




November 2023		Monthly Activities						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>MEMORY CARE <b>embrace</b> BY SENIOR LIFESTYLE</p><p>WWW.SENIORLIFESTYLE.COM</p><p>Activities are subject to change</p></div> <div><p>ASPIRED LIVING OF LA GRANGE <i>a Senior Lifestyle community</i></p></div> <div><p>● <b>_CONNECT</b></p><p>● <b>_CONTRIBUTE</b></p><p>● <b>_FEEL</b></p><p>● <b>_GROW</b></p><p>● <b>_MOVE</b></p><p>● <b>_REFLECT</b></p></div> <div><p><b>Location Keys</b></p><p>Activity Room</p><p>All Community Spaces</p><p>Dining Room</p><p>Discovery Room</p><p>TV Nook</p></div>	AR All DR Disc. TV			<div><p>9:30 ● Daily Chronicle [AR] <b>1</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Light Reading: Magazines, Newspapers, Comics [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Rosary with Pat [Disc.]</p><p>6:00 ● Classic Mystery Show Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>2</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Social Hour [AR]</p><p>2:30 ● Game Time [DR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Thirsty Thursday [DR]</p><p>4:00 ● "Live" Music: Concert Recordings with your Drink! [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>3</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>11:30 ● Funny Friday [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Trivia Afternoon [AR]</p><p>6:00 ● Friday Night Fun: Social Hour [All]</p></div>	<div><p>9:00 ● Walking Club <b>4</b></p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Games/Crafts/ Bingo</p><p>2:30 ● Snacks/Socialization/ Tortilla chips + salsa</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Saturday Night Singalong [TV]</p></div>	
		<div><p><b>Daylight Saving Time Begins</b> <b>5</b></p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Bible and Spirituality Gathering [AR]</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Around the Table [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Small Group Activities [All]</p><p>6:00 ● Sunday Sitcoms (Classic Oldies) [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>6</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Conversation Cards [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Monday Movie Night [TV]</p></div>	<div><p><b>Election Day</b> <b>7</b></p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Around The World</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Puzzle Club [AR]</p><p>6:00 ● Tuesday Bingo Night [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>8</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Light Reading: Magazines, Newspapers, Comics [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Classic Mystery Show Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>9</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Social Hour [AR]</p><p>2:30 ● Game Time [DR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Thirsty Thursday [DR]</p><p>4:00 ● "Live" Music: Concert Recordings with your Drink! [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>10</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>11:30 ● Funny Friday [AR]</p><p>2:30 ● Spa Day</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Friday Night Fun: Social Hour [All]</p></div>	<div><p><b>Veterans Day</b> <b>11</b></p><p>9:00 ● Walking Club</p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Games/Crafts/ Bingo</p><p>2:00 ● "A Veterans Day Discussion"</p><p>2:30 ● Snacks/Socialization/ Tortilla chips + salsa</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Saturday Night Singalong [TV]</p></div>
		<div><p>9:30 ● Daily Chronicle [AR] <b>12</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Bible and Spirituality Gathering [AR]</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Around the Table [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Small Group Activities [All]</p><p>6:00 ● Sunday Sitcoms (Classic Oldies) [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>13</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Conversation Cards [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Monday Movie Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>14</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>2:00 ● Word Mining / Trivia</p><p>2:30 ● Around The World</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Puzzle Club [AR]</p><p>6:00 ● Tuesday Bingo Night [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>15</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Light Reading: Magazines, Newspapers, Comics [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Rosary with Pat [Disc.]</p><p>6:00 ● Classic Mystery Show Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>16</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Social Hour [AR]</p><p>2:30 ● Making Card (Thanksgiving) [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Thirsty Thursday [DR]</p><p>4:00 ● "Live" Music: Concert Recordings with your Drink! [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>17</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>11:30 ● Funny Friday [AR]</p><p>2:30 ● Spa Day</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Friday Night Fun: Social Hour [All]</p></div>	<div><p>9:00 ● Walking Club <b>18</b></p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Games/Crafts/ Bingo</p><p>2:30 ● Snacks/Socialization/ Tortilla chips + salsa</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Saturday Night Singalong [TV]</p></div>
		<div><p>9:30 ● Daily Chronicle [AR] <b>19</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Bible and Spirituality Gathering [AR]</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Around the Table [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Small Group Activities [All]</p><p>6:00 ● Sunday Sitcoms (Classic Oldies) [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>20</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Conversation Cards [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Monday Movie Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>21</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>2:30 ● Around The World</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Puzzle Club [AR]</p><p>6:00 ● Tuesday Bingo Night [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>22</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Light Reading: Magazines, Newspapers, Comics [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Classic Mystery Show Night [TV]</p></div>	<div><p><b>Thanksgiving</b> <b>23</b></p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Social Hour [AR]</p><p>2:00 ● Turkey Day Trivia</p><p>3:30 ● Thirsty Thursday [DR]</p><p>4:00 ● "Live" Music: Concert Recordings with your Drink! [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>24</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>11:30 ● Funny Friday [AR]</p><p>2:30 ● Spa Day</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Friday Night Fun: Social Hour [All]</p></div>	<div><p>9:00 ● Walking Club <b>25</b></p><p>9:30 ● Daily Chronicle [AR]</p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Games/Crafts/ Bingo</p><p>2:30 ● Snacks/Socialization/ Tortilla chips + salsa</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Saturday Night Singalong [TV]</p></div>
		<div><p>9:30 ● Daily Chronicle [AR] <b>26</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Bible and Spirituality Gathering [AR]</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Around the Table [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Small Group Activities [All]</p><p>6:00 ● Sunday Sitcoms (Classic Oldies) [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>27</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Conversation Cards [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>6:00 ● Monday Movie Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>28</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>2:30 ● Around The World</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Puzzle Club [AR]</p><p>6:00 ● Tuesday Bingo Night [DR]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>29</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Light Reading: Magazines, Newspapers, Comics [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Rosary with Pat [Disc.]</p><p>6:00 ● Classic Mystery Show Night [TV]</p></div>	<div><p>9:30 ● Daily Chronicle [AR] <b>30</b></p><p>10:30 ● Morning Exercise</p><p>11:00 ● Games / Trivia [AR]</p><p>1:30 ● Social Hour [AR]</p><p>3:00 ● Social Hour (Snack &amp; Drink) [All]</p><p>3:30 ● Thirsty Thursday [DR]</p><p>4:00 ● "Live" Music: Concert Recordings with your Drink! [DR]</p></div>	