

The Springs at Stony Brook  
Personal Care Center

# NOVEMBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please sign up in advance for Community Outings so we can insure adequate space for everyone. Residents are responsible for their own expenses while on community outings. Thank you	1	2	3	4	5	6
	<b>K</b> 9:00 Daily Chronicles <b>I</b> 11:00 Resistance Band Training on Patio <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Quench Your Thrust	<b>Election Day</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Paint It Plaid <b>V</b> 2:30 Armchair Aerobics in the Courtyard <b>L</b> 6:00 Broadcast(2) Count Your Blessings	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Balloon Volley Ball <b>V</b> 11:00 Door Tag Craft <b>K</b> 2:30 Bingo <b>V</b> 3:30 Walking and Wheeling	<b>K</b> 9:00 Daily Chronicles <b>M</b> 11:00 Finish the Lyrics <b>S</b> 1:30 Chef's Circle <b>L</b> 2:30 Resident Council <b>GF</b> 6:00 Movie- Fatherhood	<b>K</b> 9:00 Daily Chronicles <b>MM</b> 10:00 Giving and Kindness Trivia <b>V</b> 11:00 Bowling <b>GF</b> 2:30 Apple Cranberry Moscow Mule	<b>K</b> 9:00 Daily Chronicles <b>MM</b> 10:30 Coffee/ Donuts <b>K</b> 2:30 Bingo <b>MM</b> 3:30 Soda Your Way
7	8	9	10	11	12	13
<b>Daylight Saving Ends</b> <b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Random Trivia <b>I</b> 11:00 South East Christian Church Service ( Wave 3) <b>V</b> 3:00 Afternoon Stretches in	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Walking and Wheeling <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Jeopardy	<b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 An Acorn Finish Art <b>V</b> 2:30 Armchair Turkey Trot <b>M</b> 3:30 Do You Hear What I Hear ( Music) <b>L</b> 6:00 Broadcast(2) A Season of Thanks	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Balloon Volley Ball <b>A</b> 11:00 Paint It By Number Turkey <b>K</b> 2:30 Bingo <b>V</b> 3:30 Calm and Cool	<b>Veterans Day</b> <b>K</b> 9:00 Daily Chronicles <b>K</b> 11:00 A Veteran's Day Discussion <b>S</b> 1:30 Chef's Circle <b>V</b> 2:30 Veterans Celebration <b>GF</b> 6:00 Movie- Home Front	<b>K</b> 9:00 Daily Chronicles <b>L</b> 10:00 Jeopardy Trivia <b>V</b> 11:00 Edible Kindness Rocks <b>GF</b> 2:30 Goldwyn Follies Drinks	<b>K</b> 9:00 Daily Chronicles <b>MM</b> 10:30 Come and Sit a Spell!! <b>K</b> 2:30 Bingo <b>MM</b> 3:30 Quench Your Thirst
14	15	16	17	18	19	20
<b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Celebrating Thanksgiving <b>I</b> 11:00 South East Christian Church Service ( Wave 3)	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Nature Walk <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Flavorful Waters	<b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 Be Kind Art Work <b>M</b> 2:30 Over The River and Through The Woods <b>L</b> 6:00 Broadcast(2) History of the Turkey	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Balloon Volley Ball <b>A</b> 11:00 A Heart of Thanks Art <b>K</b> 2:30 Bingo <b>V</b> 3:30 Walking and Wheeling	<b>K</b> 9:00 Daily Chronicles <b>M</b> 11:00 Finish the Lyrics <b>S</b> 1:30 Chef's Circle <b>GF</b> 2:30 Birthday Party <b>GF</b> 6:00 Movie- Avengers	<b>K</b> 9:00 Daily Chronicles <b>A</b> 10:00 Indian Corn Art <b>V</b> 11:00 Bowling <b>GF</b> 2:30 Fall From the Tree Surprise	<b>K</b> 9:00 Daily Chronicles <b>K</b> 10:30 Thanksgiving Riddle Jumble <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Flavorful Water
21	22	23	24	25	26	27
