circle/AR MI 4:30 Mindful Moments   | V 10:00 Bend and Stretch Chair Exercise/AR  K 12:00 Daily Chronicles/DR  3:00 Happy Hour/DR  M 4:30 Mindful Moments  | 9:00 Puzzle Packets/R2R K 12:00 Saturday Chronicles/DR 3:00 Saturday Social/PCDR 4:30 Mindful Moments/PDR CC 6:00 Adult Color and Chat/AR                  |

### The Springs at Stony Brook Independent Living

# NOVEMBER 2019

| MAPAZ W  |   |   |  |   |  |   |
|--|---|---|--|---|--|---|
| Sunday   | Monday  | Tuesday                                       | Wednesday  | Thursday  | Friday   | Saturday  |
| Location Key: ILLR- Upstairs Living Rm ILDR- Upstairs Dining Rm PCAR- Personal Care Activity Rm HCAR- Health Center Activity Rm DR- Main Dining Rm ME- Main Entrance                 | Interested in volunteering? See a<br>Life Enrichment Associate for<br>more details.       |   | PLEASE SIGN UP FOR BUS<br>OUTINGS IN ADVANCE WITH LIFE<br>ENRICHMENT   |   | 3:00 Happy Hour/DR   | 9:00 Word Puzzles at The Hearth 1:30 Movie Matinee with popcom - AR             |
| 3 Daylight Savings Ends  | 4   | 5 Election Day                                | 6  | 7   | 8  | 9   |
| 10:30 Mass on the Air (ABC Network) at The Hearth 11:00 Walnut St. Baptist Church (ABC Network) at The Hearth  | 2:00 Scenic Tour - RSVP<br>2:00 Matinee Movie - Cinema                                    | 2:00 Card Games<br>2:15 Poetry with June/PCLR | 2:00 Suitcase Art wih Gina - PC<br>AR<br>2:00 Games with Sharonda - IL<br>LR   |   | <b>3:00</b> Happy Hour/DR  | <b>9:00</b> Word Puzzles at The Hearth  |
| 10   | 11 Veterans Day   | 12  | 13   | 14  | 15   | 16  |
| <ul> <li>10:30 Mass on the Air (ABC Network) at The Hearth</li> <li>11:00 Walnut St. Baptist Church (ABC Network) at The Hearth</li> <li>4:00 Antioch Church Service</li> </ul>      | 2:00 Veterans Wall Appreciation Event 2:00 Scenic Tour - RSVP 2:00 Matinee Movie - Cinema | 2:00 Card Games 2:15 Poetry with June/PCLR    | 9:30 Senior Executive Club 10:30 Bongo Boys 2:00 Games with Sharonda - IL LR 3:00 Movie Matinee with popcom - MT 4:30 Taste of Town/DR | <b>10:30</b> Bus Outing- Shopping at Dollar Tree          | 3:00 Happy Hour/DR   | 9:00 Word Puzzles at The<br>Hearth  |
| 10:30 Mass on the Air (ABC Network) at The Hearth 11:00 Walnut St. Baptist Church (ABC Network) at The Hearth 11:30 Thanksgiving Sunday Brunch 3:00 Scoops & Scriptures program PCAR | 2:00 Scenic Tour - RSVP<br>2:00 Matinee Movie - Cinema                                    | 2:15 Poetry with June/PCLR                    | 10:15 Library Day/PCAR 2:00 Games with Sharonda - IL LR  | 11:00 Lunch at Chinese Buffet<br>2:00 Pass the Trash Game | 3:00 Happy Hour/DR<br>3:00 Sam Brown Performs Old<br>Time Country Music/DR | 9:00 Word Puzzles at The Hearth 3:00 Ice Cream Social with DuWayne & Diane PCAR |
| 10:30 Mass on the Air (ABC Network) at The Hearth 11:00 Walnut St. Baptist Church (ABC Network) at The Hearth  | 2:00 Scenic Tour - RSVP<br>2:00 Matinee Movie - Cinema                                    | 2:00 Card Games 2:15 Poetry with June/PCLR    | 2:00 Games with Sharonda - IL LR   | 10:15 Shopping at Target                                  | 3:00 Happy Hour/DR   | 9:00 Word Puzzles at The Hearth   |

