

# HAPPY BIRTHDAY

Mary Ellen Karlan-11th  
 Dorothy McLean- 11th  
 Mary Marcus- 18th  
 Berta Mullin- 30th

Manicures  
 November 5th & 26th

Apple Turnovers  
 November 29th

Black Jack

World Kindness Day  
 NOVEMBER 13 -  
 World Kindness Day



## Bus Rides

## Fitness Classes Everyday

## Chair Yoga

Every Tuesday Morning  
 9:30am

We Focus On  
 3 Key Things:  
 Stretching  
 Relaxing  
 Breathing



## Election Day

November 2nd

# HAPPY THANKSGIVING

# THANK YOU VETERANS

Veterans Day - November 11

## Men's Coffee Chat

November 9th  
 9:30AM- AR



# BINGO!

November 4th

## DOLLAR TREE



# Keystone Cedars Assisted Living November 2021



# November 2021 Keystone Cedars Assisted Living

| Sunday                                                                          | Monday                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                    | Saturday                                                                                                                                                                    |
|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                 | <b>1</b> Sue<br>9:30 Tissue Paper Painting-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:30 Start to Finish Phrase-AR<br>2:30 True or False-AR<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura-AR                                                         | <b>2</b> Sue/Tasha<br>9:00 *Bus to Polling Place-Lob<br>9:30 Chair Exercise- AR<br>10:30 Tree of Thanks-AR<br>1:30 Resident Meeting-AR<br>2:30 Wii Bowling-AR<br>3:30 Card Games- T<br>6:15 UNO- T | <b>3</b> Sue<br>9:30 Autumn Potpourri-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:15 500- T<br>1:30 Black Jack-AR<br>3:30 Card Games- T<br>4:15 Rosary- AR                                                                      | <b>4</b> Anne<br>9:30 Chair Yoga-AR<br>10:30 Dollar Tree-Lob<br>1:15 Bridge- T<br>1:15 Birthday Party w/ Music-AR<br>3:00 Bus Ride- Lob<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura- AR                 | <b>5</b> Sue<br>9:30 Hand Massages/Manicures-AR<br>10:00 Care Support Group- T<br>10:15 I AM FIT w/ Elizabeth- F<br>1:30 Susan B. Anthony Documentary-AR<br>3:00 SOCIAL HOUR-AR<br>3:30 Card Games- T<br>6:00 Dominos- AR | <b>6</b> Brooklyn<br>10:00 Stretches- AR<br>10:45 Penny BINGO- AR<br>3:00 Rummikub- AR                                                                                      |
| <b>7</b><br>9:45 Catholic Service-AR<br>1:15 Bus Ride<br>3:00 Kings Corners- T  | <b>8</b> Sue<br>9:30 Wii Price is Right-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1-4pm Tender Touch 15 minute chair massage- F *sign up*<br>1:30 Roll It Play It Game-AR<br>2:30 Thank You Notes-AR<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura-AR | <b>9</b> Sue<br>9:30 Men's Coffee Chat<br>10:30 Target Golf-AR<br>11:15 Lunch at Place- Lob<br>1:30 Half Price Books-AR<br>3:00 Scattegories-AR<br>3:30 Card Games- T<br>6:15 UNO- T               | <b>10</b> Sue<br>9:00 Mesquaki Casino- Lob<br>9:30 You Design Notecards-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:15 500- T<br>1:30 ALL STAFF MEETING-AR<br>2:30 Words in a Word -AR<br>3:30 Card Games- T<br>4:15 Rosary- AR | <b>11</b> Tasha<br>9:30 Veterans Memorial Service-DR<br>10:15 Donuts & Coffee-AR<br>1:15 Bridge- T<br>1:15 Veterans Documentary-AR<br>2:15 Chapel-T<br>3:30 Card Games-T<br>6:15 BINGO w/ Diane & Laura- AR      | <b>12</b> Sue<br>9:30 Notes of Kindness-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:30 Twisted Twister Mix-AR<br>3:00 SOCIAL HOUR w/ Music David Poggenklass-AR<br>3:30 Card Games- T<br>6:00 Dominos- AR                   | <b>13</b> Haley<br>10:00 Stretches- AR<br>10:45 Penny BINGO- AR<br>3:00 Rummikub- T<br> |
