Cypress Pointe Health Campus Assisted Living NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning	M - Music to My Ears O - Out & About S - Signature Events V - Vitality	V 10:00 Silver Strength V 10:30 Walking with Friends I 11:00 Resident Council- AL Activity Room O 1:00 Walmart Outing GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	S 10:00 Resident Council Meeting -AR V 10:00 Move And Groove S 11:00 Inspired Living Meeting C 1:00 Baking With Kayla Chocolate Chip Cookies I 1:30 I Remember That M 3:15 Music Trivia	X 10:00 Table Talk S 10:30 Chef's Circle S 11:30 Taste Of Town O 1:00 Scenic Drive GG 2:30 Bingo A 3:30 Thanksgiving Centerpiece Craft GG 5:30 Glow and Throw	K 10:00 Read All About It V 10:30 Move And Groove L 11:00 Poetry Reading G 1:00 Lets Play Poker S 3:00 Flannel And Fizz Happy Hour	K 10:00 Morning Chat S 10:30 Resident Council M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your
6 Daylight Saving Ends K 10:00 Morning News and Table Talk I 10:30 Assurance Baptist Church Service K 11:00 Card Club- AL Activity Room V 1:00 Campus in Color- AL Courtyard	 K 10:00 Morning Chat A 10:30 Thanksgiving Card Creation K 11:00 Poetry Reading I 1:30 Bible Study With Brother Chuck I 3:30 Meditation Monday GF 5:30 Wreath Making 	 Election Day 10:00 Silver Strength 10:30 Manicures 11:00 Panera Bread Outing 1:00 Walking with Friends 2:30 Thanksgiving Bingo 3:30 Fall Thankful Trees 	V 10:00 Move And Groove K 11:00 Thanksgiving Trivia C 1:00 Baking Brownies With Kayla L 1:30 I Remember That M 3:15 Music Trivia GF 5:30 Paint and Sip	K 10:00 Table Talk S 10:30 Chef's Circle GF 11:00 Morning Stroll O 1:00 Scenic Drive GG 2:30 Bingo JG 3:00 Top Gun and Beer A 3:30 Fall Fingerprint Canvas	Veterans Day K 10:00 A- Z Thanksgiving Game V 10:30 Morning Stretch L 11:00 Poetry Reading A 1:00 Painting Gourds GF 1:30 Uno GF 3:00 Happy Hour Thanksgiving Punch	K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your Neighbors - AL Activity
K 10:00 Morning News and Table Talk I 10:30 Assurance Baptist Church Service K 11:00 Card Club- AL Activity Room S 11:30 Family Brunch V 1:00 Campus in Color- AL	V 10:00 Thanksgiving Chair Yoga GF 10:30 Manicures K 1:00 Thanksgiving Scavenger Hunt I 1:30 Bible Study With Brother Chuck I 3:30 Meditation Monday	V 10:00 Walking with Friends V 10:00 Silver Strength O 11:00 Air Force Museum GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	V 10:00 Move And Groove 1:00 Baking Muffins With Kayla 1:30 Bible Trivia M 3:15 Thanksgiving Music Playlist GF 5:30 Bowling	K 10:00 Table Talk 10:30 Chef's Circle 12:30 Scenic Drive C 2:30 Bingo A 3:30 Fall Fingerprint Canvas C 3:30 Just the Guys - Beer on the Patio 4:30 Thanksgiving Dinner	V 10:00 Morning Stretch 1 11:00 Poetry Reading A 1:00 Gratitude Tree GG 1:30 Board Game GF 3:00 Happy Hour Pie Eating Contest	K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your Neighbors - AL Activity