<b>Thanksgiving</b> <b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Thanksgiving Word Quilt <b>I</b> 11:00 South East Christian Church Service ( Wave 3)	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Patio Aerobics <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Random Trivia	<b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Parachute Blast <b>MM</b> 2:30 Random Trivia <b>M</b> 3:30 The Sound of Music <b>L</b> 6:00 Broadcast(2) Thanksgiving Day	<b>K</b> 9:00 Daily Chronicles <b>MM</b> 11:00 Thanksgiving Memories <b>K</b> 2:30 Bingo <b>MM</b> 3:30 Hot Cocoa	<b>Thanksgiving</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Catch TOM!!!! <b>S</b> 1:30 Chef's Circle <b>V</b> 2:30 Wobble <b>GF</b> 6:00 Movie- Lone Star Dove	<b>Black Friday</b> <b>K</b> 9:00 Daily Chronicles <b>K</b> 10:00 Modern Jeopardy <b>V</b> 11:00 A-Mazing Cornucopia <b>GF</b> 2:30 On the Rocks	<b>K</b> 9:00 Daily Chronicles <b>A</b> 10:30 Kind Bird Feeders <b>K</b> 2:30 Bingo <b>GG</b> 3:30 Thanksgiving Day Search
28	29	30	All Activities are subject to change - please see a member of the Life Enrichment team for additional information - thank you		<u><b>Birthdays</b></u>	<b>A</b> - Artisans <b>GF</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears
<b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Tom Turkey Takes a "RIB-ING" <b>I</b> 11:00 South East Christian Church Service ( Wave 3)	<b>Hanukkah Begins</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Let's Take a Walk <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Fresh Lemon-aid	<b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 Colorful Wreaths <b>M</b> 3:30 Name That Tune <b>L</b> 6:00 Broadcast(2) Holiday Spirit				

The Springs at Stony Brook  
Health Care Center

# NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>K</b> 9:00 Daily Chronicles <b>I</b> 11:00 Resistance Band Training on Patio <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Quench Your Thrust	<b>2</b> Election Day <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Paint It Plaid <b>V</b> 2:30 Armchair Aerobics in the Courtyard <b>L</b> 6:00 Broadcast(2) Count Your Blessings	<b>3</b> <b>K</b> 9:00 Daily Chronicles <b>K</b> 11:00 Door Tag Craft <b>K</b> 2:30 Bingo <b>V</b> 3:30 Walking and Wheeling	<b>4</b> <b>K</b> 9:00 Daily Chronicles <b>M</b> 11:00 Finish the Lyrics <b>S</b> 1:30 Resident Council Meeting <b>GF</b> 6:00 Movie- Fatherhood	<b>5</b> <b>K</b> 9:00 Daily Chronicles <b>MM</b> 10:00 Giving and Kindness Trivia <b>V</b> 11:00 Bowling <b>GF</b> 2:30 Apple Cranberry Moscow Mule	<b>6</b> <b>K</b> 9:00 Daily Chronicles <b>MM</b> 10:30 Coffee/ Donuts <b>K</b> 2:30 Bingo <b>MM</b> 3:30 Soda Your Way
<b>7</b> Daylight Saving Ends <b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Random Trivia <b>I</b> 11:00 South East Christian Church Service ( Wave 3) <b>V</b> 3:00 Afternoon Stretches in	<b>8</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Walking and Wheeling <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Jeopardy	<b>9</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 An Acorn Finish Art <b>V</b> 2:30 Armchair Turkey Trot <b>M</b> 3:30 Do You Hear What I Hear ( Music) <b>L</b> 6:00 Broadcast(2) A Season of Thanks	<b>10</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 Paint It By Number Turkey <b>K</b> 2:30 Bingo <b>V</b> 3:30 Calm and Cool	<b>11</b> Veterans Day <b>K</b> 9:00 Daily Chronicles <b>K</b> 11:00 A Veteran's Day Discussion <b>V</b> 2:30 Veterans Celebration <b>GF</b> 6:00 Movie- Home Front	<b>12</b> <b>K</b> 9:00 Daily Chronicles <b>L</b> 10:00 Jeopardy Trivia <b>V</b> 11:00 Edible Kindness Rocks <b>GF</b> 2:30 Goldwyn Follies Drinks	<b>13</b> <b>K</b> 9:00 Daily Chronicles <b>MM</b> 10:30 Come and Sit a Spell!! <b>K</b> 2:30 Bingo <b>MM</b> 3:30 Quench Your Thirst
