


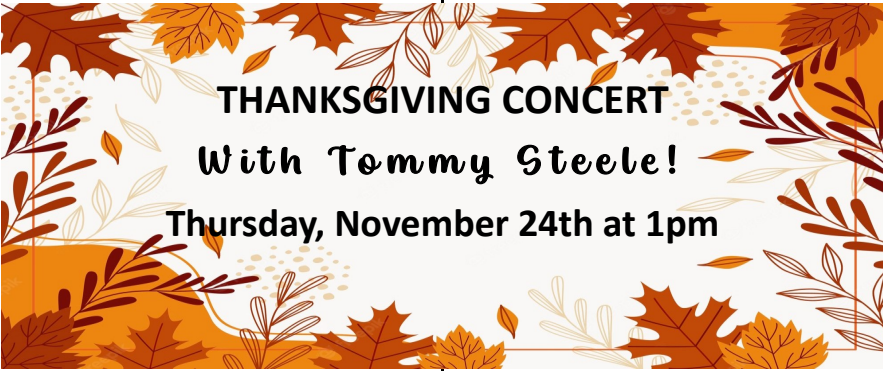




# NOVEMBER 2022

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|---|--|--|--|--|
|  <p>Assisted Living &amp; Memory Care</p> <p><b>FOCUSED CARE</b></p>   |  | <b>1</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:20 NAME THAT OBJECTS<br>12:30 AFTERNOON GAMES & TACTILES<br>1:00 ROUND TABLE READERS<br>1:30 HAND MASSAGE & ROM<br>2:00 SNACK & CHAT!<br>2:30 CHAIR YOGA<br>3:00 MOVIE REMINISCING<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MOVIE NIGHT  | <b>2</b> <span style="border: 1px solid black; padding: 2px;">HAPPY BDAY CHERYL B.!</span><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MORNING SENSORY & MUSIC<br>10:30 NURTURING THERAPY / PUZZLES<br>12:30 AROMATHERAPY / BREATHING EXERCISE<br>1:00 STORY READING<br>1:30 ART & CRAFT<br>2:30 HAND MASSAGE & ROM<br>3:00 TRAVEL REMINSICNG<br>3:30 SING ALONG<br>4:00 EGG TOSS<br>5:30 MOVIE NIGHT | <b>3</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 PUZZLES & TACTILES<br>12:30 SENSORY & MUSIC<br>1:00 FLOWER ARRANGING / TACTILES<br>1:30 CHAIR TAI CHI<br>2:00 SNACK & CHAT!<br>2:30 HAND MASSAGE & ROM<br>3:30 HISTORY READING<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT  | <b>4</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:30 FLOWER ARRANGEMENTS<br>12:30 MUSIC & MEMORY<br>1:00 NATURE VIDEO & DISCUSSIONS<br>2:00 BAKING CLASS<br>2:30 LOTION HAND MESSAGES/ ROM<br>3:00 STORYTELLING<br>3:30 SING ALONG w/ MARY SUE<br>4:00 BEACH BALL THROW<br>5:30 MOVIE NIGHT  | <b>5</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 SORTING / POLISHING SILVERWARE<br>12:30 MOVIE MEMORIES<br>1:00 HOT COCOA & COOKIES<br>1:40 TRIVIA & PUZZLES<br>2:30 HAND MESSAGES & ROM<br>3:00 ROUND TABLE READERS<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MUSIC THERAPY / MUSIC VIDEO  |
| <b>6 Daylight Saving Ends</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:20 PUZZLES<br>12:30 BRAIN FITNESS<br>1:00 STORY READING & DISCUSSIONS<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 PASTIMES REMINISCING<br>3:30 SING ALONG W/ SUSIE Q.<br>4:00 BEACH BALL THROW<br>5:30 MUSIC THERAPY/ MUSIC VIDEO  | <b>7</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MUSIC & MEMORY<br>10:20 LAUNDRY & HOUSE WORK<br>12:30 BRAIN FITNESS<br>1:00 CONCERT w/ KIMBERLYE GOLD!<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 ANIMAL THERAPY<br>3:30 SING ALONG<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT   | <b>8</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:20 NAME THAT OBJECTS<br>12:30 AFTERNOON GAMES & TACTILES<br>1:00 ROUND TABLE READERS<br>1:30 HAND MASSAGE & ROM<br>2:00 SNACK & CHAT!<br>2:30 CHAIR YOGA<br>3:00 MOVIE REMINISCING<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MOVIE NIGHT  | <b>9</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MORNING SENSORY & MUSIC<br>10:30 NURTURING THERAPY / PUZZLES<br>12:30 AROMATHERAPY / BREATHING EXERCISE<br>1:00 STORY READING<br>1:30 ART & CRAFT<br>2:30 HAND MASSAGE & ROM<br>3:00 TRAVEL REMINSICNG<br>3:30 SING ALONG<br>4:00 EGG TOSS<br>5:30 MOVIE NIGHT   | <b>10</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 PUZZLES & TACTILES<br>12:30 SENSORY & MUSIC<br>1:00 VETERAN'S DAY CONCERT w/ Johnny<br>2:00 SNACK & CHAT!