

 Live Music

 Health

 Outings

 Fun

 Inspiration

 Education

 Spirituality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Activities are subject to change. Please see daily calendar for updates.						
8:00 Breakfast 10:00♥Seated Yoga 12:00 Lunch 2:30♠Lorna Doones 3:00♠Puzzles/Coloring 4:30 Dinner 6:00♠Hallmark Daylight Saving Time 2	8:00♦Breakfast and Chronicles 9:30♥Strength Training 10:30♫Sing w/ Joe at Wolk 12:00 Lunch 1:30♫Music w/ Allen 2:30♠Smoothies 3:00♠AGT 4:30 Dinner 6:00♠“Basketball or Nothing” 3	8:00♦Breakfast and Chronicles 9:30♥Stretch it out 10:30♫Music w/ John 12:00 Lunch 1:30♣Crafting Corner 2:30♠Fresh Fruit 3:00♠Brain Games 4:30 Dinner 6:00♠Netflix 4	8:00♦Breakfast and Chronicles 9:30♥Dancing 10:30♦“Ancient Americans” (PBS) 12:00 Lunch 1:00♣Painting Class 2:30♠Fresh Cookies 3:00♣Roc Dogs 4:30 Dinner 6:00♠“Geronimo” 5	8:00♦Breakfast and Chronicles 9:30♥Seated Yoga 10:30♦Trivia 12:00 Lunch 1:30♫Name That Tune 2:30♠Nutrigrain Bars 3:00♠Read Along: “The Night Before Thanksgiving” 4:30 Dinner 6:00♠TCM 6	8:00♦Breakfast and Chronicles 9:30♥Chair Exercise 10:30♫Music w/ Standard Time 12:00 Lunch 1:30♠Bingo 2:30♠Cider and Donuts 3:00♠Puzzles/Coloring 4:30 Dinner 6:00♠Resident’s Choice 7	8:00 Breakfast 10:00♥Stretch it out 12:00 Lunch 2:30♠Fruit Cups 3:00♠Facetime w/ Family 4:30 Dinner 6:00♠AGT 1
8:00 Breakfast 10:00♥Chair Exercise 12:00 Lunch 1:30♫Music w/ Allen 2:30♠Yogurt Cups 3:00♥Balloon Tennis 4:30 Dinner 6:00♠Hallmark 9	8:00♦Breakfast and Chronicles 9:30♥Strength Training 10:30♫Sing w/ Joe at Wolk 12:00 Lunch 1:30♫Music w/ Melinda 2:30♠Milkshakes 3:00♠AGT 4:30 Dinner 6:00♠“Basketball or Nothing” 10	8:00♦Breakfast and Chronicles 9:30♥Move & Groove 10:30♣Honoring Our Veterans Ceremony 12:00 Lunch 1:30♫Music w/ Bonnie 2:30♠Veggies and Cheese 3:00♫Music w/ The Road Less Traveled 4:30 Dinner 6:00♠Netflix Veterans’ Day 11	8:00♦Breakfast and Chronicles 9:30♥Dancing 10:30♦“Gather” (Netflix) 12:00 Lunch 1:00♣Painting Class 2:30♠Fresh Cookies 3:00♣David Orange Talks 4:30 Dinner 6:00♠“The Sleepover” 12	8:00♦Breakfast and Chronicles 9:30♥Chair Exercise 10:30♦Trivia 12:00★Lunch at the Grill 1:30♠Bingo 2:30♠Lays Chips 3:00♠Read Along: Thanksgiving Short Stories 4:30 Dinner 6:00♠TCM 13	8:00♦Breakfast and Chronicles 9:30♥Chair Exercise 10:30♠Bucket Ball 12:00 Lunch 1:30★Bus Ride 2:30♠Cider and Donuts 3:00♠Puzzles/Coloring 4:30 Dinner 6:00♠Resident’s Choice 14	8:00 Breakfast 10:00♥Seated Yoga 12:00 Lunch 2:30♠Jello Cups 3:00♠Facetime w/ Family 4:30 Dinner 6:00♠AGT 15
