



November 2019

WINDHAM TERRACE
PREMIER ASSISTED LIVING & MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY AR Activity Room 1st Floor L Library 1st Floor TVR Media Room 2nd Floor DR Dining Room Main Floor SR Sun Room Main Floor CK Country Kitchen Main Floor DR Dining Room O Outside T Outdoor Terrace	SERVICE AVAILABLE MASSAGE THERAPIST 1.00 per minute One Week Notice Required CONTACT THE E.D. at EXT. 1002	BIRTHDAYS 3-Nov Rudy & Sally 14-Nov Audrey 16-Nov Daphne 19-Nov Lucille 22-Nov Al & Jeannette D. 24-Nov Mary G. 27-Nov Dorothy N. 	CPTe is our in house exercise program, lead by Center for Physical Therapy and Exercise professionals Come give it a try! Tuesdays & Thursdays 11:00		1 All Saints' Day 9:15 Exercise AR 9:45 Word Games AR 10:15 UNO Game CK 1:30 Walking Group O 2:30 BINGO DR 4:00 Cocktail Hour CK 	2 9:15 Exercise AR 9:45 Word Games AR 2:30 POKER with Paul CK 4:00 Cocktail Hour CK
3 Daylight Savings 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK 	4 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Let's walk a lap! O 2:00 Zumba with Dawn TVR 2:45 Left, Right, Center Game CK 4:00 Cocktail hour CK	5 9:30 Brain Teasers AR 10:00 Documentary Series TVR 11:00 CPTe exercise program* TVR 1:30 Time for a walk! O 2:30 Diane Dexter on piano & voice DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L  National Donut Day	6 9:15 Core Ball workout AR 9:45 Word Games AR 10:00 Time of Inspiration MI 11:15 Communion service TVR 1:30 Walking Group O 2:30 Windham High School honors music students perform DR 4:00 Cocktail Hour CK	7 9:30 Brain Boosters AR 10:00 "Bessie's Story" Book Club SR 11:00 CPTe Exercise program* MI 1:30 Walking Group O 2:30 Trip to Nesmith Library O 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	8 9:15 Exercise AR 9:45 Word Games AR 10:00 Biography Documentary; TVR 1:30 Walking Group O 2:30 POKENO DR 4:00 Cocktail Hour CK	9 9:15 Exercise AR 9:45 Word Games AR 1:30 Walking Group O 2:00 POKER with Paul CK 4:00 Cocktail Hour CK 
10 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:00 Walking Group O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK 	11 Veterans Day 9:15 Group Exercise AR 10:00 Special Veterans Day Program with Doug Rickard DR 1:30 Walking Group O 2:30 Manicures, Music & Magazines AR 4:00 Cocktail Hour CK 	12 Full Moon 9:30 Brain Boosters CK 10:00 Seasonal Baking CK 11:00 CPTe Exercise Program * TVR 1:30 Walking Group O 2:30 Windham Historical Society Presentation TVR 6:30 Cribbage Club L 	13 9:15 Synergie Band Workout AR 9:45 Brain Builders AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:30 Walking Group TVR 12:40 Windham High School "Back to School" Program O 4:00 Cocktail Hour CK 6:30 \$\$\$ BONUS BINGO \$\$\$ DR  BIRTHDAY PARTY OF THE MONTH	14 9:30 Mind Joggers CK 10:00 "Bessie's Story" Book Club SR 11:00 CPTe Exercise program MI 1:30 Let's walk! O 2:30 ** Stan Jr. Super legends Show** DR 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	15 Board bus for shopping trip *Store to be determined* 9:30 Drop in puzzle/games L 1:30 Get out and walk! O 2:00 Phase Ten Game or Scenic Ride CK/O 4:00 Cocktail Hour CK	16 9:15 Exercise AR 9:45 Word Games AR 1:30 Walking Group O 2:00 Poker with Paul CK 4:00 Cocktail Hour CK
17 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Take a Sunday Stroll O 2:30 Joyful Rhythms Chorus DR 4:00 Cocktail Hour CK	18 9:15 Exercise AR 9:45 Word Games AR 10:00 Animalogic with Mike! AR 2:00 Zumba with Dawn TVR 2:45 Left, Right, Center Game CK 4:00 Cocktail Hour CK	19 9:30 Mind Joggers AR 10:00 Historical Society Presentation TVR 11:00 CPTe Exercise Program * TVR 1:30 Walking Group O 2:30 Scott Andrews on piano & voice DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L	20 9:15 Core Ball workout AR 9:45 Word Games AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:30 Let's walk some laps! O 2:30 FAMILY MOVIE MATINEE DR Featuring the movie POMS 4:00 Cocktail Hour CK	21 9:30 Mind Joggers AR 10:00 "Bessie's Story" Book Club SR 11:00 CPTe Exercise Program * MI 2:30 *New* SEQUENCE Game CK 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	22 9:15 Exercise AR 9:45 Word Games AR 10:00 Resident Council AR 1:30 Walking Group O 2:30 POKENO DR 4:00 Cocktail Hour CK	23 9:15 Exercise AR 9:45 Word Games AR 1:00 Walking Group O 2:30 Poker with Paul CK 4:00 Cocktail Hour CK 
24 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK	25 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Walking Group O 1:45 Yoga with Dawn TVR 2:30 Marlena Phillips Entertains DR 4:00 Cocktail Hour CK	26 New Moon 9:30 Brain Teasers AR 10:00 Scrabble Game Time! AR 11:00 CPTe exercise program* TVR 1:30 Time for a walk! O 2:30 BONUS BINGO DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L 	27 9:15 Synergie Bands Strength & Stretch AR 9:45 Word Games AR 10:00 Time of Inspiration MI 11:15 Communion service TVR 1:30 Walking Group O 2:30 Classical sounds of Mark West DR 4:00 Cocktail Hour CK 	28 Thanksgiving Day 9:30 Turkey Time Exercise AR 10:00 Turkey Time Trivia AR 12:00 Thanksgiving Dinner TVR 1:30 Let's walk! O 2:30 Drop in puzzle time L 4:00 Cocktail Hour CK 6:30 Cribbage Club CK 	29 9:15 Exercise AR 9:45 Word Games AR 10:00 Creative Crafts AR 1:30 Walking Group O 2:30 International Music Students DR 4:00 Cocktail Hour CK	30 9:15 Exercise AR 9:45 Word Games AR 1:00 Walking Group O 2:30 Poker with Paul CK 4:00 Cocktail Hour CK