 K 10:00 Morning News and Table Talk I 10:30 Assurance Baptist Church Service K 11:00 Card Club- AL Activity Room V 1:00 Campus in Color- AL Courtyard 	S 10:00 Morning Stretch GF 10:30 Manicure Mania I 1:30 Bible Study With Brother Chuck A 2:30 Leaf Art I 3:30 Meditation Monday GF 5:30 Bonus Bingo Day!	O 10:00 Doughnut Run V 10:30 Morning Stretch K 11:00 Poetry Reading V 1:30 Walking with Friends GG 2:30 Bingo A 3:30 Fall Flower Arrangements	V 10:00 Morning Stretch K 10:30 Morning News and Brews C 1:00 Baking Pumpkin Pie With Kayla L 1:30 I Remember That M 3:15 Music Trivia G 5:30 Monopoly	Thanksgiving K 10:00 Table Talk S 10:30 Chef's Circle GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	V 10:00 Morning Move And Groove L 11:00 Poetry Reading G 1:30 Movie And Mint Julep S 3:00 Happy Hour Thanksgiving Margaritas	K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your Neighbors - AL Activity
K 10:00 Morning News and Table Talk I 10:30 Assurance Baptist Church Service K 11:00 Card Club- AL Activity Room V 1:00 Campus in Color- AL Courtyard	V 10:00 Cookies And Chat GF 10:30 Manicures I 1:30 Bible Study With Brother Chuck GG 2:30 Poker I 3:30 Meditation Monday GF 5:30 Beer Tasting	O 10:00 Bowling V 10:00 Silver Strength V 1:30 Walking with Friends GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	 V 10:00 Morning Stretch I 11:00 Poetry Reading C 1:00 Baking Muffins With Kayla I 1:30 I Remember That M 3:15 Music Trivia A 5:30 Christmas Tree Decorating 		Birthdays 11/4 - Angie S 11/7 - Laura A 11/8 - Leandra F 11/12 - Nicole J 11/17 - Felicia F 11/18 - Stephanie K 11/20 - Mary S 11/20 - Jason F	Birthdays 11/23 - Dabreeca O 11/23 - Sarah P 11/25 - Patricia F 11/25 - Gail L 11/27 - Regina S

Cypress Pointe Health Campus Health Center NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys - Keeping it Sharp/Reminisce - Lifelong Learning	MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	9:30 Mindful Moments V 10:30 Walking with Friends O 1:00 Walmart Outing I 1:30 Resident Council HC GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	MN 9:30 Mindful Moments V 10:00 Move And Groove S 11:00 Inspired Living Meeting C 1:00 Baking With Kayla Chocolate Chip Cookies I 1:30 I Remember That M 3:15 Music Trivia GG 5:30 Wii Bowling (Activities	MN 9:30 Mindful Moments K 10:00 Table Talk S 10:30 Chef's Circle S 11:30 Taste Of Town O 1:00 Scenic Drive GG 2:30 Bingo A 3:30 Thanksgiving Centerpiece Craft	MIN 9:30 Mindful Moments K 10:00 Read All About It V 10:30 Move And Groove L 11:00 Poetry Reading GG 1:00 Lets Play Poker S 3:00 Flannel And Fizz Happy Hour	MN 9:30 Mindful Moments K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your
 Daylight Saving Ends 9:30 Mindful Moments 10:00 Morning News and Table Talk 10:30 Assurance Baptist Church Service 11:00 Card Club- AL Activity Room 1:00 Campus in Color- AL 	MM 9:30 Mindful Moments K 10:00 Morning Chat A 10:30 Thanksgiving Card Creation K 11:00 Poetry Reading I 1:30 Bible Study With Brother Chuck I 3:30 Meditation Monday	8 Election Day MM 9:30 Mindful Moments GF 10:30 Manicures O 11:00 Panera Bread Outing V 1:00 Walking with Friends GG 2:30 Thanksgiving Bingo A 3:30 Fall Thankful Trees	9 9:30 Mindful Moments V 10:00 Move And Groove K 11:00 Thanksgiving Trivia CC 1:00 Baking Brownies With Kayla L 1:30 I Remember That M 3:15 Music Trivia GF 5:30 Paint and Sip	MN 9:30 Mindful Moments K 10:00 Table Talk S 10:30 Chef's Circle GF 11:00 Morning Stroll O 1:00 Scenic Drive GG 2:30 Bingo IG 3:00 Top Gun and Beer A 3:30 Fall Fingerprint Canvas	11 Veterans Day MM 9:30 Mindful Moments K 10:00 A- Z Thanksgiving Game L 11:00 Poetry Reading A 1:00 Painting Gourds GF 1:30 Uno GF 3:00 Happy Hour Thanksgiving Punch	MN 9:30 Mindful Moments K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your
