The Legacy at Liberty Ridge

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Ends** I Inspiring Words V Balloon Bop K Fast 4 CC Apple Cranberry Crumb Bars I Bible Study Relax & Recharge GG Left Right Center A Corncob Painting M Hymn Songs	**2** V Don't Worry, Be Happy K Name 10 CC Cake Mix Monday Relax & Recharge GF Nail Spa GG Card Club Healthy Hands GG Name that Tune Nighttime Traditions	**3** **Election Day** I Inspiring Words V Octoband K Let's Reminisce: Election Day CC Sandwich Cookies O Tuesday Trip Relax & Recharge A Button Trees GG Wii Wheel of Fortune Healthy Hands	**4** V Chair Swimming K Quick Words CC Layered Chili Cheese Dip Relax & Recharge A Watercolor Wednesdays: Layered Mountains GG Grocery Game Healthy Hands M Reminiscence with Records	**5** V Yoga Stretch K Let's Spell Fall CC S'more Crescent Rolls Relax & Recharge JG Old Western Theater A Fireworks Painting for Gun Powder Day Healthy Hands GF Card Club	**6** M Groovin' Gospel V Cornucopia Pass K BFF Stories O Friday Fun-day Drive MM Nail Spa Relax & Recharge CC Nacho Day Nachos GG Bingo M November Happy Hour	**7** V Smile Yoga I Spiritual Sing-Along CC Mother's Pumpkin Bread Relax & Recharge A Bookmarks for Book Lovers Day GG Life on the Farm Healthy Hands GF Lifeshare Games Nighttime Traditions
8 V Balloon Bop K Fast 4 CC Orange Cranberry Bread with Glaze Relax & Recharge A Paint By Number M Hymn Songs Healthy Hands GF Hand Massages Nighttime Traditions	**9** V Don't Worry, Be Happy K Who Am I? CC Cake Mix Monday Relax & Recharge A Beaded Pumpkins GF Nail Spa Healthy Hands GG Name that Tune Nighttime Traditions	**10** I Inspiring Words V Octoband K Tuesday Trivia CC Homemade Vanilla Cupcakes O Tuesday Trip S Taste of Town: Frisch's Pumpkin Pie Relax & Recharge A Remembrance Poppies for	**11** **Veterans Day** V Chair Swimming K Remensincing: Veteran's Day A Veterans Day Heart Card Relax & Recharge S Military Salute M Honoring Our Veterans JG Flag Folding Ceremony Healthy Hands M Reminiscence with Records	**12** V Yoga Stretch K Let's Spell Fall CC Crock Pot Chicken Soup Relax & Recharge CC Homemade Biscuits M Chicken Soup Book Club Healthy Hands GF Card Club Nighttime Traditions	**13** V Cornucopia Pass K BFF Stories CC Pretzel No Bake Cookies Relax & Recharge MM Nail Spa GG Bingo M November Happy Hour Healthy Hands GF Aquapainting	**14** GF Short Story Club V Smile Yoga I Spiritual Sing-Along CC Apple Praline Bread Relax & Recharge GF Saturday Movie Matinee JG Q-Tip Fall Trees GG Life on the Farm Healthy Hands
15 I Inspiring Words V Balloon Bop K Fast 4 CC Grands Monkey Bread I Bible Study Relax & Recharge GG Left Right Center A Autumn Leaf Stamping M Hymn Songs	**16** V Don't Worry, Be Happy K Name 10 CC Cake Mix Monday Relax & Recharge A Thanksgiving Centerpieces in VOA GF Nail Spa Healthy Hands GG Name that Tune Nighttime Traditions	**17** I Inspiring Words V Octoband K Tuesday Trivia CC Fruit Bread O Tuesday Trip Relax & Recharge GF Visiting Our National Parks for Take a Hike Day GG Thanksgiving Centerpieces in	**18** V Chair Swimming K Quick Words CC Classic Pie Relax & Recharge A Thanksgiving Centerpieces in Riverboat GG Grocery Game Healthy Hands M Reminiscence with Records	**19** V Yoga Stretch K Let's Spell Fall CC Pumpkin Rice Crispy Treats S Thanksgiving Celebration Relax & Recharge A Fall Thankful Tree GG Thanksgiving Category Game Healthy Hands GF Card Club	**20** M Groovin' Gospel V Cornucopia Pass K BFF Stories O Friday Fun-day Drive CC Sugar- Free Oatmeal Spice Muffins Relax & Recharge MM Nail Spa GG Bingo M November Happy Hour	**21** V Smile Yoga I Spiritual Sing-Along CC Jiffy Cornbread Casserole Relax & Recharge A Magazine Self Portraits GG Life on the Farm Healthy Hands GF Lifeshare Games Nighttime Traditions
22 V Balloon Bop K Fast 4 CC Autumn Cheese Ball Relax & Recharge A Spice Painting M Hymn Songs Healthy Hands GF Hand Massages Nighttime Traditions	**23** V Don't Worry, Be Happy K Who Am I? CC Cake Mix Monday Relax & Recharge A Mulled Cider GF Nail Spa Healthy Hands GG Name that Tune Nighttime Traditions	**24** I Inspiring Words V Octoband K Tuesday Trivia CC Rice Crispies Pumpkins O Tuesday Trip Relax & Recharge GG Wii Wheel of Fortune GF What are you thankful for? Healthy Hands	**25** I Inspiring Words V Chair Swimming K Quick Words CC Acorn Cookies Relax & Recharge GF Short Story Club A Orange Clove Gift GG Grocery Game Healthy Hands	**26** **Thanksgiving** V Turkey Trot S Macy's Thanksgiving Day Parade K Quick Words and Blessings Relax & Recharge CC Turkey Peanut Butter Cup Cookies A Thankfulness Collage Healthy Hands GF Gratitude Game Nighttime Traditions	**27** V Cornucopia Pass K BFF Stories MM Nail Spa Relax & Recharge CC French Toast Bar for French Toast Day GG Bingo M November Happy Hour Healthy Hands	**28** GF Short Story Club V Smile Yoga I Spiritual Sing-Along CC Bacon Ranch Dip Relax & Recharge GG Wii Sports A Seasonal Adult Coloring GG Life on the Farm Healthy Hands
29 I Inspiring Words V Balloon Bop K Fast 4 CC Peanut Butter Fudge I Bible Study Relax & Recharge GG Left Right Center A Ribbon Tree Ornament M Hymn Songs	**30** V Don't Worry, Be Happy K Name 10 CC Cake Mix Monday Relax & Recharge GG Horseshoes GF Nail Spa Healthy Hands GG Name that Tune Nighttime Traditions	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events	Birthdays: Judy S. – 11/13 Ed C. – 11/15 MaryAnn H. – 11/25 Theresa B. – 11/30	Daily Rhythm "About" Times: Morning 10:00 Vitality 10:30 Keeping it Sharp 11:00 Creative Cooking 11:30 Lunch Prep Early Afternoon: 1:00 Relax & Recharge 2:00 Artisans	Late Afternoon: 4:00 Musical Celebration 4:30 Healthy Hands/Dinner Prep Evening: 6:00 Gathering of Friends 7:00 Nighttime Traditions *Note: Life Stations can take place at any time throughout the day as part	This year has been a difficult one, and we want to remind all residents, family, and staff that we are thankful for you! Happy Thanksgiving Month!