

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Monthly Theme:  
**GRATITUDE**



8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● District 156 Kids [DR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Chair Yoga [TR]  
10:30 ● Thymeless-Refreshments [DR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Church Service & Hymn Sing Along [AR]  
10:00 ● Glam-It! [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Trivia Time [AR]  
10:00 ● Sing-along with Joe [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Church with Chaplin Jonathan

**Whimsical Wednesday**  
8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Morning Stretch [TR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:45 ● Arts & Crafts [DR]  
10:00 ● District 156 Kids [DR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Chair Yoga [TR]  
10:30 ● Thymeless-Refreshments [DR]

**Resident Birthdays**  
Carolyn J. 11/18  
Jerleen S. 11/20

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Church Service & Hymn Sing Along [AR]  
10:00 ● Glam-It! [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Trivia Time [AR]  
10:00 ● Sing-along with Joe [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:30 ● Bingo-High School Students [DR]

**Whimsical Wednesday**  
8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Morning Stretch [TR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:45 ● Arts & Crafts [DR]  
10:00 ● District 156 Kids [DR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Chair Yoga [TR]  
10:30 ● Thymeless-Refreshments [DR]

● Connect  
● Contribute  
● Feel  
● Grow  
● Move  
● Reflect

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Church Service & Hymn Sing Along [AR]  
10:00 ● Glam-It! [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Trivia Time [AR]  
10:00 ● Sing-along with Joe [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:30 ● Bingo-High School Students [DR]

**Whimsical Wednesday**  
8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Morning Stretch [TR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:45 ● Arts & Crafts [DR]  
10:00 ● District 156 Kids [DR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Chair Yoga [TR]  
10:30 ● Thymeless-Refreshments [DR]

“It is not happy people who are thankful, it is thankful people who are happy.”  
— Unknown

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Church Service & Hymn Sing Along [AR]  
10:00 ● Glam-It! [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:30 ● Trivia Time [AR]  
10:00 ● Sing-along with Joe [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:30 ● Bingo-High School Students [DR]

**Whimsical Wednesday**  
8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Morning Stretch [TR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
9:45 ● Arts & Crafts [DR]  
10:00 ● District 156 Kids [DR]

8:30 ● Rise & Shine [DR]  
9:00 ● Current Events [AR]  
10:00 ● Chair Yoga [TR]  
10:30 ● Thymeless-Refreshments [DR]