8:00 Breakfast 10:00♥Stretch it out 12:00 Lunch 2:30♠Cheez Its 3:00♠Puzzles/Coloring 4:30 Dinner 6:00♠Hallmark 16	8:00♦Breakfast and Chronicles 9:30♥Strength Training 10:30♫Sing w/ Joe at Wolk 12:00 Lunch 1:30♫Music w/ Allen 2:30♠Smoothies 3:00♠Horticultural Therapy w/ Bambi 4:30 Dinner 6:00♠“Basketball or Nothing” 17	8:00♦Breakfast and Chronicles 9:30♥Seated Yoga 10:30♫Music w/ Standard Time 12:00 Lunch 1:30♣Crafting Corner 2:30♠Fresh Fruit 3:00♠Brain Games 4:30 Dinner 6:00♠Netflix 18	8:00♦Breakfast and Chronicles 9:30♥Dancing 10:30♦“America’s Wild West” (Nat Geo) 12:00 Lunch 1:00♣Painting Class 2:30♠Fresh Popcorn 3:00♣Roc Dogs 4:30 Dinner 6:00♠“Frybread Face and Me” 19	8:00♦Breakfast and Chronicles 9:30♥Stretch it out 10:30♦Trivia 12:00 Lunch 1:30♫Name That Tune 2:30♠Oreos 3:00♠Read Along: “Captain Christy’s Thanksgiving” 4:30 Dinner 6:00♠TCM 20	8:00♦Breakfast and Chronicles 9:30♥Chair Exercise 10:30♠Balloon Tennis 12:00 Lunch 1:00♣Armchair Travels w/ Beth 2:30♠Cider and Donuts 3:00♠Puzzles/Coloring 4:30 Dinner 6:00♠Resident’s Choice 21	8:00 Breakfast 10:00♥Chair Exercise 12:00 Lunch 2:00♫Side by Slide w/ Criss 2:30♠Sun Chips 4:30 Dinner 6:00♠AGT 22
8:00 Breakfast 10:00♥Move & Groove 12:00 Lunch 1:00♫Music w/ Allen 2:30♠Nutrigrain Bars 3:00♥Ball Bounce 4:30 Dinner 6:00♠Movie 8:00 Breakfast 10:00♥Exercise 12:00 Lunch 2:30♠Fruit Cups 3:00♠Coloring 4:30 Dinner 6:00♠Hallmark 23	8:00♦Breakfast and Chronicles 9:30♥Strength Training 10:30♫Sing w/ Joe at Wolk 12:00 Lunch 1:00∞Communion Services w/ Dcn Jeff 1:30♫Music w/ Melinda 2:30♠Milkshakes 3:00♠AGT 4:30 Dinner 6:00♠“Basketball or Nothing” 24	8:00♦Breakfast and Chronicles 9:30♥Chair Exercise 10:30♫Music w/ John 12:00 Lunch 1:30♫Music w/ Standard Time 2:30♠Veggies and Cheese 3:30∞Christian Worship Services 4:30 Dinner 6:00♠Netflix 25	8:00♦Breakfast and Chronicles 9:30♥Dancing 10:30♦“Yintah” (Netflix) 12:00 Lunch 1:30-3:30♠Giving Tree Party Featuring a Craft w/ Diana And Live Music w/ Kit 4:30 Dinner 6:00♠“The Martian” 26	8:00♦Breakfast and Chronicles 9:30♥Move & Groove 10:30♦Thanksgiving Trivia 12:00 Lunch 1:30♠“An Old Fashion Thanksgiving” (On the Tubi Channel) 2:30♠Sun Chips 4:30 Dinner 6:00♠TCM Thanksgiving Day 27	8:00♦Breakfast and Chronicles 9:30♥Chair Exercise 10:30♠Bucket Ball 12:00 Lunch 1:30♫Name that Tune 2:30♠Cider and Donuts 3:00♠Puzzles/Coloring 4:30 Dinner 6:00♠Resident’s Choice 28	8:00 Breakfast 10:00♥Stretch it out 12:00 Lunch 2:30♠Lorna Doones 3:00♠Facetime w/ Family 4:30 Dinner 6:00♠AGT 29