

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

#### ALTERNATIVE LOCATIONS

DINING ROOM - D  
LIBRARY - B  
LOBBY - L  
COZY CAFE - CC  
COURTYARD - CY  
FRONT PORCH - FP  
MEMORY LANE - ML

#### RESIDENT BIRTHDAYS:

Sheila O. 11/06  
Bill S. 11/06  
Alice S. 11/06  
Earcy B. 11/07  
Betty P. 11/17  
Kathleen S. 11/18  
Karen R. 11/27

SENIOR LIFESTYLE

*Come grow with us!*

SENIOR LIFESTYLE

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Activities are subject to change



AM ● Meet & Greet Journal Log  
10:00 ● Out & About Van Trip  
AM ● Table Games  
AM ● Walk About Discovery Group [CY]  
PM ● Fact or Fiction Fridays  
2:00 ● Happy Hour with J&J Entertainment [L]  
PM ● Fresh & Fit Snack Creations  
PM ● Word Storm  
PM ● Evening Cinema

AM ● Meet & Greet Journal Log  
AM ● Seated Stretches  
AM ● Fancy Nails Polish Touchups  
AM ● Weekend Funnies with Jan  
PM ● Bingo  
PM ● Fresh & Fit Snack Creations  
PM ● Sports Games  
PM ● Saturday at the Movies

**Daylight Saving Time Begins**  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
11:00 ● Catholic Communion Service [AL]  
PM ● Ball Toss  
PM ● Fresh & Fit Snack Creations  
PM ● Table Games  
PM ● Trivia Fun  
PM ● Evening Cinema  
8:20 ● NFL - NBC

AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
AM ● Morning Stretch  
10:30 ● Linda Levasseur Performs [SS]  
AM ● Monday Morning Fun Facts  
PM ● Table Games  
PM ● Fresh & Fit Snack Creations  
PM ● Creative Expressions Art Group  
PM ● Evening Cinema  
8:15 ● NFL - ESPN

**Election Day**  
AM ● Meet & Greet Journal Log  
AM ● Chair Exercises  
AM ● Paws For Comfort  
AM ● Let's Talk Politics - Election Day Debates  
PM ● Bookmarks Club - "George Washington's Boyhood Rules" [SS]  
PM ● Garden Guru's - Herbs [ML]  
PM ● Fresh & Fit Snack Creations  
PM ● Race to 500 Word Games  
PM ● Evening Cinema

AM ● Meet & Greet Journal Log  
AM ● Rhythm Kicks Exercise Bunch  
AM ● Paws For Comfort  
AM ● November Fun Facts  
PM ● Arts & Crafts  
PM ● SPARK - Physical - Progressive Exercise  
PM ● Fresh & Fit Snack Creations  
PM ● Bingo  
PM ● Evening Cinema

AM ● Meet & Greet Journal Log  
AM ● Tag Team Turkey Toss  
AM ● Fancy Nails Polish Touchups  
10:45 ● Catholic Service [AL]  
PM ● Bookmarks Club - The Big Trip Up Yonder [SS]  
2:00 ● Veterans Day Salute w/ The American Legion & Veterans of Foreign War  
PM ● Fresh & Fit Snack Creations  
PM ● Picture Puzzles  
PM ● Evening Cinema  
8:20 ● NFL- FOX or NFL Network

AM ● Meet & Greet Journal Log  
10:00 ● Out & About Van Trip  
AM ● Table Games  
AM ● Walk About Discovery Group [CY]  
PM ● Fact or Fiction Fridays  
PM ● Word Storm  
PM ● Fresh & Fit Snack Creations  
3:00 ● Happy Hour with Flve & Dime Entertainment [L]  
PM ● Evening Cinema

AM ● Meet & Greet Journal Log  
AM ● Seated Stretches  
AM ● Fancy Nails Polish Touchups  
10:00 ● Tom Cooke Performs [L]  
AM ● Weekend Funnies with Jan  
PM ● Bingo  
PM ● Fresh & Fit Snack Creations  
PM ● Sports Games  
PM ● Saturday at the Movies

AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
11:00 ● Catholic Communion Service [AL]  
PM ● Ball Toss  
PM ● Fresh & Fit Snack Creations  
PM ● Table Games  
PM ● Trivia Fun  
PM ● Evening Cinema  
8:20 ● NFL - NBC

**Veterans Day**  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
AM ● Morning Stretch  
AM ● Monday Morning Fun Facts  
PM ● Table Games  
PM ● Fresh & Fit Snack Creations  
PM ● Creative Expressions Art Group  
PM ● Evening Cinema  
8:15 ● NFL - ESPN

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Chair Exercises  
AM ● Paws For Comfort  
AM ● Breaking Boundaries  
PM ● Bookmarks Club - Tobermory [SS]  
PM ● Garden Guru's - Herbs [ML]  
PM ● Fresh & Fit Snack Creations  
PM ● Race to 500 Word Games  
PM ● Evening Cinema

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Rhythm Kicks Exercise Bunch  
AM ● Paws For Comfort  
AM ● SPARK - Nutrition - Brain Food Concentration  
PM ● Paint & Sip Art Group  
PM ● History of Charitable Organizations  
PM ● Fresh & Fit Snack Creations  
PM ● Bingo  
PM ● Evening Cinema

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Stretch Bounce Cardio  
AM ● Fancy Nails Polish Touchups  
10:45 ● Catholic Service [AL]  
PM ● Bookmarks Club - A Modest Proposal [SS]  
PM ● Fresh & Fit Snack Creations  
PM ● Picture Puzzles  
PM ● Evening Cinema  
8:20 ● NFL- FOX or NFL Network