<b>14</b> <b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Celebrating Thanksgiving <b>I</b> 11:00 South East Christian Church Service ( Wave 3)	<b>15</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Nature Walk <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Flavorful Waters	<b>16</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 Be Kind Art Work <b>M</b> 2:30 Over The River and Through The Woods <b>L</b> 6:00 Broadcast(2) History of the Turkey	<b>17</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 A Heart of Thanks Art <b>K</b> 2:30 Bingo <b>V</b> 3:30 Walking and Wheeling	<b>18</b> <b>K</b> 9:00 Daily Chronicles <b>M</b> 11:00 Finish the Lyrics <b>GF</b> 2:30 Birthday Party <b>GF</b> 6:00 Movie- Avengers	<b>19</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 10:00 Indian Corn Art <b>V</b> 11:00 Bowling <b>GF</b> 2:30 Fall From the Tree Surprise	<b>20</b> <b>K</b> 9:00 Daily Chronicles <b>K</b> 10:30 Thanksgiving Riddle Jumble <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Flavorful Water
<b>21</b> <b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Thanksgiving Word Quilt <b>I</b> 11:00 South East Christian Church Service ( Wave 3)	<b>22</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Patio Aerobics <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Random Trivia	<b>23</b> <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Parachute Blast <b>MM</b> 2:30 Random Trivia <b>M</b> 3:30 The Sound of Music <b>L</b> 6:00 Broadcast(2) Thanksgiving Day	<b>24</b> <b>K</b> 9:00 Daily Chronicles <b>MM</b> 11:00 Thanksgiving Memories <b>K</b> 2:30 Bingo <b>MM</b> 3:30 Hot Cocoa	<b>25</b> Thanksgiving <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Catch TOM!!!! <b>V</b> 2:30 Wobble <b>GF</b> 6:00 Movie- Lone Star Dove	<b>26</b> Black Friday <b>K</b> 9:00 Daily Chronicles <b>K</b> 10:00 Modern Jeopardy <b>V</b> 11:00 A-Mazing Cornucopia <b>GF</b> 2:30 On the Rocks	<b>27</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 10:30 Kind Bird Feeders <b>K</b> 2:30 Bingo <b>GG</b> 3:30 Thanksgiving Day Search
<b>28</b> <b>K</b> 9:00 Daily Chronicles <b>I</b> 10:00 Morning Mass ( WHAS 11) <b>K</b> 10:30 Tom Turkey Takes a "RIB-ING" <b>I</b> 11:00 South East Christian Church Service ( Wave 3)	<b>29</b> Hanukkah Begins <b>K</b> 9:00 Daily Chronicles <b>V</b> 11:00 Let's Take a Walk <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Fresh Lemon-aid	<b>30</b> <b>K</b> 9:00 Daily Chronicles <b>A</b> 11:00 Colorful Wreaths <b>M</b> 3:30 Name That Tune <b>L</b> 6:00 Broadcast(2) Holiday Spirit				



The Springs at Stony Brook  
Independent Living

# NOVEMBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>You are encouraged to start your own programs &amp; pastimes with your neighbors. Our Life Enrichment team will be happy to provide you with any resources or materials you need.</p>	<p><b>1</b></p> <p><b>K</b> 9:30 Daily Chronicles 11:00 Resistance Band Training on Patio <b>GG</b> 2:30 Bingo</p>	<p><b>2</b> Election Day</p> <p><b>K</b> 9:30 Daily Chronicles 4:15 Pokeno <b>L</b> 6:00 Broadcast(2) Count Your Blessings</p>	<p><b>3</b></p> <p><b>K</b> 9:30 Daily Chronicles 3:00 Bingo <b>V</b> 3:30 Walking and Wheeling</p>	<p><b>4</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>GG</b> 2:30 Card Sharks <b>GF</b> 6:00 Movie- Fatherhood</p>	<p><b>5</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>MM</b> 10:00 