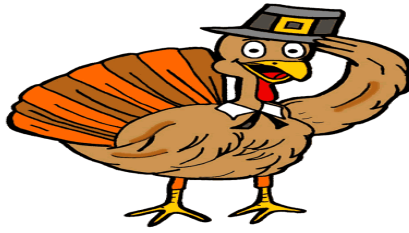


Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oral Cueing Daily Devotions Van Rides Mon Thru Friday Activities 30-60 Minutes Each Calendar Subject to Change	HERITAGE GREEN DAYBREAK NOVEMBER 2023				Happy Birthday Margaret Vale 11/7 Penny Stephens 11/9	
		1 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride/ Trivia 11:00 Ring Toss 1:00 Quiet Time 2:00 Bowling 3:00 Karaoke 6:30 Little House	2 9:30 Daily Chronicle/ Devotions 10:00 Morning Workout 10:30 Music W/Robert Cardwell 11:00 Finish The Phrase 1:00 Quiet Time 2:00 Good Timers 3:00 Pampered Hands 6:30 Leave It To Beaver	3 Resident Birthday Party 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride/Bean Bag Toss 11:00 Reading Club 1:00 Quiet Time 2:00 Birthday Party 3:00 Puzzle Time 6:30 Lawrence Welk Show	4 10:00 Golden Girls 10: 30 Daily Chronicle 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration Cart CP 4:00 Hallmark Movie	
5 Daylight Savings Ends 10:00 Daily Chronicle 11:00 TRBC Gospel Hour 1:00 Hallmark Movie 2:00 Hydration Cart CP 4:00 My Three Son’s TV	6 Hoops Day 9:30 Daily Chronicle/ Devotions 10:00 Bodies In Motion 10:30 Van Ride/Ball Toss 11:00 Train Your Brain 1:00 Quiet Time 2:00 Basketball DB VS AL 3:00 Under The Sea Soundscapes 6:00 Music W/ Sweet Teaz	7 Election Day 9:30 Daily Chronicle/ Devotions 10:00 Chair Yoga 10:30 Van Ride/All Sorts Of Sorting 11:00 Bingo 1:00 Quiet Time 2:00 Mock Election 3:00 Pampered Hands 6:30 Family Feud	8 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride/ Trivia 11:00 Tic Tac Toe 1:00 Quiet Time/Story Time W/Sheryl 2:00 Flag Craft 3:00 Connect Four 6:30 Little House	9 Good Nutrition Day 9:30 Daily Chronicle/ Devotions 10:00 Morning Workout 10:30 Senior Life 11:00 Finish The Phrase 1:00 Quiet Time 2:00 Fresh Market 3:00 Pampered Hands 6:30 Leave It To Beaver	10 9:30 Daily Chronicle/ Devotions 10:00 Chair Yoga W/Maureen 10:30 Van Ride/Bean Bag Toss 11:00 Reading Club 1:00 Quiet Time 2:00 Flag Folding Ceremony 3:00 Veterans Appreciation 6:30 Lawrence Welk Show	11 Veterans Day 10:00 Golden Girls 10:30 Daily Chronicle 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration Cart CP 4:00 Hallmark Movie
12 10:00 Daily Chronicle 11:00 TRBC Gospel Hour 1:00 Hallmark Movie 2:00 Church w/Rev. Dorsey 4:00 My Three Son’s TV	13 9:30 Daily Chronicle/ Devotions 10:30 Van Ride/Ball Toss 11:00 Train Your Brain 1:00 Quiet Time 1:45 Music W/Marc Baskind 3:00 Under The Sea Soundscapes 6:30 The Walton's	14 9:30 Daily Chronicle/ Devotions 10:00 Chair Yoga 10:30 Van Ride/All Sorts Of Sorting 11:00 Bingo 1:00 Quiet Time 1:45 Music W/ Keith Campbell 3:00 Pampered Hands 6:30 Family Feud	15 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride/Trivia 11:00 Giant Dominoes 1:00 Quiet Time 1:45 Music W/ Lew Taylor 3:00 I Am Thankful Turkey Craft 6:30 Little House	16 9:30 Daily Chronicle/ Devotions 10:00 Morning Workout 10:30 Senior Life 11:00 Finish The Phrase 1:00 Quiet Time 2:00 Scrabble 3:00 Pampered Hands 6:30 Leave It To Beaver	17 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride/Bean Bag Toss 11:00 Reading Club 1:00 Quiet Time 2:00 Penny Toss 3:00 Puzzle Time 6:30 Lawrence Welk Show	18 10:00 Golden Girls 10: 30 Daily Chronicle 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration Cart CP 4:00 Hallmark Movie
19 10:00 Daily Chronicle 11:00 TRBC Gospel Hour 1:00 Hallmark Movie 2:00 Hydration Cart CP 4:00 My Three Son’s TV	20 9:30 Daily Chronicle/ Devotions 10:00 Bodies In Motion 10:30 Van Ride/Ball Toss 11:00 Train Your Brain 1:00 Quiet Time 2:00 Making Sandwiches 3:00 Under The Sea Soundscapes 6:30 The Walton's	21 9:30 Daily Chronicle/ Devotions 10:00 Chair Yoga 10:30 Van Ride/All Sorts Of Sorting 11:00 Bingo 1:00 Quiet Time 2:00 Turkey Trot 3:00 Pampered Hands 6:30 Family Feud	22 Lunch Outing 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride /Trivia 11:30 O’Charley’s 1:00 Quiet Time 2:00 Making Sandwiches 3:00 Bubbles 6:30 Little House	23 Thanksgiving Day 10:00 Daily Chronicle 10:30 Thanksgiving Day Parade 1:00 Quiet Time 2:00 Classical Music 3:00 Puzzles Time 6:30 Leave It To Beaver	24 9:00 Daily Chronicle/ Devotions 9:30 Sit & Fit 10:00 Van Ride/Bean Bag Toss 11:00 Reading Club 1:00 Quiet Time 2:00 Music w/Emily 3:00 Horse Shoes 6:30 Lawrence Welk Show	25 10:00 Golden Girls 10: 30 Daily Chronicle 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration Cart CP 4:00 Hallmark Movie
26 10:00 Daily Chronicle 11:00 TRBC Gospel Hour 1:00 Timeless Trivia 2:00 Church w/Rev. Dorsey 4:00 My Three Son’s TV	27 9:30 Daily Chronicle/ Devotions 10:00 Bodies In Motion 10:30 Van Ride/Ball Toss 11:00 Train Your Brain 1:00 Quiet Time 2:00 Making Sandwiches 3:00 Under The Sea Soundscapes 6:30 The Walton's	28 Puzzle & Prizes Day 9:30 Daily Chronicle/Devotions 10:00 Chair Yoga 10:30 Van Ride/All Sorts Of Sorting 11:00 Bingo 1:00 Quiet Time 2:00 Puzzle For A Prize 3:00 Pampered Hands 6:30 Family Feud	29 9:30 Daily Chronicle/ Devotions 10:00 Sit & Fit 10:30 Van Ride/ Trivia 11:00 Sing A Long 1:00 Quiet Time/Story Time W/Sheryl 2:00 Making Sandwiches 3:00 Bowling 6:30 Little House	30 9:30 Daily Chronicle/ Devotions 10:00 Morning Workout 10:30 Van Ride/Sing Along 11:00 Finish The Phrase 1:00 Quiet Time 2:00 Scrabble 3:00 Pampered Hands 6:30 Leave It To Beaver		