 MM 9:30 Mindful Moments K 10:00 Morning News and Table Talk I 10:30 Assurance Baptist Church Service K 11:00 Card Club- AL Activity Room S 11:30 Family Brunch 	MN 9:30 Mindful Moments V 10:00 Thanksgiving Chair Yoga GF 10:30 Manicures K 1:00 Thanksgiving Scavenger Hunt I 1:30 Bible Study With Brother Chuck	9:30 Mindful Moments V 10:00 Walking with Friends O 11:00 Air Force Museum GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	16 MN 9:30 Mindful Moments V 10:00 Move And Groove CC 1:00 Baking Muffins With Kayla L 1:30 Bible Trivia M 3:15 Thanksgiving Music Playlist GF 5:30 Bowling	MM 9:30 Mindful Moments K 10:00 Table Talk S 10:30 Chef's Circle O 12:30 Scenic Drive GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas IG 3:30 Just the Guys - Beer on the Patio	MM 9:30 Mindful Moments V 10:00 Morning Stretch 11:00 Poetry Reading A 1:00 Gratitude Tree GG 1:30 Board Game GF 3:00 Happy Hour Pie Eating Contest	MN 9:30 Mindful Moments K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your
 9:30 Mindful Moments 10:00 Morning News and Table Talk 10:30 Assurance Baptist Church Service 11:00 Card Club- AL Activity Room 1:00 Campus in Color- AL 	MM 9:30 Mindful Moments 5 10:00 Morning Stretch GF 10:30 Manicure Mania I 1:30 Bible Study With Brother Chuck A 2:30 Leaf Art I 3:30 Meditation Monday GF 5:30 Bonus Bingo Day!	MM 9:30 Mindful Moments O 10:00 Doughnut Run V 10:30 Morning Stretch K 11:00 Poetry Reading V 1:30 Walking with Friends GG 2:30 Bingo A 3:30 Fall Flower Arrangements	MM 9:30 Mindful Moments V 10:00 Morning Stretch K 10:30 Morning News and Brews CC 1:00 Baking Pumpkin Pie With Kayla L 1:30 I Remember That M 3:15 Music Trivia	Thanksgiving 9:30 Mindful Moments K 10:00 Table Talk S 10:30 Chef's Circle GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	MM 9:30 Mindful Moments V 10:00 Morning Move And Groove L 11:00 Poetry Reading G 1:30 Movie And Mint Julep S 3:00 Happy Hour Thanksgiving Margaritas	MM 9:30 Mindful Moments K 10:00 Morning Chat M 10:30 Music Trivia I 1:30 Hymns A 2:00 Adult Coloring/ Pick Your Own Craft- AL Activity Room GF 3:00 Getting to Know Your
MM 9:30 Mindful Moments K 10:00 Morning News and Table Talk I 10:30 Assurance Baptist Church Service K 11:00 Card Club- AL Activity Room V 1:00 Campus in Color- AL	MN 9:30 Mindful Moments V 10:00 Cookies And Chat GF 10:30 Manicures I 1:30 Bible Study With Brother Chuck GG 2:30 Poker I 3:30 Meditation Monday GF 5:30 Beer Tasting	MM 9:30 Mindful Moments O 10:00 Bowling V 1:30 Walking with Friends GG 2:30 Bingo A 3:30 Fall Fingerprint Canvas	MN 9:30 Mindful Moments V 10:00 Morning Stretch I 11:00 Poetry Reading CC 1:00 Baking Muffins With Kayla L 1:30 I Remember That M 3:15 Music Trivia A 5:30 Christmas Tree		Birthdays 11/4 - Angie S 11/7 - Laura A 11/8 - Leandra F 11/12 - Nicole J 11/17 - Felicia F 11/18 - Stephanie K 11/20 - Mary S 11/20 - Jason F	Birthdays 11/23 - Dabreeca O 11/23 - Sarah P 11/25 - Patricia F 11/25 - Gail L 11/27 - Regina S