The Springs at Stony Brook Legacy Lane

# INOVEMBER 2019

|                       | N PAZ W   |   |  |  |  |  |  |
|-----------------------|---|---|--|--|--|--|--|
|                       | Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|                       | A - Artisans C - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality | Every Morning (times are approximate) 9:00 Vitality 9:30 Keeping it sharp 10:00 Morning Refresher 10:30 Housekeeping 11:00 Artisans 11:30 Lunch Preparation               | Every Aftemoon (times are approximate) Relax and Recharge (following lunch) 2:30 Creative Cooking 3:00 Music to my ears 4:00 Group Games                                     |  |  | V Comucopia Pass K Word Poem C Apple-Cranberry Crumb Bars Relax & Recharge A Comcob Painting M November Happy Hour G Pin the Tail on Bessie Healthy Hands LifeShare Games  | V Minfulness Matters Tum Over CC Monster Cookies Relax & Recharge Orange Clove Gift M Saturday Jazz GC Life on the Farm Healthy Hands GF Aquapainting          |
| 3                     | Daylight Savings Ends   | 4   | 5 Election Day   | 6  | 7  | 8  | 9  |
| Z K Z G G             | Bowling Create a Caption Sandwich Cookies Relax & Recharge Button Trees Glee Club Image Snap Healthy Hands Old Time Theater   | #BurnBeforeTheBird Football Frenzy! Layered Chili Cheese Dip Relax & Recharge Gourd-geous Paint M Musical Moments GC Horseshoes Healthy Hands GF Animal Album             | Cowboy Boogie Best Friends Forever! S'more Crescent Rolls Relax & Recharge Creative Storytelling Toot Your Flute Roll the Die & Break the Ice Healthy Hands Hangman          | Chair Swimming Autumn Spelling Words Hearty Ham & Bean Soup Relax & Recharge Thanksgiving Gratitude Tree Pass The Beat GC Lollipop Paddle Healthy Hands GF Garden Scentscape | Turkey Trot Reverse Hangman Mother's Pumpkin Bread Relax & Recharge Fall Garland Feel The Heartbeat GC Turkey Toss Healthy Hands A Time for Tea!   | Comucopia Pass  Word Poem Comange Cranberry Bread Relax & Recharge Cloth Tie Wreath Movember Happy Hour Company Pin the Tail on Bessie Healthy Hands LifeShare Games       | Minfulness Matters Turn Over Peanut Butter Pudding Cake Relax & Recharge Foam Fortune Cookies  Saturday Jazz GC Life on the Farm Healthy Hands GF Aquapainting |
| 1                     | 0   | 11 Veterans Day   | 12   | 13   | 14   | 15   | 16   |
| K<br>C<br>A<br>M<br>G | Bowling Create a Caption Homemade Vanilla Cupcakes Relax & Recharge Feather Paint Glee Club Image Snap Antioch Church Service Healthy Hands   | #BumBeforeTheBird K Football Frenzy! Navy Bean Vegetable Soup Relax & Recharge A Veterans Day Heart Card Veterans Wall Appreciation Event M Musical Moments GC Horseshoes | Cowboy Boogie  Best Friends Forever!  Sugar-free Pumpkin Cake Relax & Recharge  A Autumn Leaf Stamping  Toot Your Flute  Roll the Die & Break the Ice Healthy Hands  Hangman | Chair Swimming Autumn Spelling Words Pretzel No Bake Cookies Relax & Recharge Beaded Pumpkins Pass The Beat Collipop Paddle Healthy Hands Taste of Town/DR                   | Turkey Trot Reverse Hangman Apple Praline Bread Relax & Recharge A Man's Masterpiece Feel The Heartbeat Turkey Toss Healthy Hands A Time for Tea!  | Comucopia Pass  Word Poem Grands Monkey Bread Relax & Recharge Q-tip Trees Movember Happy Hour Grands Pin the Tail on Bessie Healthy Hands LifeShare Games                 | Minfulness Matters Tum Over Cranberry Orange Salsa Spread Relax & Recharge Sensory Paint M Saturday Jazz GC Life on the Farm Healthy Hands GF Aquapainting     |
| 1                     | 7   | 18  | 19   | 20   | 21   | 22   | 23   |
| K<br>C<br>S           | Bowling Create a Caption Fruit Bread Thanksgiving Sunday Brunch Relax & Recharge Creative Storytelling Scoops & Scriptures program PCAR Glee Club                                   | #BumBeforeTheBird Football Frenzy! Tuscan Pumpkin Soup Relax & Recharge Collaborative Weaving Musical Moments Horseshoes Healthy Hands F Animal Album                     | Cowboy Boogie Best Friends Forever! Caramel Stuffed Snickerdoodles Relax & Recharge Thumbprint Dandelion Toot Your Flute Roll the Die & Break the Ice Healthy Hands Hangman  | Chair Swimming Autumn Spelling Words Sugar-free Oatmeal Spice Muffins Relax & Recharge Poppy Field Collage Pass The Beat GG Lollipop Paddle Healthy Hands                    | <ul> <li>Turkey Trot</li> <li>Reverse Hangman</li> <li>Jiffy Combread Casserole</li> <li>Relax &amp; Recharge</li> <li>Picture Prompts</li> <li>Feel The Heartbeat</li> <li>Turkey Toss</li> <li>Healthy Hands</li> <li>A Time for Tea!</li> </ul> | V Comucopia Pass Word Poem Autumn Cheese Ball Relax & Recharge Spice Painting M Sam Brown Performs Old Time Country Music/DR November Happy Hour GC Pin the Tail on Bessie | Minfulness Matters Turn Over Mini Pecan Pies Relax & Recharge Chihuly Inspired Glass Art Saturday Jazz GC Life on the Farm Healthy Hands GF Aquapainting       |
| 2                     | 4   | 25  | 26   | 27   | 28 Thanksgiving  | 29   | 30   |
| K C A N G             | Healthy Hands   | #BumBeforeTheBird Football Frenzy! Ham & Potato Soup Relax & Recharge Mystery Drawing M Musical Moments GC Horseshoes Healthy Hands GF Animal Album                       | Cowboy Boogie  Best Friends Forever!  Warm Apple Dip Relax & Recharge  Deck of Wit & Wisdom  Toot Your Flute  Roll the Die & Break the Ice Healthy Hands  Hangman            | Chair Swimming Autumn Spelling Words Sugar-free Pumpkin Custard Cups Relax & Recharge Drama Club-Short Story Pass The Beat Lollipop Paddle Healthy Hands                     | <ul> <li>Turkey Trot</li> <li>Reverse Hangman</li> <li>Turkey Peanut Butter Cup<br/>Cookies<br/>Relax &amp; Recharge</li> <li>Seasonal Adult Coloring</li> <li>Feel The Heartbeat</li> <li>Turkey Toss<br/>Healthy Hands</li> </ul>                | Comucopia Pass  Word Poem Peanut Butter Fudge Relax & Recharge Ribbon Tree Ornament Movember Happy Hour Pin the Tail on Bessie Healthy Hands LifeShare Games               | Minfulness Matters Turn Over Chewy Gingersnap Cookies Relax & Recharge Creative Storytelling Saturday Jazz GC Life on the Farm Healthy Hands GF Aquapainting   |