Giving and Kindness Trivia <b>GF</b> 2:30 Happy Hour</p>	<p><b>6</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>MM</b> 10:30 Coffee/ Donuts 2:30 Bingo <b>MM</b> 3:30 Soda Your Way</p>
	<p><b>7</b> Daylight Saving Ends</p> <p><b>K</b> 9:30 Daily Chronicles 10:00 Morning Mass(WHAS 11) <b>K</b> 10:30 Random Trivia 11:00 South East Christian (Wave 3) 3:00 Afternoon Stretches</p>	<p><b>8</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 11:00 Walking and Wheeling <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Jeopardy</p>	<p><b>9</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 2:30 Armchair Turkey Trot <b>M</b> 3:30 Do You Hear What I Hear ( Music) 4:15 Pokeno <b>L</b> 6:00 Broadcast(2) A Season of Thanks</p>	<p><b>10</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>A</b> 11:00 Paint It By Number Turkey 2:30 Bingo 3:30 Calm and Cool</p>	<p><b>11</b> Veterans Day</p> <p><b>K</b> 9:30 Daily Chronicles <b>K</b> 11:00 A Veteran's Day Discussion <b>V</b> 2:30 Veterans Celebration 6:00 Movie- Home Front</p>	<p><b>12</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>L</b> 10:00 Jeopardy Trivia <b>V</b> 11:00 Edible Kindness Rocks 2:30 Happy Hour</p>
	<p><b>14</b></p> <p><b>K</b> 9:30 Daily Chronicles 10:00 Morning Mass(WHAS 11) <b>K</b> 10:30 Celebrating Thanksgiving 11:00 South East Christian (Wave 3) 3:00 Afternoon Stretches</p>	<p><b>15</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 11:00 Nature Walk <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Flavorful Waters</p>	<p><b>16</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>A</b> 11:00 Be Kind Art Work <b>M</b> 2:30 Over The River and Through The Woods 4:15 Pokeno <b>L</b> 6:00 Broadcast(2) History of the Turkey</p>	<p><b>17</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>A</b> 11:00 A Heart of Thanks Art <b>GF</b> 2:30 Bingo <b>V</b> 3:30 Walking and Wheeling</p>	<p><b>18</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>GF</b> 2:30 Birthday Party 4:15 Card Sharks <b>GF</b> 6:00 Movie- Avengers</p>	<p><b>19</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>A</b> 10:00 Indian Corn Art 2:30 Happy Hour</p>
	<p><b>21</b></p> <p><b>K</b> 9:30 Daily Chronicles 10:00 Morning Mass(WHAS 11) <b>K</b> 10:30 Thanksgiving Word Quilt 11:00 South East Christian (Wave 3) 3:00 Afternoon Stretches</p>	<p><b>22</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 11:00 Patio Aerobics <b>GG</b> 2:30 Bingo <b>MM</b> 3:30 Random Trivia</p>	<p><b>23</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 11:00 Parachute Blast <b>MM</b> 2:30 Random Trivia <b>M</b> 3:30 The Sound of Music 4:15 Pokeno <b>L</b> 6:00 Broadcast(2) Thanksgiving Day</p>	<p><b>24</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>MM</b> 11:00 Thanksgiving Memories 2:30 Bingo <b>MM</b> 3:30 Hot Cocoa</p>	<p><b>25</b> Thanksgiving</p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 2:30 Wobble <b>GG</b> 4:15 Card Sharks 6:00 Movie- Lone Star Dove</p>	<p><b>26</b> Black Friday</p> <p><b>K</b> 9:30 Daily Chronicles <b>K</b> 10:00 Modern Jeopardy 2:30 Happy Hour</p>
	<p><b>28</b></p> <p><b>K</b> 9:30 Daily Chronicles 10:00 Morning Mass(WHAS 11) <b>K</b> 10:30 Tom Turkey Takes a "RIB-ING" 11:00 South East Christian (Wave 3) 3:00 Afternoon Stretches</p>	<p><b>29</b> Hanukkah Begins</p> <p><b>K</b> 9:30 Daily Chronicles <b>V</b> 11:00 Let's Take a Walk <b>GG</b> 2:30 Bingo</p>	<p><b>30</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>A</b> 11:00 Colorful Wreaths <b>M</b> 3:30 Name That Tune 4:15 Pokeno <b>L</b> 6:00 Broadcast(2) Holiday Spirit</p>	<p>All programs are subject to change.</p>		
