

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					ALL SAINT'S DAY 1 10:00 Exercise Essentials: Noodles 11:00 Rosary Group 1:30 Go4Life Walking Club 2:30 Afternoon Bowling 3:30 Happy Hour Social 4:00 Alphabetical Trivia Word Game 7:00 Reflection Meditation	ALL SOUL'S DAY 2 10:00 Live Morning Exercise 10:45 Remember When?... 1:30 Go4Life Walking Club 2:30 Lafayette Hill Chorus with Judy 2:30 Movie Matinee 3:30 Happy Hour Social 4:00 Weekly Find the Word Game 7:00 Board & Card Game Night
HOUSEWIFE'S DAY 3 10:00 Catholic Communion Service 10:45 Full Body Chair Exercise 1:30 Go4Life Walking Club 1:45 Nail Spa 2:30 Nickel Bingo 3:30 Happy Hour Social 4:00 Sing along with Singfit 7:00 Reflection Meditation	KING TUT'S DAY 4 10:00 Exercise Essentials: Noodles 10:45 A Week in History Discussion Group 1:30 Go4Life Walking Club 2:30 Bridge Card Game 3:30 Happy Hour Social 4:00 Trivia Word Games 7:00 Reflection Meditation	ELECTION DAY 5 9:45 Exercise Essentials 10:30 Catholic Prayer and Communion Service 11:00 Music Appreciation with Buzzy Walters 11:15 Election Day Voter's Outing 1:30 Go4Life Walking Club 2:00 Community Service Club 2:30 Scrabble challenge 3:30 Happy Hour Social 4:00 Group Therapy Brain Game 7:00 Movie Night	SAXOPHONE DAY 6 10:00 Live Morning Exercise with Instructor Erica 10:45 News Currents Sr. 1:30 Go4Life Walking Club 2:00 Music Trivia and Sing Along with Dan from Season's Hospice 2:30 Pinochle Card Game 3:30 Happy Hour Social 4:00 Let's Play A Word Game 7:00 Friends & Family Fall Into Exercise	CHOCOLATE with ALMONDS DAY 7 10:00 Music & Chair Exercise 10:30 Let's Play Bocce Ball 1:30 Go4Life Walking Club 2:30 Nickel Bingo 3:30 WINE & CHEESE SOCIAL 4:00 Let's Talk About Anticipation Group Talk 6:30 Evening Nail Spa & Hand Massage with the Girl Scouts 7:00 Word Games & Trivia Night	COOK SOMETHING BOLD DAY 8 10:00 Art Exhibit Outing 10:00 Exercise Essentials: Noodles 11:00 Rosary Group 1:30 Go4Life Walking Club 2:30 Pottery with Janice 3:30 Happy Hour Social 4:00 Alphabetical Trivia Word Game 7:00 Reflection Meditation	CHAOS NEVER DIES DAY! 9 10:00 Live Morning Exercise 10:45 Remember When?... 1:30 Go4Life Walking Club 2:30 Movie Matinee 3:30 Happy Hour Social 4:00 Weekly Find the Word Game 7:00 Board & Card Game Night
ALZHEIMER'S WALK 10 10:00 Catholic Communion Service 10:45 Full Body Chair Exercise 1:30 Go4Life Walking Club 1:45 Nail Spa 2:30 Nickel Bingo 3:30 Happy Hour Social 4:00 Sing along with Singfit 7:00 Reflection Meditation	VETERAN'S DAY 11 10:00 Exercise Essentials: Noodles 10:30 Veteran's Day Celebration with Josh 10:45 A Week in History Discussion Group 1:30 Go4Life Walking Club 2:30 Bridge Card Game 3:30 Happy Hour Social 4:00 Trivia Word Games 7:00 Reflection Meditation	HAPPY BIRTHDAY PATRICIA R! 12 9:45 Exercise Essentials 10:30 Catholic Prayer and Communion Service 11:00 Music Appreciation with Buzzy Walters 1:30 Go4Life Walking Club 2:00 Community Service Club 2:30 Scrabble challenge 3:30 Happy Hour Social 4:00 Group Therapy Brain Game 7:00 Movie Night	CAREGIVER APPRECIATION DAY 13 10:00 Live Morning Exercise with Instructor Erica 10:45 News Currents Sr. 1:30 Go4Life Walking Club 2:00 Movie Outing 2:30 Pinochle Card Game 3:30 Happy Hour Social 4:00 Let's Play A Word Game 7:00 Comedy Night	WORLD DIABETE'S DAY 14 10:00 Music & Chair Exercise 10:30 Let's Play Bocce Ball 1:30 Go4Life Walking Club 2:30 Nickel Bingo 3:30 WINE & CHEESE SOCIAL 4:00 Let's Talk About Anticipation Group Talk 7:00 Word Games & Trivia Night	AMERICAN RECYCLES DAY 15 10:00 Exercise Essentials: Noodles 11:00 Rosary Group 1:30 Go4Life Walking Club 2:15 Live Entertainment with Glenn Faul 3:30 Happy Hour Social 4:00 Alphabetical Trivia Word Game 7:00 Reflection Meditation	BUTTON DAY 16 10:00 Live Morning Exercise 10:45 Remember When?... 1:30 Go4Life Walking Club 2:30 Movie Matinee 3:30 Happy Hour Social 4:00 Weekly Find the Word Game 7:00 Board & Card Game Night