Cypress Pointe H Memory Care	lealth Campus Legacy				BR 2	022
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games V - Vitality		Pump It Up K Message in a Bottle Rise and Shine Parfaits Healthy Hands Relax & Recharge No Sew Fleece Blankets M Music Trivia GG Babbling Brook Word Game	V Mindfulness Matters K Working with Letters C Tropical Trail Mix Healthy Hands Relax & Recharge A Glue Art M Hippy Dance G State Plate Game	V Let's Take A Trip K Categories Game C Mother's Pumpkin Bread Healthy Hands Relax & Recharge A Life Timeline - Creative Writing M Music That Made Movies Famous	 Laughter Yoga Turn-Over Classic Chocolate Chip Cookie Healthy Hands Relax & Recharge Partner-Print Painting Happy Hour-Friday Pin the Tail on the Bessie 	 Bandana Dance American Landmarks Strawberry Hand Pies Healthy Hands Relax & Recharge Art Appreciation - American Gothic Bust a Move
Daylight Saving Ends V Don't Worry, Be Happy K Life Story C Italian Pinwheel Sandwiches w/ Cream Cheese Healthy Hands Relax & Recharge A Label Collage M Who Sang it Best	 K Football Frenzy Blueberry Oat Muffins Healthy Hands Relax & Recharge M Watercolor Snowman M Groovin to Songs with Numbers 	Pump It Up K Message in a Bottle Apple Yogurt Parfaits Healthy Hands Relax & Recharge Fall Leaf Garland Music Trivia Babbling Brook Word Game	 Mindfulness Matters Working with Letters Chocolate Raspberry Trail Mix Healthy Hands Relax & Recharge Paint Pouring Hippy Dance State Plate Game 	V Let's Take A Trip K Categories Game C Orange Cranberry Bread w/ Glaze Healthy Hands Relax & Recharge A To Be - Creative Writing M Music That Made Movies	Veterans Day Laughter Yoga K Turn-Over Peanut Butter Cookie Healthy Hands Relax & Recharge Veterans Day Heart Card Happy Hour-Friday GG Pin the Tail on the Bessie	V Bandana Dance K American Landmarks C Apple Hand Pies Healthy Hands Relax & Recharge A Art Appreciation - Mona Lisa M Bust a Move G Corn Hole
V Don't Worry, Be Happy K Life Story C Sandwich Pinwheel Healthy Hands Relax & Recharge A Shapes Collage Who Sang it Best G Color Wheel Trivia	 K Football Frenzy Banana Nut Muffins Healthy Hands Relax & Recharge Watercolor Weaving - Day 1 M Groovin to Songs with Numbers 	Pump It Up Message in a Bottle Peanut Butter Banana Yogurt Parfaits Healthy Hands Relax & Recharge Aromatherapy Balm Music Trivia	Mindfulness Matters Working with Letters Ginger Apricot Trail Mix Healthy Hands Relax & Recharge A Squeegee Canvas Paint Hippy Dance GG State Plate Game	V Let's Take A Trip K Categories Game C Apple Praline Bread Healthy Hands Relax & Recharge A Creative Storytelling - My Favorite Teacher M Music That Made Movies	Laughter Yoga K Turn-Over CC S'more Cookie Healthy Hands Relax & Recharge A Cut Up Paper Art M Happy Hour-Friday GG Pin the Tail on the Bessie	V Bandana Dance K American Landmarks C Blackberry Hand Pies Healthy Hands Relax & Recharge A Art Appreciation - Renoir Bust a Move Corn Hole
