

November

Assisted Living

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>*Schedule is subject to change. Please view the weekly board for any updates.</p>							
4	2:00-4:00- Faith Church	9:30- Gentle Exercise 10:00 – Make Pure Whipped Shea Body Butter 11:00 – Rummikub 1:00 – B-I-N-G-O 2:00-4:00- Beading 6:00- Movie & Popcorn Meditation to Follow	9:00- 10:30 – Wayne Devotion 10:40 – Stretching Exercise 11:00 – Music Memory Reflection Session 1:30- Jerry Entertains 2:30- Ice Cream Shop 6:00- Support Circle Chat 7:00- Relaxation Meditation	9:00 – Women’s Devotional 9:15-12:00 – Local Shopping Outing 1:30 – George Adams Entertainment 3:00-4:00- Sorry Game 6:10 – Mood Uplifting Sing-a-Long 7:00- Relaxation Meditation	9:00 – Wayne Devotion 10:30 – Catholic Communion 10:40- Sitting Tai Chi Exercise 11:00- Group Brain Teasers 1:00- Speaker Amanda Jay Reiki Healing 2:30 – Dominoes 4:00 – Senses Enhancing Activity 6:00 – Evening Social 7:00- Relaxation Meditation	9:00 – Wayne Devotion 10:30 – Catholic Mass 11:15 – Strengthening Exercises 1:00 – Spelling Bee 2:00- Checkers & Mingle 4:00- Historical Events of November 15 th Discussion 6:00 – Evening Social 7:00 –Relaxation Meditation	9:30- Better Balance – A No Falls Approach to Balance 10:15 – Group Brain Exercise 11:00 – Mexican Train Game 1:00- Hangman 2:00 – 4:00- Therapeutic Painting 6:10 – Black Jack & Blues Tunes 7:00 – Relaxation Meditation	10:00 – Donuts & Coffee 10:30 – Sit N Be Fit 2:00 – B-I-N-G-O 3:00 - Afternoon Stroll
5								
6								
7								
8								
9								
10								
11	10:30- Exercise 11:30- Church 2:30- Nail Shop	12 9:30 – Gentle Chair Yoga 10:00 – Speaker Meenu Ananthh-Alternative Healing , Meditation and Happiness 11:00- B-I-N-G-O 1:00 – Special Guest Entertainment 3:00- Black Jack 4:00- Puzzles 6:00 – Movie and Popcorn Meditation to Follow	13 9:00 – 10:30 – Wayne Devotion 11:00- Better Balance A No Falls Approach Exercise 1:30 – Jerry Entertains 2:30 – Ice Cream Shop 3:30- Picture Sharing and Memories Chit Chat 6:10 – Support Circle Chat (Need advice from your peers?) 7:00 – Relaxation Meditation	14 9:00- Women’s Devotion 9:15 – 12:00 – Local Shopping Outing 1:30 – 3m Boys Entertainment 3:00- 4:00 – Chess 6:00- Mood Uplifting Sing-a-Long 7:00 – Relaxation Meditation	15 9:00 – Wayne Devotion 10:30 – Catholic Mass 11:15 – Strengthening Exercises 1:00 – Spelling Bee 2:00- Checkers & Mingle 4:00- Historical Events of November 15 th Discussion 6:00 – Evening Social 7:00 –Relaxation Meditation	16 9:30 – Chairobics 10:00 – Air Dry Clay Jewelry Bowl Craft 11:00 – Music Memory Reflection Session 1:00- The Importance of Gut Health Class- Shaqwania Dixon 2:00 – 4:00 Puzzles, Board Games & Afternoon Mingle 6:00- Poker 7:00- Relaxation Meditation	17 10:00 – Donuts & Coffee 10:30 – Sit N Be Fit 2:00 – B-I-N-G-O 3:00 – Afternoon Stroll	

18
 10:00 – Sit N Be Fit
 10:30 – Balloon Volleyball
 11:30 – Church
 2:30 – Afternoon Fun
 4:00 – Afternoon Stroll

19
 9:30 – Learn a New Dance Exercise
 10:30- Makeup Party with Arbonne
 1:00 – B-I-N-G-O
 2:30- Beading
 4:00- Brain Teasers
 6:00 – Movie & Popcorn
 Meditation to Follow

20
 9:00-10:30- Wayne Devotion
 11:00 – Stretch & Flex Exercise
 1:30 – Jerry Entertains
 2:30 – Resident Monthly Meeting
 3:15 – Ice Cream Shop
 4:30- Spelling Bee
 6:00 – I Remember When
 Storytime Sharing
 7:00 – Relaxation Meditation

21
 9:00 – Women’s Devotion
 9:15-12:00- Local Shopping Outing
 1:00 – Rock Painting
 2:00- 4:00- Afternoon Mingle & Games
 6:00 – Word Search Contest
 7:00 – Relaxation Meditation

22
 Happy Thanksgiving!
 9:00-10:30 – Wayne Devotion
 10:30 Catholic Communion
 11:00- Thanksgiving Craft
 1:00- Thanksgiving Memories
 Storytime Sharing by the Fireplace
 3:00- Photo Sharing & Chit Chat
 4:00- Therapeutic Painting
 6:00- Hot Chocolate Social
 7:00- Relaxation Meditation

23
 9:30- Better Balance A No Falls Approach to Exercise
 10:30 – Gentle Yoga
 11:00- Support Circle Discussion
 1:00- Scavenger Hunt
 2:30- Crossword Contest
 4:00- Senses Enhancing Game- Guess with your eyes closed.
 6:00- Crazy Funny Story Creation (Brain Activity)
 7:00- Relaxation Meditation

24
 10:00 – Donuts and Coffee
 10:30 – Sit N Be Fit
 2:00- B-I-N-G-O
 3:00- Afternoon Social

25
 10:00 – Sit N Be Fit
 10:30 – Balloon Volleyball
 11:30 – Church
 2:30 – Afternoon Fun
 4:00 – Afternoon Stroll

26
 9:30 – Deep Breathing and Stretching Exercise
 10:00- Learn a New Dance
 11:00- Learn a New Culture
 1:00- B-I-N-G-O
 2:30 – Trivia
 4:00- Visual Tricks
 6:00 – Movie and Popcorn
 Meditation to Follow

27
 9:00 – 10:30- Wayne Devotion
 11:00- Seated Core Exercise
 1:30- Jerry Entertains
 2:30- Ice Cream Shop
 4:00- Name That Actor
 Westerns
 3:00- Board Games and Mingle
 6:00 – Fill in the Blank Contest
 7:00- Relaxation Meditation

28
 9:00 – Women’s Devotion
 9:15-12:00 – Local Shopping Outing – Sign Up
 1:00- The Importance of Spirituality Class – Shaqwania Dixon
 2:30- Beading
 4:00- Weekly Trivia Challenge
 6:10 – Mood Uplifting Sing-a-Long
 7:00 – Relaxation Meditation

29
 9:00-10:30 – Wayne Devotion
 11:00- Tai Chi Seated Exercise
 1:00- Make Healthy Muffins
 2:30- Fall Craft
 4:00- Name That Car
 6:00 – Evening Social – Mingle With Friends
 7:00- Relaxation Meditation

30
 9:30 – Better Balance A No Falls Approach Exercise
 10:30- Aquarium Restaurant Underwater Dining Experience
 2:30- Indoor Golf
 4:00- Bean Bag Toss
 6:00 – Comedy Night
 Meditation to Follow