| <b>14</b><br>9:45 Catholic Service- AR<br>3:00 Kings Corners- T                 | <b>15</b> Tasha<br>9:30 Brainboosters-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:30 Coloring in 4 Parts-AR<br>3:00 Kickball-AR<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura-AR                                                                      | <b>16</b> Sue<br>9:30 Chair Dance Exercise-AR<br>10:30 Interactive Presentation -AR<br>11:10 ROMEO: Tommy's-Lob<br>2:00 Goodwill-Lob<br>3:30 Card Games- T<br>6:15 UNO- T                          | <b>17</b> Sue<br>10:15 I AM FIT w/ Elizabeth- F<br>1:15 500- T<br>1:15 FIRE DRILL<br>1:30 Card Bingo-AR<br>2:45 Snack & Chat-AR<br>3:30 Card Games- T<br>4:15 Rosary- AR                                                      | <b>18</b> Anne<br>9:30 Chair Yoga-F<br>10:00 Fareway-Lob<br>1:15 Bridge- T<br>2:30 Pokeeno Card Game-AR<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura- AR                                                 | <b>19</b> Sue<br>9:30 One on One Visits<br>10:15 I AM FIT w/ Elizabeth- F<br>1:30 Balloon Bat-AR<br>3:00 SOCIAL HOUR-AR<br>3:30 Card Games- T<br>6:00 Dominos- AR                                                         | <b>20</b> Brooklyn<br>10:00 Stretches- AR<br>10:45 Penny BINGO- AR<br>3:00 Rummikub- AR                                                                                     |
| <b>21</b><br>9:45 Catholic Service-AR<br>1:15 Bus Ride<br>3:00 Kings Corners- T | <b>22</b> Sue<br>9:30 Who Am I-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:15 Napkin Holders-AR<br>2:30 Name A Word Game-AR<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane and Laura- AR                                                                       | <b>23</b> Sue<br>9:30 Ladies Coffee Chat-AR<br>1:15 Thanksgiving Memories-AR<br>2:30 Turkey Chase-AR<br>3:30 Card Games- T<br>6:15 UNO- T                                                          | <b>24</b> Sue<br>9:30 Finish the Song Line-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>10:30 Chef Chat- AR<br>1:00 Fall Harvest Chex-AR<br>1:15 500- T<br>2:45 Dice Bingo-AR<br>3:30 Card Games- T<br>4:15 Rosary- AR             | <b>25</b><br>Thanksgiving Activity Packet-AR<br>1:15 Bridge- T<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura- AR<br> | <b>26</b> Sue<br>9:30 Hand Massages/Manicures-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>1:30 Blank Slate Word Game-AR<br>3:00 SOCIAL HOUR-AR<br>3:30 Card Games- T<br>6:00 Dominos- AR                                      | <b>27</b> Jo<br>10:00 Stretches- AR<br>10:45 Penny BINGO- AR<br>3:00 Rummikub- T                                                                                            |
| <b>28</b><br>9:45 Catholic Service- AR<br>3:00 Kings Corners- T                 | <b>29</b> Sue<br>9:30 Wii Bowling-AR<br>10:15 I AM FIT w/ Elizabeth- F<br>2:30 Fruit Turnovers-AR<br>3:30 Card Games- T<br>6:15 BINGO w/ Diane & Laura-AR                                                                                                  | <b>30</b> Sue<br>9:30 Chair Dance Exercise- AR<br>10:30 Fall Bingo-AR<br>1:30 Black Jack-AR<br>3:30 Card Games- T<br>6:15 UNO-T                                                                    |                                                                                                                                                                                                                               |                                                                                                                                                                                                                  |                                                                                                                                                                                                                           |                                                                                                                                                                             |