

## www.highgateseniorliving.com

## November 2020 Small Group & Individual Activities

HIGHGALE SENIOR LIVING	Small Group & Individual Acti					ridual Activities	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST 7:30 A.M 9:00 A.M.  LUNCH & DINNER 10:00 A.M 6:00 P.M.  DOCTOR APPOINTMENTS	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles
Tuesdays & Thursdays  RESIDENT BIRTHDAYS  Louise B. 4/02  Jayne H. 4/04  Barbara W. 4/05  John B. 4/05  Lowell B. 4/10	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading  - Daily Exercise  - Gardening, Flower Arranging or Watering  - Helping Around Highgate  - Misc. Game Play  - Napkin or Clothes Folding  - One & One Room Visits w/TM  - TV, Movie, Music or Book on Tape Participation  - Virtual or Phone Visits w/Friends or Family  - Walking Club  - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	<ul> <li>Book, Newspaper or Magazine Reading</li> <li>Daily Exercise</li> <li>Gardening, Flower Arranging or Watering</li> <li>Helping Around Highgate</li> <li>Misc. Game Play</li> <li>Napkin or Clothes Folding</li> <li>One &amp; One Room Visits w/TM</li> <li>TV, Movie, Music or Book on Tape Participation</li> <li>Virtual or Phone Visits w/Friends or Family</li> <li>Walking Club</li> <li>Working on Puzzles</li> </ul>
Josie L. 4/11 Margherita R. 4/16 Char C. 4/18 Gene P. 4/19 Carol H. 4/20 Joy I. 4/23	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles
TEAM MEMBER BIRTHDAY Latoyia J. 4/04 Veronica M. 4/05 Alexa M. 4/13 Jaquel N. 4/15 Marlena R. 4/15 Leslie B. 4/25 Bertha E. 4/25	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging or Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles

## **TEAM MEMBER ANNIVERSARIES**

Nancy P. 4/01 - 7 yrs Kelly P. 4/18 - 5 yrs

Volunteers needed, please speak with our Life **Enhancement Coordinator on ways to help out** around the community.

Book, Newspaper or Magazine Reading

Daily Exercise

- Gardening, Flower Arranging or Watering - Helping Around Highgate

- Misc. Game Play

Napkin or Clothes Folding

- One & One Room Visits w/TM

- TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or

Family - Walking Club

Working on Puzzles

Book, Newspaper or Magazine Reading

Daily Exercise - Gardening, Flower Arranging or Watering Helping Around Highgate

Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM

- TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family

Walking Club Working on Puzzles 30

\*\*\* ADD MONTH \*\*\*

**ADD THEME** 

**Add Support Theme** 

**Due to Residents** Preference, **Activities Are** 

**Subject to Change** 

EXPAND HORIZONS | REACH FARTHER | BUILD BRIDGES | FORGE RELATIONSHIP