						<p><b>27</b></p> <p><b>K</b> 9:30 Daily Chronicles <b>A</b> 10:30 Kind Bird Feeders 2:30 Bingo <b>GG</b> 3:30 Thanksgiving Day Search</p>

The Springs at Stony Brook  
Legacy Lane

# NOVEMBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Let's get social! Facebook.com/SpringsStonybrook Twitter.com/S_Stonybrook	<b>1</b> <b>V</b> Don't Worry, Be Happy <b>K</b> Autumn Poem <b>CC</b> Rise and Shine Parfaits <b>CC</b> The Cookie Kitchen Relax & Recharge <b>A</b> Corncob Painting <b>O</b> Green Thumb Club <b>K</b> Card Sharks	<b>2</b> Election Day <b>V</b> Cornucopia Pass <b>K</b> Create A Caption <b>CC</b> Tropical Trail Mix Relax & Recharge <b>A</b> Orange Clove Gift <b>M</b> Campfire Songs <b>GG</b> Noodle Hockey Healthy Hands	<b>3</b> <b>V</b> Sit & Be Fit <b>V</b> Stein Exercises <b>K</b> Yard Sale <b>CC</b> Mother's Pumpkin Bread Relax & Recharge <b>A</b> Button Trees <b>O</b> Green Thumb Club <b>M</b> Name That Instrument	<b>4</b> <b>V</b> Turkey Trot <b>K</b> Let's Spell Thanksgiving <b>L</b> Trivial Matters <b>CC</b> Classic Chocolate Chip Cookie Relax & Recharge <b>A</b> Gourd-geous Craft <b>M</b> Groovin' Gospel <b>GG</b> Turkey Toss	<b>5</b> <b>V</b> Basketball <b>V</b> Sit & Be Fit Vitality <b>K</b> Football Frenzy <b>K</b> The Springs Spa <b>CC</b> Strawberry Hand Pies Relax & Recharge <b>A</b> Creative Storytelling <b>M</b> October Happy Hour	<b>6</b> <b>V</b> Chair Swimming <b>K</b> Quick Words <b>CC</b> Italian Pinwheel Sandwiches with Cream Cheese Relax & Recharge <b>A</b> Thanksgiving Gratitude Tree <b>M</b> Feel the Rhythm <b>GG</b> Lollipop Paddles
<b>7</b> Daylight Saving Ends <b>V</b> #BurnBeforeTheBird <b>K</b> Fall Memories <b>CC</b> Blueberry Oat Muffins Relax & Recharge <b>A</b> Deck of Wit & Wisdom <b>M</b> Celebrity Sunday <b>M</b> Hymn Sing <b>GG</b> Categories Game	<b>8</b> <b>V</b> Don't Worry, Be Happy <b>K</b> Autumn Poem <b>CC</b> Apple Yogurt Parfaits <b>CC</b> The Cookie Kitchen Relax & Recharge <b>A</b> Paint by Number <b>O</b> Green Thumb Club <b>K</b> Card Sharks	<b>9</b> <b>V</b> Cornucopia Pass <b>K</b> Create A Caption <b>CC</b> Chocolate Raspberry Trail Mix Relax & Recharge <b>A</b> Foam Fortune Cookies <b>M</b> Campfire Songs <b>GG</b> Noodle Hockey Healthy Hands	<b>10</b> <b>V</b> Sit & Be Fit <b>V</b> Stein Exercises <b>K</b> Yard Sale <b>CC</b> Orange Cranberry Bread Relax & Recharge <b>A</b> Feather Paint <b>O</b> Green Thumb Club <b>M</b> Name That Instrument	<b>11</b> Veterans Day <b>V</b> Turkey Trot <b>K</b> Let's Spell Thanksgiving <b>L</b> Trivial Matters <b>CC</b> Peanut Butter Cookies Relax & Recharge <b>A</b> Veterans Day Heart Card <b>M</b> Salute to Veterans <b>GG</b> Turkey Toss	<b>12</b> <b>V</b> Basketball <b>V</b> Sit & Be Fit Vitality <b>K</b> Football Frenzy <b>CC</b> Apple Hand Pies Relax & Recharge <b>A</b> Autumn Leaf Stamping <b>M</b> October Happy Hour <b>GG</b> Games We Played As Kids	<b>13</b> <b>V</b> Chair Swimming <b>K</b> Quick Words <b>CC</b> Sandwich Pinwheels Relax & Recharge <b>A</b> Beaded Pumpkins <b>M</b> Feel the Rhythm <b>GG</b> Lollipop Paddles Healthy Hands