<br>2:15 FLOWER ARRANGING / TACTILES<br>3:00 CHAIR TAI CHI<br>3:30 HISTORY READING<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT  | <b>11 Veterans Day</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:30 VETERANS DAY ART & CRAFT<br>12:30 MUSIC & MEMORY<br>1:00 NATURE VIDEO & DISCUSSIONS<br>2:00 BAKING CLASS<br>2:30 LOTION HAND MESSAGES/ ROM<br>3:00 STORYTELLING<br>3:30 SING ALONG w/ MARY SUE<br>4:00 BEACH BALL THROW<br>5:30 MOVIE NIGHT  | <b>12</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 SORTING / POLISHING SILVERWARE<br>12:30 MOVIE MEMORIES<br>1:00 HOT COCOA & COOKIES<br>1:40 TRIVIA & PUZZLES<br>2:30 HAND MESSAGES & ROM<br>3:00 ROUND TABLE READERS<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MUSIC THERAPY / MUSIC VIDEO |
| <b>13</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:20 PUZZLES<br>12:30 BRAIN FITNESS<br>1:00 STORY READING & DISCUSSIONS<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 PASTIMES REMINISCING<br>3:30 SING ALONG W/ SUSIE Q.<br>4:00 BEACH BALL THROW<br>5:30 MUSIC THERAPY/ MUSIC VIDEO   | <b>14</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MUSIC & MEMORY<br>10:20 LAUNDRY & HOUSE WORK<br>12:30 BRAIN FITNESS<br>1:00 BIRTHDAY CONCERT w/ KEN SOSA!<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 ANIMAL THERAPY<br>3:30 SING ALONG<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT  | <b>15</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:20 NAME THAT OBJECTS<br>12:30 AFTERNOON GAMES & TACTILES<br>1:00 ROUND TABLE READERS<br>1:30 HAND MASSAGE & ROM<br>2:00 SNACK & CHAT!<br>2:30 CHAIR YOGA<br>3:00 MOVIE REMINISCING<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MOVIE NIGHT | <b>16</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MORNING SENSORY & MUSIC<br>10:30 NURTURING THERAPY / PUZZLES<br>12:30 AROMATHERAPY / BREATHING EXERCISE<br>1:00 STORY READING<br>1:30 ART & CRAFT<br>2:30 HAND MASSAGE & ROM<br>3:00 TRAVEL REMINSICNG<br>3:30 SING ALONG<br>4:00 EGG TOSS<br>5:30 MOVIE NIGHT  | <b>17</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 PUZZLES & TACTILES<br>12:30 SENSORY & MUSIC<br>1:00 FLOWER ARRANGING / TACTILES<br>1:30 CHAIR TAI CHI<br>2:00 SNACK & CHAT!<br>2:30 HAND MASSAGE & ROM<br>3:30 HISTORY READING<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT   | <b>18</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:30 FLOWER ARRANGEMENTS<br>12:30 MUSIC & MEMORY<br>1:00 NATURE VIDEO & DISCUSSIONS<br>2:00 BAKING CLASS<br>2:30 LOTION HAND MESSAGES/ ROM<br>3:00 STORYTELLING<br>3:30 SING ALONG w/ MARY SUE<br>4:00 BEACH BALL THROW<br>5:30 MOVIE NIGHT   | <b>19</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 SORTING / POLISHING SILVERWARE<br>12:30 MOVIE MEMORIES<br>1:00 HOT COCOA & COOKIES<br>1:40 TRIVIA & PUZZLES<br>2:30 HAND MESSAGES & ROM<br>3:00 ROUND TABLE READERS<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MUSIC THERAPY / MUSIC VIDEO |
| <b>20</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:20 PUZZLES<br>12:30 BRAIN FITNESS<br>1:00 STORY READING & DISCUSSIONS<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 PASTIMES REMINISCING<br>3:30 SING ALONG W/ SUSIE Q.<br>4:00 BEACH BALL THROW<br>5:30 MUSIC THERAPY/ MUSIC VIDEO   | <b>21</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MUSIC & MEMORY<br>10:20 LAUNDRY & HOUSE WORK<br>12:30 BRAIN FITNESS<br>1:00 CONCERT w/ LEE ALLEN!