November 2021 Monthly Activities **Embrace-2nd Floor** Wednesday Sunday Monday Tuesday Thursday Friday Saturday **Election Day** Music with Friends 9:00 9:00 • Thymeless: Herb 9:00 • Thymeless: 9:00 • Thymeless: 9:00 Music with Friends 9:00 Thymeless: Herb 9:00 Garden Care Herb Garden Herb Garden Care 9:00 • Thymeless: Herb Learning All About AM Care Garden Care 9:30 Pravers with Charles Garden Care Animals Thymeless: Herb Daily Chronicle and AM • Daily Chronicle and iN2L Trivia 9:45 • Bible Study-IN2L 10:00 Morning Stretches 9:30 Rosary MEMORY CARE Garden Care AM • Gospel Hymns Sing-Along Finish The Lyrics ΔМ Trivia [CR] AM • Sing-Along [CR] nbrace 11:00 • Therapy ball [CS1] 11:00 Discovering America (IN2L) AM • Salt Box TV [CR] **Music with Bryan** 0:30 Tai Chi 10:30 Classic TV Stretch and Weights 1:30 Autumntime Bingo Thymeless Cooking AM • Arm Chair Travel(GC) [CR] 11:00 🌘 Balloon Ball PM Baby Mugs Essence: Aromatherapy [SR] BY SENIOR LIFESTYLE 1:30 **Scenic Drive** 2.00 Club [MK] PM • Afternoon Matinee [CR] 2:00 Scenic Drive: Cahokia Mounds 3:00 Reading Round Table: Mickey Classic TV 1:30 3:30 You Can Puzzle Too PM • Men's Club [CR] PM • Puzzle Time Guess Mv Riddle [CR] Rooney 3:00 Penny Ante РМ One-on-One Visits 3:30 Famous Folks PM • One-on-One Visits РМ Popcorn Time WWW.SENIORLIFESTYLE.COM Creative Coloring 3:30 PM • One-on-One Visits 3:00 Cards PM • One-on-One Visits One-on-One Visits Activities are subject to change PM • One-on-One Visits Daylight Saving Time 9:00 Music with Friends 9:00 Music with Veterans Day 9:00 Thymeless: Herb 9:00 9:00 • Thymeless: Thymeless: 9:00 • Thymeless: Herb Begins Friends 9:00 • Thymeless: Herb Garden Care Herb Herb Garden Care 9:00 Thymeless: Herb Garden Care Learning All About 9:00 • Thymeless: Herb Garden Care Garden Care AM • Daily Chronicle and AM • Famous Battleships-Garden Care Animals Garden Care iN2L Trivia Morning Stretches What Am I? **SENIOR** 10:00 Pravers with Charles AM • Salt Box TV [CR] Streaming Church Service 9:30 • Rosary Finish The Lyrics Learning About the Local Prayers with Charles [CR] 9:45 • Bible Study-IN2L AM • Sing-Along [CR] 11:00 • Balloon Ball 10:30 Jewish Chaplain Visit Indigenous People of St. Louis AM • Arm Chair Travel(GC) [CR] LIFESTYLE AM • Gospel Hymns Sing-Along Spiritual Hymns/ Devotional 10:15 State Parks 1:00 • Half n' Half Exercise [CS1] All About Cats 1:30 Classic TV 11:00 • Discovering America (IN2L) History of the US Department of 1:00 • Stretch and Weights [CS1] (IN2L) 11:00 • Therapy ball [CS1] 1:30 Classic TV 1:30 The Game of Whoopi 3:00 Making Sundae's on Sunday Stretch and Weights PM • Afternoon Matinee [CR] ΔМ Autumntime Bingo **Veterans Affairs** your life, your style 1:30 **Scenic Drive** PM • One-on-One Visits Mv 2 Cents 2:00 Essence: Aromatherapy [SR] PM • Baby Mugs Thymeless Cooking Club [MK] Men's Club [CR] Honoring Our Veterans PM • One-on-One Visits PM • One-on-One Visits 3:00 Craft Time: Making Dream 2:00 Scenic Drive РМ Popcorn Time Catchers PM • Guess My Riddle [CR] PM • Puzzle Time Cards 3:00 PM • One-on-One Visits One-on-One Visits PM • One-on-One Visits PM • One-on-One Visits 9:00 • Thymeless: Music with Friends 9:00 Music with Friends 9:00 • Thymeless: 9:00 Thymeless: Herb 9 9:00 8 9:00 Thymeless: Herb Thymeless: Herb 9:00 Garden Care Herb Garden Herb Garden *BOOKMARKS