<b>14</b> <b>V</b> #BurnBeforeTheBird <b>K</b> Fall Memories <b>CC</b> Banana Nut Muffins Relax & Recharge <b>A</b> A Man's Masterpiece <b>M</b> Celebrity Sunday <b>M</b> Hymn Sing <b>GG</b> Categories Game	<b>15</b> <b>V</b> Don't Worry, Be Happy <b>K</b> Autumn Poem <b>CC</b> Peanut Butter Banana Yogurt Parfaits <b>CC</b> The Cookie Kitchen Relax & Recharge <b>A</b> Q-tip Fall Trees <b>O</b> Green Thumb Club	<b>16</b> <b>V</b> Cornucopia Pass <b>K</b> Create A Caption <b>CC</b> Ginger Apricot Trail Mix Relax & Recharge <b>A</b> Sensory Paint <b>M</b> Campfire Songs <b>GG</b> Noodle Hockey Healthy Hands	<b>17</b> <b>V</b> Sit & Be Fit <b>V</b> Stein Exercises <b>K</b> Yard Sale <b>CC</b> Apple Praline Bread Relax & Recharge <b>A</b> Creative Storytelling <b>O</b> Green Thumb Club <b>M</b> Name That Instrument	<b>18</b> <b>V</b> Turkey Trot <b>K</b> Let's Spell Thanksgiving <b>L</b> Trivial Matters <b>CC</b> S'more Cookies Relax & Recharge <b>A</b> Collaborative Weaving <b>M</b> Groovin' Gospel <b>GG</b> Turkey Toss	<b>19</b> <b>V</b> Basketball <b>V</b> Sit & Be Fit Vitality <b>K</b> Football Frenzy <b>K</b> The Springs Spa <b>CC</b> Blackberry Hand Pies Relax & Recharge <b>A</b> Thumbprint Dandelions <b>M</b> October Happy Hour	<b>20</b> <b>V</b> Chair Swimming <b>K</b> Quick Words <b>CC</b> Buffalo Chicken Pinwheels Relax & Recharge <b>A</b> Poppy Field Collage <b>M</b> Feel the Rhythm <b>GG</b> Lollipop Paddles Healthy Hands
<b>21</b> <b>V</b> #BurnBeforeTheBird <b>K</b> Fall Memories <b>CC</b> Lemon Poppyseed Muffins Relax & Recharge <b>A</b> Picture Prompts <b>M</b> Celebrity Sunday <b>M</b> Hymn Sing <b>GG</b> Categories Game	<b>22</b> <b>V</b> Don't Worry, Be Happy <b>K</b> Autumn Poem <b>CC</b> Pumpkin Parfaits <b>CC</b> The Cookie Kitchen Relax & Recharge <b>A</b> Thanksgiving Napkin Rings <b>O</b> Green Thumb Club <b>K</b> Card Sharks	<b>23</b> <b>V</b> Cornucopia Pass <b>K</b> Create A Caption <b>CC</b> Thanksgiving Trail Mix Relax & Recharge <b>A</b> Seasonal Adult Coloring <b>M</b> Campfire Songs <b>GG</b> Noodle Hockey Healthy Hands	<b>24</b> <b>V</b> Sit & Be Fit <b>V</b> Stein Exercises <b>K</b> Yard Sale <b>CC</b> Fresh Fruit Bread Relax & Recharge <b>A</b> Drama Club-Short Story <b>O</b> Green Thumb Club <b>M</b> Name That Instrument	<b>25</b> Thanksgiving <b>V</b> Turkey Trot <b>K</b> Let's Spell Thanksgiving <b>L</b> Trivial Matters <b>CC</b> Birthday Cake Cookies Relax & Recharge <b>A</b> Thankfulness Collage <b>M</b> Give Thanks <b>GG</b> Turkey Toss	<b>26</b> Black Friday <b>V</b> Basketball <b>V</b> Sit & Be Fit Vitality <b>K</b> Football Frenzy <b>CC</b> Tomato Jam Hand Pies Relax & Recharge <b>A</b> Spice Painting <b>M</b> October Happy Hour <b>GG</b> Games We Played As Kids	<b>27</b> <b>V</b> Chair Swimming <b>K</b> Quick Words <b>CC</b> Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge <b>A</b> Chihuly Inspired Glass Art <b>M</b> Feel the Rhythm <b>GG</b> Lollipop Paddles
<b>28</b> <b>V</b> #BurnBeforeTheBird <b>K</b> Fall Memories <b>CC</b> Apple Cinnamon Muffins Relax & Recharge <b>A</b> Aurora Borealis Rock <b>M</b> Celebrity Sunday <b>M</b> Hymn Sing <b>GG</b> Categories Game	<b>29</b> Hanukkah Begins <b>V</b> Don't Worry, Be Happy <b>K</b> Autumn Poem <b>CC</b> Cheesecake Berry Parfait <b>CC</b> The Cookie Kitchen Relax & Recharge <b>A</b> Ribbon Tree Ornament <b>O</b> Green Thumb Club <b>K</b> Card Sharks	<b>30</b> <b>V</b> Cornucopia Pass <b>K</b> Create A Caption <b>CC</b> Snowy Day Trail Mix Relax & Recharge <b>A</b> Creative Storytelling <b>M</b> Campfire Songs <b>GG</b> Noodle Hockey Healthy Hands			Activities are subject to change	



The Springs at Stony Brook  
Skilled Legacy Lane

