

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	MM - Mindful Moments O - Out & About S - Signature Events V - Vitality	1 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments CC 10:15 Festive cooking- Making fruit cake GG 3:00 Bingo	2 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments 10:30 Catholic Mass O 11:00 Hc Lunch Outing	3 V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club K 3:00 Bingo	4 V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	5 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling
6 Daylight Saving Ends V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	7 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 11:00 AL- Lunch outing CC 2:00 AL- Cooking group O 2:00 Outing- HC country cruise	8 Election Day V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments I 10:00 Catholic communion S 1:15 Resident Council ALDR GG 3:00 Bingo	9 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing	10 V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club K 3:00 Bingo	11 Veterans Day V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	12 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling L 3:00 science group rubber eggs
13 V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	14 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 11:00 AL- Lunch outing CC 2:00 AL- Cooking group O 2:00 Outing- HC country cruise	15 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments GG 3:00 Bingo	16 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments 11:00 Al resident Council O 11:00 Hc Lunch Outing	17 V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club JG 11:00 Mens group K 3:00 Bingo	18 V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	19 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling
20 V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	21 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 11:00 AL- Lunch outing CC 2:00 AL- Cooking group O 2:00 Outing- HC country cruise	22 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments A 10:15 Craft club- mini Christmas wreaths GG 3:00 Bingo	23 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing	24 Thanksgiving V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club K 3:00 Bingo	25 V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	26 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling GF 2:45 Movie day with snacks
27 V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	28 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 11:00 AL- Lunch outing CC 2:00 AL- Cooking group O 2:00 Outing- HC country cruise	29 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments CC 10:45 Cooking club- Homemade butter GG 3:00 Bingo	30 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing V 2:00 Ladies spa day			

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6 Daylight Saving Ends V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	7 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 2:00 Outing- HC country cruise	8 Election Day V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments I 10:00 Catholic communion GG 3:00 Bingo	9 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing	10 V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club K 3:00 Bingo	11 Veterans Day V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	12 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling L 3:00 science group rubber eggs
13 V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	14 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 2:00 Outing- HC country cruise	15 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments I 10:15 soup group GG 3:00 Bingo	16 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing	17 V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club JG 11:00 Mens group K 3:00 Bingo	18 V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	19 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling S 2:30 Craft club- Braided rugs start
20 V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	21 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 2:00 Outing- HC country cruise	22 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments A 10:15 Craft club- mini Christmas wreaths GG 3:00 Bingo	23 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing	24 Thanksgiving V 9:15 Morning exercise MM 9:45 Mindful Moments GG 10:15 Card Club I 11:00 HC resident Council K 3:00 Bingo	25 V 9:15 Walking club MM 9:45 Mindful Moments I 10:15 bible study S 3:00 Happy Hour- HC Dining Room	26 V 9:15 Exercise Arthritis aid MM 9:45 Mindful Moments K 10:15 Wii bowling GF 2:45 Movie day with snacks
27 V 9:30 Morning Exercise- Staffs Choice MM 9:45 Mindful Moments GG 10:15 Board games- Luck I 2:00 In house church service	28 V 9:15 Morning Exercise MM 9:45 Mindful Moments O 2:00 Outing- HC country cruise	29 V 9:15 Morning exercise- Noodleball MM 9:45 Mindful Moments CC 10:45 Cooking club- Homemade butter GG 3:00 Bingo	30 V 9:15 Morning exercise- Moving to the music MM 9:45 Mindful Moments O 11:00 Hc Lunch Outing V 2:00 Ladies spa day	HCDR- Health Center Dining Room ALDR- Assisted Living Dining Room Commons- One located in AL and HC LER- Life Enrichment Room Ch 102- Our In-House Broadcast Channel in room		

Subject may change on some things.....