<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 ANIMAL THERAPY<br>3:30 SING ALONG<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT   | <b>22</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:20 NAME THAT OBJECTS<br>12:30 AFTERNOON GAMES & TACTILES<br>1:00 ROUND TABLE READERS<br>1:30 HAND MASSAGE & ROM<br>2:00 SNACK & CHAT!<br>2:30 CHAIR YOGA<br>3:00 MOVIE REMINISCING<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MOVIE NIGHT | <b>23</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MORNING SENSORY & MUSIC<br>10:30 NURTURING THERAPY / PUZZLES<br>12:30 AROMATHERAPY / BREATHING EXERCISE<br>1:00 STORY READING<br>1:30 ART & CRAFT<br>2:30 HAND MASSAGE & ROM<br>3:00 TRAVEL REMINSICNG<br>3:30 SING ALONG<br>4:00 EGG TOSS<br>5:30 MOVIE NIGHT  | <b>24 Thanksgiving Day</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 PUZZLES & TACTILES<br>12:30 SENSORY & MUSIC<br>1:00 THANKSGIVING CONCERT w/ Tommy Steele<br>2:00 SNACK & CHAT!<br>2:30 HAND MASSAGE & ROM<br>3:30 HISTORY READING<br>4:00 BALLOON TOSS<br>5:30 MOVIE NIGHT  | <b>25</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:30 FLOWER ARRANGEMENTS<br>12:30 MUSIC & MEMORY<br>1:00 NATURE VIDEO & DISCUSSIONS<br>2:00 BAKING CLASS<br>2:30 LOTION HAND MESSAGES/ ROM<br>3:00 STORYTELLING<br>3:30 SING ALONG w/ MARY SUE<br>4:00 BEACH BALL THROW<br>5:30 MOVIE NIGHT   | <b>26</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:30 SORTING / POLISHING SILVERWARE<br>12:30 MOVIE MEMORIES<br>1:00 HOT COCOA & COOKIES<br>1:40 TRIVIA & PUZZLES<br>2:30 HAND MESSAGES & ROM<br>3:00 ROUND TABLE READERS<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MUSIC THERAPY / MUSIC VIDEO |
| <b>27</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 THERAPEUTIC MUSIC & STRETCHING<br>10:20 PUZZLES<br>12:30 BRAIN FITNESS<br>1:00 STORY READING & DISCUSSIONS<br>2:00 SNACK & CHAT!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 PASTIMES REMINISCING<br>3:30 SING ALONG W/ SUSIE Q.<br>4:00 BEACH BALL THROW<br>5:30 MUSIC THERAPY/ MUSIC VIDEO   | <b>28</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MUSIC & MEMORY<br>10:20 LAUNDRY & HOUSE WORK<br>12:30 BRAIN FITNESS<br>1:00 CONCERT w/ KEN SOSA!<br>2:30 CHAIR EXERCISE & ROM<br>3:00 ANIMAL THERAPY<br>3:30 SING ALONG<br>4:00 BALLOON TOSS<br>5:30 HALLOWEEN MOVIE NIGHT  | <b>29</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 GUIDED MEDITATION<br>10:20 NAME THAT OBJECTS<br>12:30 AFTERNOON GAMES & TACTILES<br>1:00 ROUND TABLE READERS<br>1:30 HAND MASSAGE & ROM<br>2:00 SNACK & CHAT!<br>2:30 CHAIR YOGA<br>3:00 MOVIE REMINISCING<br>3:30 SING ALONG<br>4:00 VOLLEYBALL<br>5:30 MOVIE NIGHT | <b>30</b><br>7:00 CONTINENTAL BREAKFAST / AM RISE!<br>7:30 LOOKING GOOD FOR THE DAY!<br>9:40 MORNING SENSORY & MUSIC<br>10:30 NURTURING THERAPY / PUZZLES<br>12:30 AROMATHERAPY / BREATHING EXERCISE<br>1:00 STORY READING<br>1:30 ART & CRAFT<br>2:30 HAND MASSAGE & ROM<br>3:00 TRAVEL REMINSICNG<br>3:30 SING ALONG<br>4:00 EGG TOSS<br>5:30 MOVIE NIGHT  | <div style="text-align: center;">  <p><b>THANKSGIVING CONCERT</b><br/>           With Tommy Steele!<br/>           Thursday, November 24th at 1pm</p> </div>  |  | <div style="text-align: center;">  <p>Stimulate Your Mind</p> </div>  |
|  |  |   |  |  |  | <div style="text-align: center;">  <p>Motivate Your Body</p> </div>   |
|  |  |   |  |  |  | <div style="text-align: center;">  <p>Rejuvenate Your Spirit</p> </div>   |