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Table Games  
AM ● Walk About Discovery Group [CY]  
PM ● Fact or Fiction Fridays  
PM ● Word Storm  
PM ● Fresh & Fit Snack Creations  
3:00 ● Happy Hour w/Performance by "Jeanette Harris" [L]  
PM ● Evening Cinema

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Seated Stretches  
AM ● Fancy Nails Polish Touchups  
AM ● Weekend Funnies with Jan  
PM ● Bingo  
PM ● Fresh & Fit Snack Creations  
PM ● Sports Games  
PM ● Saturday at the Movies

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
11:00 ● Catholic Communion Service [AL]  
PM ● Ball Toss  
PM ● Fresh & Fit Snack Creations  
PM ● Table Games  
3:00 ● Entertainment by Linda Levasseur [ML]  
PM ● Trivia Fun  
PM ● Evening Cinema  
8:20 ● NFL - NBC

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
AM ● Morning Stretch  
AM ● Monday Morning Fun Facts  
PM ● Table Games  
PM ● Fresh & Fit Snack Creations  
PM ● Creative Expressions Art Group  
PM ● Evening Cinema  
8:15 ● NFL - ESPN

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Chair Exercises  
AM ● Paws For Comfort  
AM ● Fill the Pot  
PM ● Bookmarks Club - Three Thanksgiving Kisses [SS]  
PM ● Garden Guru's - Herbs [ML]  
PM ● Fresh & Fit Snack Creations  
PM ● Race to 500 Word Games  
PM ● Evening Cinema

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Rhythm Kicks Exercise Bunch  
AM ● Paws For Comfort  
AM ● SPARK - Sleep Tips  
PM ● Arts & Crafts  
PM ● Fresh & Fit Snack Creations  
PM ● Bingo  
PM ● Evening Cinema

**Food Drive**  
AM ● Chili Cookoff! - Live Cooking [ML]  
AM ● Meet & Greet Journal Log  
AM ● Stretch Bounce Cardio  
AM ● Fancy Nails Polish Touchups  
10:45 ● Catholic Service [AL]  
PM ● Bookmarks Club - Voltaire [SS]  
PM ● Fresh & Fit Snack Creations  
PM ● Picture Puzzles  
PM ● Evening Cinema  
8:20 ● NFL- FOX or NFL Network

**Food Drive**  
AM ● Meet & Greet Journal Log  
10:00 ● Out & About Van Trip  
AM ● Table Games  
AM ● Walk About Discovery Group [CY]  
PM ● Fact or Fiction Fridays  
1:00 ● Happy Hour w/ Performance by "Michael Brown" [L]  
PM ● Word Storm  
PM ● Fresh & Fit Snack Creations  
PM ● Evening Cinema

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Seated Stretches  
AM ● Fancy Nails Polish Touchups  
10:30 ● Live Performance by "Nelli Vladim" [L]  
AM ● Weekend Funnies with Jan  
PM ● Bingo  
PM ● Fresh & Fit Snack Creations  
PM ● Sports Games  
PM ● Saturday at the Movies

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
11:00 ● Catholic Communion Service [AL]  
PM ● Ball Toss  
PM ● Fresh & Fit Snack Creations  
PM ● Table Games  
PM ● Trivia Fun  
PM ● Evening Cinema  
8:20 ● NFL - NBC

**Food Drive**  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
AM ● Morning Stretch  
AM ● Monday Morning Fun Facts  
1p-4p ● Out & About Afternoon Drive  
PM ● Table Games  
PM ● Fresh & Fit Snack Creations  
PM ● Creative Expressions Art Group  
PM ● Evening Cinema  
8:15 ● NFL - ESPN

**Food Drive**  
AM ● Let's Bake! Treats for the Holiday  
AM ● Meet & Greet Journal Log  
AM ● Chair Exercises  
AM ● Paws For Comfort  
PM ● Bookmarks Club - Blessings of a Good Deed [SS]  
PM ● Garden Guru's - Herbs [ML]  
PM ● Fresh & Fit Snack Creations  
PM ● Race to 500 Word Games  
PM ● Evening Cinema

AM ● Meet & Greet Journal Log  
AM ● Rhythm Kicks Exercise Bunch  
AM ● Paws For Comfort  
AM ● SPARK - Stress - Color Therapy  
PM ● Paint & Sip Art Group  
PM ● Fresh & Fit Snack Creations  
PM ● Bingo  
PM ● Evening Cinema

**Thanksgiving**  
9a-12p ● Macy's Thanksgiving Day Parade [SS]  
AM ● Meet & Greet Journal Log  
AM ● Fancy Nails Polish Touchups  
10:45 ● Catholic Service [AL]  
PM ● Bookmarks Club [SS]  
PM ● Fresh & Fit Snack Creations  
PM ● Picture Puzzles  
PM ● Evening Cinema  
8:20 ● NFL- FOX or NFL Network

AM ● Meet & Greet Journal Log  
AM ● Table Games  
AM ● Walk About Discovery Group [CY]  
PM ● Fact or Fiction Fridays  
PM ● Word Storm  
PM ● Fresh & Fit Snack Creations  
3:00 ● Happy Hour with Performance by "Vintage Entertainment" [L]  
PM ● Evening Cinema

AM ● Meet & Greet Journal Log  
AM ● Seated Stretches  
AM ● Fancy Nails Polish Touchups  
AM ● Weekend Funnies with Jan  
PM ● Bingo  
PM ● Fresh & Fit Snack Creations  
PM ● Sports Games  
PM ● Saturday at the Movies