V Don't Worry, Be Happy K Life Story C Buffalo Chicken Pinwheels Healthy Hands Relax & Recharge Winter Collage M Who Sang it Best G Color Wheel Trivia	K Football Frenzy Lemon Poppyseed Muffins Healthy Hands Relax & Recharge M Watercolor Weaving - Day 2 M Groovin to Songs with Numbers	V Pump It Up K Message in a Bottle Pumpkin Parfait Healthy Hands Relax & Recharge Thanksgiving Gratitude Tree M Music Trivia Babbling Brook Word Game	V Mindfulness Matters K Working with Letters Fresh Fruit Bread Healthy Hands Relax & Recharge T hanksgiving Napkin Rings Hippy Dance GG State Plate Game	Thanksgiving Cornucopia Pass Lets Spell Thanksgiving Thanksgiving Trail Mix Healthy Hands Relax & Recharge Thanksgiving Adult Coloring Music That Made Movies Famous	V Laughter Yoga K Turn-Over C Birthday Cake Cookie Healthy Hands Relax & Recharge A Abstract Tape Art M Happy Hour-Friday G Pin the Tail on the Bessie	V Bandana Dance K American Landmarks C Tomato Hand Pies Healthy Hands Relax & Recharge A Chihuly Inspired Glass Art M Bust a Move G Corn Hole
V Don't Worry, Be Happy K Life Story C Cream Cheese Pinwheels w/ Fresh Veggies Healthy Hands Relax & Recharge A Favorite Things Collage Who Sang it Best	 K Football Frenzy Apple Cinnamon Muffins Healthy Hands Relax & Recharge Q-T ip Trees Groovin to Songs with Numbers 	V Pump It Up K Message in a Bottle C Cheesecake Berry Parfait Healthy Hands Relax & Recharge Newspaper Winter Landscape M Music Trivia G Babbling Brook Word Game	 W Mindfulness Matters K Working with Letters C Raisin Pecan Oatmeal Cookies Healthy Hands Relax & Recharge A Pipe Cleaner Rose Curls M Hippy Dance G State Plate Game 	"Activities Subject To Change"		

Cypress Pointe Independent Living



		The last		A Washington San San San San San San San San San Sa		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Villa Book Club! 11:30 Knitting & Crocheting with Sherry!	8:00 CLUBHOUSE RESERVED 10:30 Cardio with Paul Eugene 1:00 Soup of the Day!	9:30 Coffee & Donuts 10:00 Villa Inspired Living Community Meeting	10:30 Chair Yoga 2:30 Happy Hour!	6:00 Resident Choice Movie Night
Daylight Saving Ends 10:30 Today's Devotional- Jesus Calling Book! 3:00 YouTube- Worship Music	7 10:30 Chair Yoga	8 Election Day 11:30 Knitting & Crocheting with Sherry!	10:30 Cardio with Paul Eugene 1:00 Soup of the Day!	10 12:00 Women's Club Lunch Outing!	11 Veterans Day 10:30 Chair Yoga 2:30 Happy Hour!	12
10:30 Today's Devotional- Jesus Calling Book! 11:30 Sunday Brunch (Health Center/Assisted Living) 3:00 YouTube- Worship Music	10:30 Chair Yoga 1:00 Bible Study 3:00 Sewing Club with Patty	10:30 Villa Book Club! 11:30 Knitting & Crocheting with Sherry!	10:30 Cardio with Paul Eugene 1:00 Soup of the Day!	12:00 Men's Club Lunch Outing	10:30 Chair Yoga 2:30 Happy Hour!	19
10:30 Today's Devotional- Jesus Calling Book! 3:00 YouTube- Worship Music	10:30 Chair Yoga	11:30 Knitting & Crocheting with Sherry! 1:00 Wellness Screening 2:00 Learning Series: Becoming Tech Savvy	10:30 Cardio with Paul Eugene 1:00 Soup of the Day!	Thanksgiving 12:00 Women's Club Lunch Outing!	10:30 Chair Yoga 2:30 Happy Hour!	26
10:30 Today's Devotional- Jesus Calling Book! 3:00 YouTube- Worship Music	10:30 Chair Yoga 1:00 Bible Study 3:00 Sewing Club with Patty	10:30 Villa Book Club! 11:30 Knitting & Crocheting with Sherry!	10:30 Cardio with Paul Eugene 1:00 Soup of the Day!			