

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We are in need of Volunteers. Volunteers enhance the lives of our residents--Please Check with the Activities staff to get info on Volunteering with us today!</p>	<p>Cards, Puzzles, Movies, Tablets, Magazines, and Board Games available from Life Enrichment team per resident request.</p>	<p>1</p> <p>V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>2</p> <p>GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR V 1:00 Corn Hole - CY or AR if too cold outside I 3:00 Mass - Lg DR</p>	<p>3</p> <p>MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR</p>	<p>4</p> <p>I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR CC 2:30 Chef's Circle - Lg Dr S 3:00 Happy Hour - Lg DR</p>	<p>5</p> <p>A 10:00 Saturday Crafts and Creations - AR GF 1:30 Glamour Girls (come get your nails painted) - AR V 2:30 Exercise - TS GG 3:30 Game Day - AR K 6:00 Group Puzzles - TS</p>
<p>6 Daylight Saving Ends</p> <p>I 10:30 Church On The Air - AR V 10:30 Exercise - AR K 11:00 Cranium Crunches - AR GG 2:00 Bingo - Lg Dr</p>	<p>7</p> <p>MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>8 Election Day</p> <p>V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>9</p> <p>GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR CC 1:00 Creative Cooking - AR K 6:00 National Geographic Secrets In The Amazon Rainforest - AR or your</p>	<p>10</p> <p>MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR</p>	<p>11 Veterans Day</p> <p>V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR S 3:00 Happy Hour - Lg DR</p>	<p>12</p> <p>A 10:00 Saturday Crafts and Creations - AR K 11:00 Trivia - AR V 2:30 Exercise - TS GG 3:30 Game Day - AR K 6:00 Group Puzzles - TS</p>
<p>13</p> <p>I 10:30 Church On The Air - AR S 11:00 Family Brunch - DR GF 1:30 Movie and Popcorn - AR GG 3:30 Card games - AR</p>	<p>14</p> <p>MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>15</p> <p>V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>16</p> <p>GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR GG 1:30 Game Day - AR M 3:00 Music with Curtis - Lg Dr. K 6:00 Movie Night - AR or in</p>	<p>17</p> <p>MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR K 6:00 Group Puzzle - TS</p>	<p>18</p> <p>V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR S 3:00 Happy Hour - Lg DR</p>	<p>19</p> <p>A 10:00 Saturday Crafts and Creations - AR K 11:00 Trivia - AR V 2:30 Exercise - TS GF 3:30 Glamour Girls - AR K 6:00 Group Puzzles - TS</p>
<p>20</p> <p>I 10:30 Church On The Air - AR GG 10:30 Pass The Box - AR V 1:00 Exercise - TS GG 2:00 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>21</p> <p>MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>22</p> <p>V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>23</p> <p>GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR M 2:00 Music with Don Watson - Lg DR GG 3:30 Game Day - AR K 6:00 National Geographic</p>	<p>24 Thanksgiving</p> <p>MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR K 6:00 Group Puzzle - TS</p>	<p>25</p> <p>V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR S 3:00 Happy Hour - Lg DR</p>	<p>26</p> <p>A 10:00 Saturday Crafts and Creations - AR K 11:00 Trivia - AR V 2:30 Exercise - TS GG 3:30 Card Games - AR K 6:00 Group Puzzles - TS</p>
<p>27</p> <p>I 10:30 Church On The Air - AR GG 10:30 Pass The Box - AR K 11:00 Cranium Crunches - AR V 1:00 Sunday Stretches - AR GG 2:00 Bingo - Lg Dr</p>	<p>28</p> <p>MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>29</p> <p>V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>30</p> <p>GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR M 3:00 Music with Mark Pyles - Lg Dr K 6:00 Netflix (Our Planet) - AR or your room</p>	<p>Location Key: AR=Activity Room TS=T own Square SD=Small Dining Room B=Bistro LB=library LR=living room by salon</p>	<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MM - Mindful Moments</p>	<p>M - Music to My Ears S - Signature Events V - Vitality</p>