# NOVEMBER 2021

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GG</b> - Group Games <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>M</b> - Music to My Ears <b>O</b> - Out & About	<b>1</b> <b>V</b> 9:00 Don't Worry, Be Happy <b>K</b> 9:30 Autumn Poem <b>CC</b> 10:45 Rise and Shine Parfaits <b>CC</b> 10:45 The Cookie Kitchen 12:45 Relax & Recharge <b>A</b> 2:00 Corncob Painting <b>O</b> 2:30 Green Thumb Club <b>K</b> 3:30 Card Sharks	<b>2 Election Day</b> <b>V</b> 9:00 Cornucopia Pass <b>K</b> 9:30 Create A Caption <b>CC</b> 10:45 Tropical Trail Mix 12:45 Relax & Recharge <b>A</b> 2:00 Orange Clove Gift <b>M</b> 3:30 Campfire Songs <b>GG</b> 4:00 Noodle Hockey 4:30 Healthy Hands	<b>3</b> <b>V</b> 9:00 Sit & Be Fit <b>V</b> 9:00 Stein Exercises <b>K</b> 9:30 Yard Sale <b>CC</b> 10:45 Mother's Pumpkin Bread 12:45 Relax & Recharge <b>A</b> 2:00 Button Trees <b>O</b> 2:30 Green Thumb Club	<b>4</b> <b>V</b> 9:00 Turkey Trot <b>K</b> 9:30 Let's Spell Thanksgiving <b>L</b> 10:00 Trivial Matters <b>CC</b> 10:45 Classic Chocolate Chip Cookie 12:45 Relax & Recharge <b>A</b> 2:00 Gourd-geous Craft <b>M</b> 3:30 Groovin' Gospel	<b>5</b> <b>V</b> 9:00 Basketball <b>V</b> 9:00 Sit & Be Fit Vitality <b>K</b> 9:30 Football Frenzy <b>K</b> 10:00 The Springs Spa <b>CC</b> 10:45 Strawberry Hand Pies 12:45 Relax & Recharge <b>A</b> 2:00 Creative Storytelling <b>M</b> 3:30 October Happy Hour	<b>6</b> <b>V</b> 9:00 Chair Swimming <b>K</b> 9:30 Quick Words <b>CC</b> 10:45 Italian Pinwheel Sandwiches with Cream Cheese 12:45 Relax & Recharge <b>A</b> 2:00 Thanksgiving Gratitude Tree
<b>7 Daylight Saving Ends</b> <b>V</b> 9:00 #BurnBeforeTheBird <b>K</b> 9:30 Fall Memories <b>CC</b> 10:45 Blueberry Oat Muffins 12:45 Relax & Recharge <b>A</b> 2:00 Deck of Wit & Wisdom <b>M</b> 3:30 Celebrity Sunday <b>M</b> 3:30 Hymn Sing <b>GG</b> 4:00 Categories Game	<b>8</b> <b>V</b> 9:00 Don't Worry, Be Happy <b>K</b> 9:30 Autumn Poem <b>CC</b> 10:45 Apple Yogurt Parfaits <b>CC</b> 10:45 The Cookie Kitchen 12:45 Relax & Recharge <b>A</b> 2:00 Paint by Number <b>O</b> 2:30 Green Thumb Club <b>K</b> 3:30 Card Sharks	<b>9</b> <b>V</b> 9:00 Cornucopia Pass <b>K</b> 9:30 Create A Caption <b>CC</b> 10:45 Chocolate Raspberry Trail Mix 12:45 Relax & Recharge <b>A</b> 2:00 Foam Fortune Cookies <b>M</b> 3:30 Campfire Songs <b>GG</b> 4:00 Noodle Hockey	<b>10</b> <b>V</b> 9:00 Sit & Be Fit <b>V</b> 9:00 Stein Exercises <b>K</b> 9:30 Yard Sale <b>CC</b> 10:45 Orange Cranberry Bread 12:45 Relax & Recharge <b>A</b> 2:00 Feather Paint <b>O</b> 2:30 Green Thumb Club	<b>11 Veterans Day</b> <b>V</b> 9:00 Turkey Trot <b>K</b> 9:30 Let's Spell Thanksgiving <b>L</b> 10:00 Trivial Matters <b>CC</b> 10:45 Peanut Butter Cookies 12:45 Relax & Recharge <b>A</b> 2:00 Veterans Day Heart Card <b>M</b> 3:30 Salute to Veterans	<b>12</b> <b>V</b> 9:00 Basketball <b>V</b> 9:00 Sit & Be Fit Vitality <b>K</b> 9:30 Football Frenzy <b>CC</b> 10:45 Apple Hand Pies 12:45 Relax & Recharge <b>A</b> 2:00 Autumn Leaf Stamping <b>M</b> 3:30 October Happy Hour <b>GG</b> 4:00 Games We Played As	<b>13</b> <b>V</b> 9:00 Chair Swimming <b>K</b> 9:30 Quick Words <b>CC</b> 10:45 Sandwich Pinwheels 12:45 Relax & Recharge <b>A</b> 2:00 Beaded Pumpkins <b>M</b> 3:30 Feel the Rhythm <b>GG</b> 4:00 Lollipop Paddles 4:30 Healthy Hands
<b>14</b> <b>V</b> 9:00 #BurnBeforeTheBird <b>K</b> 9:30 Fall Memories <b>CC</b> 10:45 Banana Nut Muffins 12:45 Relax & Recharge <b>A</b> 2:00 A Man's Masterpiece <b>M</b> 3:30 Celebrity Sunday <b>M</b> 3:30 Hymn Sing <b>GG</b> 4:00 Categories Game	<b>15</b> <b>V</b> 9:00 Don't Worry, Be Happy <b>K</b> 9:30 Autumn Poem <b>CC</b> 10:45 Peanut Butter Banana Yogurt Parfaits <b>CC</b> 10:45 The Cookie Kitchen 12:45 Relax & Recharge <b>A</b> 2:00 Q-tip Fall Trees <b>O</b> 2:30 Green Thumb Club	<b>16</b> <b>V</b> 9:00 Cornucopia Pass <b>K</b> 9:30 Create A Caption <b>CC</b> 10:45 Ginger Apricot Trail Mix 12:45 Relax & Recharge <b>A</b> 2:00 Sensory Paint <b>M</b> 3:30 Campfire Songs <b>GG</b> 4:00 Noodle Hockey 4:30 Healthy Hands	<b>17</b> <b>V</b> 9:00 Sit & Be Fit <b>V</b> 9:00 Stein Exercises <b>K</b> 9:30 Yard Sale <b>CC</b> 10:45 Apple Praline Bread 12:45 Relax & Recharge <b>A</b> 2:00 Creative Storytelling <b>O</b> 2:30 Green Thumb Club <b>M</b> 3:30 Name That Instrument	<b>18</b> <b>V</b> 9:00 Turkey Trot <b>K</b> 9:30 Let's Spell Thanksgiving <b>L</b> 10:00 Trivial Matters <b>CC</b> 10:45 S'more Cookies 12:45 Relax & Recharge <b>A</b> 2:00 Collaborative Weaving <b>M</b> 3:30 Groovin' Gospel <b>GG</b> 4:00 Turkey Toss	<b>19</b> <b>V</b> 9:00 Basketball <b>V</b> 9:00 Sit & Be Fit Vitality <b>K</b> 9:30 Football Frenzy <b>K</b> 10:00 The Springs Spa <b>CC</b> 10:45 Blackberry Hand Pies 12:45 Relax & Recharge <b>A</b> 2:00 Thumbprint Dandelions <b>M</b> 3:30 October Happy Hour	<b>20</b> <b>V</b> 9:00 Chair Swimming <b>K</b> 9:30 Quick Words <b>CC</b> 10:45 Buffalo Chicken Pinwheels 12:45 Relax & Recharge <b>A</b> 2:00 Poppy Field Collage <b>M</b> 3:30 Feel the Rhythm <b>GG</b> 4:00 Lollipop Paddles
<b>21</b> <b>V</b> 9:00 #BurnBeforeTheBird <b>K</b> 9:30 Fall Memories <b>CC</b> 10:45 Lemon Poppyseed Muffins 12:45 Relax & Recharge <b>A</b> 2:00 Picture Prompts <b>M</b> 3:30 Celebrity Sunday <b>M</b> 3:30 Hymn Sing	<b>22</b> <b>V</b> 9:00 Don't Worry, Be Happy <b>K</b> 9:30 Autumn Poem <b>CC</b> 10:45 Pumpkin Parfaits <b>CC</b> 10:45 The Cookie Kitchen 12:45 Relax & Recharge <b>A</b> 2:00 Thanksgiving Napkin Rings <b>O</b> 2:30 Green Thumb Club	<b>23</b> <b>V</b> 9:00 Cornucopia Pass <b>K</b> 9:30 Create A Caption <b>CC</b> 10:45 Thanksgiving Trail Mix 12:45 Relax & Recharge <b>A</b> 2:00 Seasonal Adult Coloring <b>M</b> 3:30 Campfire Songs <b>GG</b> 4:00 Noodle Hockey 4:30 Healthy Hands	<b>24</b> <b>V</b> 9:00 Sit & Be Fit <b>V</b> 9:00 Stein Exercises <b>K</b> 9:30 Yard Sale <b>CC</b> 10:45 Fresh Fruit Bread 12:45 Relax & Recharge <b>A</b> 2:00 Drama Club-Short Story <b>O</b> 2:30 Green Thumb Club	<b>25 Thanksgiving</b> <b>V</b> 9:00 Turkey Trot <b>K</b> 9:30 Let's Spell Thanksgiving <b>L</b> 10:00 Trivial Matters <b>CC</b> 10:45 Birthday Cake Cookies 12:45 Relax & Recharge <b>A</b> 2:00 Thankfulness Collage <b>M</b> 3:30 Give Thanks <b>GG</b> 4:00 Turkey Toss	<b>26 Black Friday</b> <b>V</b> 9:00 Basketball <b>V</b> 9:00 Sit & Be Fit Vitality <b>K</b> 9:30 Football Frenzy <b>CC</b> 10:45 Tomato Jam Hand Pies 12:45 Relax & Recharge <b>A</b> 2:00 Spice Painting <b>M</b> 3:30 October Happy Hour <b>GG</b> 4:00 Games We Played As	<b>27</b> <b>V</b> 9:00 Chair Swimming <b>K</b> 9:30 Quick Words <b>CC</b> 10:45 Cream Cheese Pinwheels with Fresh Veggies 12:45 Relax & Recharge <b>A</b> 2:00 Chihuly Inspired Glass Art
<b>28</b> <b>V</b> 9:00 #BurnBeforeTheBird <b>K</b> 9:30 Fall Memories <b>CC</b> 10:45 Apple Cinnamon Muffins 12:45 Relax & Recharge <b>A</b> 2:00 Aurora Borealis Rock <b>M</b> 3:30 Celebrity Sunday <b>M</b> 3:30 Hymn Sing	<b>29 Hanukkah Begins</b> <b>V</b> 9:00 Don't Worry, Be Happy <b>K</b> 9:30 Autumn Poem <b>CC</b> 10:45 Cheesecake Berry Parfait <b>CC</b> 10:45 The Cookie Kitchen 12:45 Relax & Recharge <b>A</b> 2:00 Ribbon Tree Ornament <b>O</b> 2:30 Green Thumb Club	<b>30</b> <b>V</b> 9:00 Cornucopia Pass <b>K</b> 9:30 Create A Caption <b>CC</b> 10:45 Snowy Day Trail Mix 12:45 Relax & Recharge <b>A</b> 2:00 Creative Storytelling <b>M</b> 3:30 Campfire Songs <b>GG</b> 4:00 Noodle Hockey 4:30 Healthy Hands	<b>V - Vitality</b>			