WORLD PEACE DAY 17 10:00 Catholic Communion Service 10:45 Full Body Chair Exercise 1:30 Go4Life Walking Club 1:45 Nail Spa 2:30 Nickel Bingo 3:30 Happy Hour Social 4:00 Sing along with Singfit 7:00 Reflection Meditation	OCCULT DAY 18 10:00 Exercise Essentials: Noodles 10:45 A Week in History Discussion Group 1:30 Go4Life Walking Club 2:30 Bridge Card Game 3:30 Happy Hour Social 4:00 Trivia Word Games 7:00 Reflection Meditation	HAVE A BAD DAY, DAY 19 9:45 Exercise Essentials 10:30 Catholic Prayer and Communion Service 11:00 Music Appreciation with Buzzy Walters 1:30 Go4Life Walking Club 2:00 Community Service Club 2:30 Music Selections and Singalong with Josh 3:30 Happy Hour Social 4:00 Group Therapy Brain Game 7:00 Movie Night	UNIVERSAL CHILDREN'S DAY 20 10:00 Music & Chair Exercise 10:45 News Currents Sr. 1:30 Go4Life Walking Club 2:30 Fox Health Conversation 2:30 Pinochle Card Game 3:30 Happy Hour Social 4:00 Outback Outing 7:00 Comedy Night	HAPPY BIRTHDAY MILDRED B! 21 10:00 Live Morning Exercise with Instructor Erica 10:30 Bocce Ball with Fox 11:00 Resident & Dining Council Meeting 1:30 Go4Life Walking Club 2:30 Nickel Bingo 3:30 WINE & CHEESE SOCIAL 4:00 Let's Talk About Anticipation Group Talk 7:00 Word Games & Trivia Night	GO FOR A RIDE DAY 22 10:00 Exercise Essentials: Noodles 11:00 Rosary Group 1:30 Go4Life Walking Club 2:30 Afternoon Bowling 3:30 November Birthday Social & Happy Hour 4:00 Alphabetical Trivia Word Game 7:00 Reflection Meditation	NATIONAL CASHEW DAY 23 10:00 Live Morning Exercise 10:45 Remember When?... 1:30 Go4Life Walking Club 2:00 Dollar Store Outing 2:30 Movie Matinee 3:30 Happy Hour Social 4:00 Weekly Find the Word Game 7:00 Board & Card Game Night
EVOLUTION DAY 24 10:00 Catholic Communion Service 10:45 Full Body Chair Exercise 1:30 Go4Life Walking Club 1:45 Nail Spa 2:30 Nickel Bingo 3:30 Happy Hour Social 4:00 Sing along with Singfit 7:00 Reflection Meditation	NATIONAL PARFAIT DAY 25 10:00 Exercise Essentials: Noodles 10:45 A Week in History Discussion Group 1:30 Go4Life Walking Club 2:30 Bridge Card Game 3:30 Happy Hour Social 4:00 Trivia Word Games 7:00 Reflection Meditation	SHOPPING REMINDER DAY 26 9:45 Exercise Essentials 10:30 Catholic Prayer and Communion Service 11:00 Music Appreciation with Buzzy Walters 1:30 Go4Life Walking Club 2:00 Community Service Club 3:30 Happy Hour Social 4:00 Group Therapy Brain Game 7:00 Movie Night	PINS AND NEEDLES DAY 27 10:00 Live Morning Exercise with Instructor Erica 10:45 News Currents Sr. 1:30 Go4Life Walking Club 2:30 Creative Crafts Club 2:30 Pinochle Card Game 3:30 Happy Hour Social 4:00 Let's Play A Word Game 7:00 Comedy Night	HAPPY THANKSGIVING! 28 10:00 Music & Chair Exercise 10:30 Let's Play Bocce Ball 1:30 Go4Life Walking Club 2:30 Nickel Bingo 3:30 WINE & CHEESE SOCIAL 4:00 Let's Talk About Anticipation Group Talk 7:00 Word Games & Trivia Night	BLACK FRIDAY 29 10:00 Exercise Essentials: Noodles 11:00 Rosary Group 12:00 Ladies Chat & Chew 1:30 Go4Life Walking Club 2:30 Afternoon Bowling 3:30 Happy Hour Social 4:00 Alphabetical Trivia Word Game 7:00 Reflection Meditation	STAY AT HOME BECAUSE YOUR WELL DAY! 30 10:00 Live Morning Exercise 10:45 Remember When?... 1:30 Go4Life Walking Club 2:30 Movie Matinee 3:30 Rice Pudding Social 4:00 Weekly Find the Word Game 7:00 Board & Card Game Night

NOVEMBER 2019

Personal Care

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LIVE WITH PURPOSE



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