Heritage Green Leadership Team

Kimberly Logan
Assisted Living Administrator

Zakiyah Pannell LPN
Resident Care Director

Wellness Nurse
Kamisha Tweedy

Misty Barrett
Coco Chapman
Marketing & Admissions

Lozetta Browley
Business Office Director

Sherry Trent
Resident Life Director

Graham Wilson
Dining Services Director

Josh Peters
Environmental Services Director



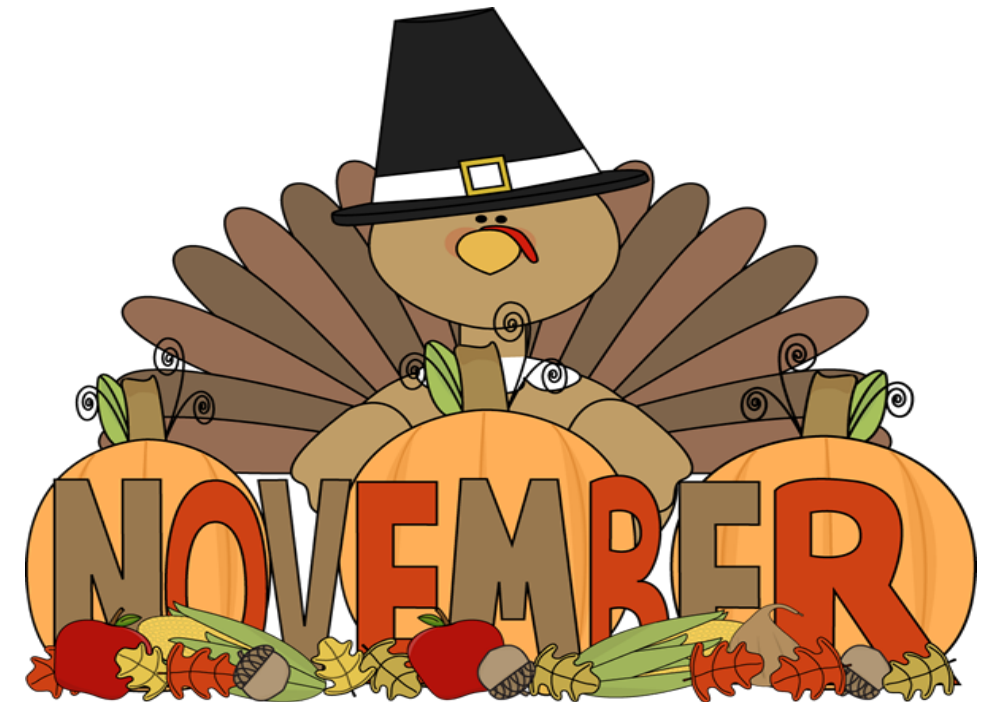
Community Outings

DayBreak

November Birthdays

Margaret Vale 11/7

Penny Stephens 11/9



THERE IS
always, always,
ALWAYS
something
to be thankful for

Heritage Green Assisted Living • 201 Lillian Lane •
Lynchburg Virginia • 24502 • 434-385-5102

Family Participation Is Encouraged With All Activities:
Please Contact Activities Department @ 434-477-5829