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<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MM - Mindful Moments</p>	<p>M - Music to My Ears S - Signature Events V - Vitality</p>	<p>1 V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>2 GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR V 1:00 Corn Hole - CY or AR if too cold outside I 3:00 Mass - Lg DR</p>	<p>3 MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR</p>	<p>4 V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR CC 2:30 Chef's Circle - Lg Dr S 3:00 Happy Hour - Lg DR</p>	<p>5 A 10:00 Saturday Crafts and Creations - AR K 11:00 Cranium Crunches - Sm DR GF 1:30 Glamour Girls (come get your nails painted) - AR V 2:30 Exercise - TS</p>
<p>6 Daylight Saving Ends</p> <p>I 10:30 Church On The Air - AR V 10:30 Exercise - AR K 11:00 Cranium Crunches - AR GG 2:00 Bingo - Lg Dr</p>	<p>7 MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>8 Election Day</p> <p>V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>9 GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR CC 1:00 Creative Cooking - AR K 6:00 National Geographic Secrets In The Amazon Rainforest - AR or your</p>	<p>10 MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR</p>	<p>11 Veterans Day</p> <p>MM 10:00 Morning Meditation - AR V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR S 3:00 Happy Hour - Lg DR</p>	<p>12 A 10:00 Saturday Crafts and Creations - AR K 11:00 Cranium Crunches - Sm DR K 11:00 Trivia - AR V 2:30 Exercise - TS GG 3:30 Game Day - AR</p>
<p>13 I 10:30 Church On The Air - AR S 11:00 Family Brunch - DR GF 1:30 Movie and Popcorn - AR GG 3:30 Card games - AR</p>	<p>14 MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>15 V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>16 GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR GG 1:30 Game Day - AR M 3:00 Music with Curtis - Lg Dr. K 6:00 Movie Night - AR or in</p>	<p>17 MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR K 6:00 Group Puzzle - TS</p>	<p>18 MM 10:00 Morning Meditation - AR V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR S 3:00 Happy Hour - Lg DR</p>	<p>19 A 10:00 Saturday Crafts and Creations - AR K 11:00 Trivia - AR V 2:30 Exercise - TS GF 3:30 Glamour Girls - AR</p>
<p>20 I 10:30 Church On The Air - AR GG 10:30 Pass The Box - AR V 1:00 Exercise - TS GG 2:00 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>21 MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS S 4:00 Resident Council-HC</p>	<p>22 V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>23 GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR M 2:00 Music with Don Watson - Lg DR GG 3:30 Game Day - AR K 6:00 National Geographic</p>	<p>24 Thanksgiving</p> <p>MM 10:00 Thankful Thursday - AR V 10:30 Exercise - TS K 11:00 Cranium Crunches - AR GG 1:30 Pokeno - AR M 3:30 Complete The Lyrics - AR K 6:00 Group Puzzle - TS</p>	<p>25 MM 10:00 Morning Meditation - AR V 10:30 Get Fit Friday - AR I 10:45 Communion - R2R K 11:00 Cranium Crunches - AR GG 1:00 Bingo - Lg DR S 3:00 Happy Hour - Lg DR</p>	<p>26 A 10:00 Saturday Crafts and Creations - AR K 11:00 Trivia - AR V 2:30 Exercise - TS GG 3:30 Card Games - AR</p>
<p>27 I 10:30 Church On The Air - AR GG 10:30 Pass The Box - AR K 11:00 Cranium Crunches - AR V 1:00 Sunday Stretches - AR GG 2:00 Bingo - Lg Dr</p>	<p>28 MM 10:30 Mindful Mondays and soft music - AR K 11:00 Cranium Crunches - AR A 2:00 Flower Arranging - AR V 3:30 Exercise (with hand weights) - TS</p>	<p>29 V 10:00 Morning Stretches - AR K 11:00 Cranium Crunches - AR GF 2:00 Just The Guys - TS GG 3:30 Bingo - Lg Dr K 6:00 Group Puzzle - TS</p>	<p>30 GF 10:00 Hair Day MM 10:00 Morning Meditation - AR K 11:00 Cranium Crunches - AR M 3:00 Music with Mark Pyles - Lg Dr K 6:00 Netflix (Our Planet) - AR or your room</p>			