Garden Care Garden Care Learning All About Care Care Prayers with Charles 9:30 Daily Chronicle and Animals Thymeless: Herb Thymeless: Herb CONNECT 9:15 • Streaming Church AM • Daily Chronicle and 9:45 • Bible Study-IN2L iN2Ĺ Trivia 9:30 • Rosary Garden Care Garden Care AM • Gospel Hymns Sing-Along Finish The Lyrics Service CONTRIBUTE AM • Sing-Along [CR] 10.00 Native American Drumming 10:30 Jewish Chaplain Visit AM • Salt Box TV [CR] Spiritual Hymns/ 10:00 Morning Stretches **Music with Bryan** Tai Chi 0:30 FEEL 11:00 Discovering America (IN2L) **11:00** • Therapy ball [CS1] Devotional (IN2L) 11:00 • Half n' Half Exercise AM • Arm Chair Travel(GC) [CR] [CR] 11:00 🌘 Balloon Ball Stretch and Weights Autumntime Bingo 1:30 GROW 2:00 Finishing Lines [CS1] 1:00 • Stretch and Weights [CS1] PM Babv Mugs 10:15 State Parks PM • Making 2:00 Essence: Aromatherapy [SR] PM • Afternoon Matinee [CR] Making Sundae's on Chef on Display and Food Scenic Drive 2:00 MOVE Craft Time: Making Orange 3:00 Smoothies [CR] **Scenic Drive** 1:30 Committee Meeting PM Men's Club [CR] Sunday Hearts and Red Hand Prints PM • Guess My Riddle [CR] РМ Puzzle Time REFLECT PM • One-on-One Visits PM • One-on-One Visits PM • One-on-One Visits РМ One-on-One Visits PM • One-on-One Visits PM • One-on-One Visits PM One-on-One Visits 9:00 Music with 9:00 Music with Friends **Thanksgiving** 9:00 9:00 • Thymeless: 9:00 Thymeless: 26 9:00 Thymeless: Herb Friends 9:00 Herb Garden Herb Garden 9:00 • Thymeless: Garden Care Thymeless: Herb Herb Garden Care Prayers with Charles Thymeless: Herb Garden Care Thymeless: Herb Learning All About Care 9:15 Streaming Church 9:45 Bible Study-IN2I **Enjoy Native American Flute Animals** Garden Care AM • Daily Chronicle and Trivia Garden Care AM • Gospel Hymns Sing-Along Music and their Visions [CR] 9:30 • Rosary 10:30 • The Truth About the Real First 11:00 • Half n' Half Exercise [CS1] AM • Spiritual Hymns/ Morning Stretches AM • Salt Box TV [CR] 10:00 AM • Daily Chronicle and iN2L AM • Sing-Along [CR] Thanksgiving PM • Thymeless Cooking Club Devotional (IN2L) [CR] Stretch and Weights 11:00 🌘 Balloon Ball AM • Arm Chair Travel(GC) [CR] Finish The Lyrics Making Sundae's on PM Baby Mugs 10:15 State Parks 1:00 • Stretch and Weights [CS1] PM • Making PM • Guess Mv Riddle [CR] **11:00** • Therapy ball [CS1] 2:00 Scenic Drive Sunday PM • Afternoon Matinee [CR] 1:30 Scenic Drive 1:30 Autumntime Bingo PM • One-on-One Visits Smoothies [CR] PM • Puzzle Time PM • One-on-One Visits PM • Men's Club [CR] PM • One-on-One Visits **Location Keys** 2:00 Essence: Aromatherapy [SR] One-on-One Visits PM • PM • One-on-One Visits PM • One-on-One Visits PM • One-on-One Visits Community Room CR CS₁ Creative Studio 9:00 • Thymeless: 9:00 Music with 9:00 MK Mom's Kitchen Friends Herb Garden Serenity Room SR 9:00 • Thymeless: Herb Care Garden Care Thymeless: Herb 9:15 • Streaming Church AM • Daily Chronicle and iN2L **Resident Birthdays Garden Care** Service Trivia Deb E. AM • Spiritual Hymns/ 10:00 Morning Stretches AM Finish The Lyrics Devotional (IN2L) **11:00** • Therapy ball [CS1] [CR] Jeanine "Jan" B. 11/2 Autumntime Bingo Making Sundae's on 10:15 State Parks Louis D. 11/17 2:00 Essence: Aromatherapy [SR] Sunday 1:30 **Scenic Drive** PM • One-on-One Visits PM • One-on-One Visits PM • One-on-One Visits