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<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games V - Vitality</p>		<p>1</p> <p>V 8:00 Pump It Up K 8:30 Message in a Bottle CC 9:45 Rise and Shine Parfaits 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 No Sew Fleece Blankets M 2:30 Music Trivia</p>	<p>2</p> <p>V 8:00 Mindfulness Matters K 8:30 Working with Letters CC 9:45 Tropical Trail Mix 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Glue Art M 2:30 Hippy Dance GG 3:00 State Plate Game</p>	<p>3</p> <p>V 8:00 Let's Take A Trip K 8:30 Categories Game CC 9:45 Mother's Pumpkin Bread 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Life Timeline - Creative Writing</p>	<p>4</p> <p>V 8:00 Laughter Yoga K 8:30 Turn-Over CC 9:45 Classic Chocolate Chip Cookie 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Partner-Print Painting M 2:30 Happy Hour-Friday</p>	<p>5</p> <p>V 8:00 Bandana Dance K 8:30 American Landmarks CC 9:45 Strawberry Hand Pies 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Art Appreciation - American Gothic M 2:30 Bust a Move</p>
<p>6 Daylight Saving Ends</p> <p>V 8:00 Don't Worry, Be Happy K 8:30 Life Story CC 9:45 Italian Pinwheel Sandwiches w/ Cream Cheese 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Label Collage</p>	<p>7</p> <p>V 8:00 Move It Monday K 8:30 Football Frenzy CC 9:45 Blueberry Oat Muffins 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Watercolor Snowman M 2:30 Groovin to Songs with Numbers</p>	<p>8 Election Day</p> <p>V 8:00 Pump It Up K 8:30 Message in a Bottle CC 9:45 Apple Yogurt Parfaits 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Fall Leaf Garland M 2:30 Music Trivia GG 3:00 Babbling Brook Word</p>	<p>9</p> <p>V 8:00 Mindfulness Matters K 8:30 Working with Letters CC 9:45 Chocolate Raspberry Trail Mix 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Paint Pouring M 2:30 Hippy Dance</p>	<p>10</p> <p>V 8:00 Let's Take A Trip K 8:30 Categories Game CC 9:45 Orange Cranberry Bread w/ Glaze 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 To Be - Creative Writing</p>	<p>11 Veterans Day</p> <p>V 8:00 Laughter Yoga K 8:30 Turn-Over CC 9:45 Peanut Butter Cookie 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Veterans Day Heart Card M 2:30 Happy Hour-Friday</p>	<p>12</p> <p>V 8:00 Bandana Dance K 8:30 American Landmarks CC 9:45 Apple Hand Pies 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Art Appreciation - Mona Lisa M 2:30 Bust a Move</p>
<p>13</p> <p>V 8:00 Don't Worry, Be Happy K 8:30 Life Story CC 9:45 Sandwich Pinwheel 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Shapes Collage M 2:30 Who Sang it Best GG 3:00 Color Wheel Trivia</p>	<p>14</p> <p>V 8:00 Move It Monday K 8:30 Football Frenzy CC 9:45 Banana Nut Muffins 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Watercolor Weaving - Day 1 M 2:30 Groovin to Songs with</p>	<p>15</p> <p>V 8:00 Pump It Up K 8:30 Message in a Bottle CC 9:45 Peanut Butter Banana Yogurt Parfaits 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Aromatherapy Balm M 2:30 Music Trivia</p>	<p>16</p> <p>V 8:00 Mindfulness Matters K 8:30 Working with Letters CC 9:45 Ginger Apricot Trail Mix 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Squeegie Canvas Paint M 2:30 Hippy Dance GG 3:00 State Plate Game</p>	<p>17</p> <p>V 8:00 Let's Take A Trip K 8:30 Categories Game CC 9:45 Apple Praline Bread 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Creative Storytelling - My Favorite Teacher M 2:30 Music That Made</p>	<p>18</p> <p>V 8:00 Laughter Yoga K 8:30 Turn-Over CC 9:45 S'more Cookie 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Cut Up Paper Art M 2:30 Happy Hour-Friday GG 3:00 Pin the Tail on the</p>	<p>19</p> <p>V 8:00 Bandana Dance K 8:30 American Landmarks CC 9:45 Blackberry Hand Pies 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Art Appreciation - Renoir M 2:30 Bust a Move</p>
<p>20</p> <p>V 8:00 Don't Worry, Be Happy K 8:30 Life Story CC 9:45 Buffalo Chicken Pinwheels 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Winter Collage M 2:30 Who Sang it Best</p>	<p>21</p> <p>V 8:00 Move It Monday K 8:30 Football Frenzy CC 9:45 Lemon Poppyseed Muffins 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Watercolor Weaving - Day 2</p>	<p>22</p> <p>V 8:00 Pump It Up K 8:30 Message in a Bottle CC 9:45 Pumpkin Parfait 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Thanksgiving Gratitude Tree M 2:30 Music Trivia</p>	<p>23</p> <p>V 8:00 Mindfulness Matters K 8:30 Working with Letters CC 9:45 Fresh Fruit Bread 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Thanksgiving Napkin Rings M 2:30 Hippy Dance</p>	<p>24 Thanksgiving</p> <p>V 8:00 Cornucopia Pass K 8:30 Lets Spell Thanksgiving CC 9:45 Thanksgiving Trail Mix 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Thanksgiving Adult Coloring M 2:30 Music That Made</p>	<p>25</p> <p>V 8:00 Laughter Yoga K 8:30 Turn-Over CC 9:45 Birthday Cake Cookie 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Abstract Tape Art M 2:30 Happy Hour-Friday GG 3:00 Pin the Tail on the</p>	<p>26</p> <p>V 8:00 Bandana Dance K 8:30 American Landmarks CC 9:45 Tomato Hand Pies 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Chihuly Inspired Glass Art M 2:30 Bust a Move</p>
<p>27</p> <p>V 8:00 Don't Worry, Be Happy K 8:30 Life Story CC 9:45 Cream Cheese Pinwheels w/ Fresh Veggies 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Favorite Things Collage</p>	<p>28</p> <p>V 8:00 Move It Monday K 8:30 Football Frenzy CC 9:45 Apple Cinnamon Muffins 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Q-Tip Trees M 2:30 Groovin to Songs with</p>	<p>29</p> <p>V 8:00 Pump It Up K 8:30 Message in a Bottle CC 9:45 Cheesecake Berry Parfait 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Newspaper Winter Landscape</p>	<p>30</p> <p>V 8:00 Mindfulness Matters K 8:30 Working with Letters CC 9:45 Raisin Pecan Oatmeal Cookies 10:30 Healthy Hands 11:45 Relax & Recharge A 1:00 Pipe Cleaner Rose Curls M 2:30 Hippy Dance</p>	<p>HCDR- Health Center Dining Room ALDR- Assisted Living Dining Room Commons- One located in AL and HC LER- Life Enrichment Room Ch 102- Our In-House Broadcast Channel in room</p>		