Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room BI Bistro BUS Bus DR Dining Room KI Kitchen LR Living Room NR Nature Room SA Salon					1 8:00 Beauty Shop (SA) 9:15 Card Games with Ebony 9:30 Bread Making (KI) 10:00 Excercise Essentials Weight Training (LR) 10:30 City Sidewalks or Country Roads Bus Ride (BUS) 1:00 Worship Choir (LR) 1:00 Mediation/ Relaxation Time (LR) 1:30 Bible Study (LR) 2:30 Storytellers Social (LR) 3:00 Toss and Talk (LR) 6:00 Classical Music 7:00 Classical Movie Night with Popcorn (LR) 7:00 Meditation	2 7:30 DONUT DAY! 9:15 Card Games with Ebony 10:00 Exercise Essentials -- Cardio (LR) 10:30 Word in a word (AR) 1:00 Bingo Bash with Siri (LR) 1:00 Mediation/ Relaxation Time (LR) 2:30 Sunshine Social (LR) 3:00 Parachute (LR) 6:00 Musical Movie Night (LR)
3 9:15 Card Games with Ebony 9:45 Sunday Morning Muffins (KI) 10:00 Gentle Stretches with Bands & Hydration (LR) 10:30 Church Service with St Thomas (AR) 1:00 Sunday Sing along (LR) 1:00 Neil Xu on the Saxophone (DR) 1:00 Mediation/ Relaxation Time (LR) 1:30 Balloon Volleyball (LR) 2:30 Tea Party Social (LR) 3:30 Go4Life® Walking Club (Find the Library) 5:30 Word Search Puzzles (LR) 7:00 AromaTherapy Hand Massage	4 9:15 Card Games with Ebony 9:45 Cookie Baking (KI) 10:00 Drumming with Chris (LR) 10:00 Exercise Essentials with noodles (LR) 10:30 Spa Day at the Vanity (LR) 1:00 Mediation/ Relaxation Time (LR) 1:30 Rosary with Augusta (LR) 2:30 Paul Harvey Social (Root Beer Float Snack) (KI) 3:00 Trivial Trivia (LR) 3:00 Men's Club with Eric (LR) 3:30 Go4Life Walking Club (Sing & Stroll) (KI) 6:00 Round Table Book Club (LR) 7:00 Soft Music and Lemonade (LR)	5 8:00 Beauty Shop (SA) 9:15 Card Games with Ebony 9:45 Springtime Crockpot Favorites (KI) 10:00 Ceramics with Fay (AR) 10:15 ZUMBA with Connie (DR) 11:00 Laughter Yoga Club 1:00 Scenic Drive (BUS) 1:00 Bowling (LR) 1:00 Mediation/ Relaxation Time (LR) 2:30 Know your Neighbor (LR) 3:00 Bags (LR) 6:00 Tuesday Night Tunes 7:00 Meditation with Relaxation (LR)	6 8:45 News Currents Sr. with Ebony (LR) 9:15 Card Games with Ebony 9:45 Cookie Baking (KI) 10:00 Excercise Essentials Strength Training (LR) 10:30 Church Service (LR) 1:00 Hangman 1:00 Mediation/ Relaxation Time (LR) 1:45 Movie Trivia 2:30 Finish the Phrase Social (LR) 3:00 Balloon Volleyball (LR) 6:00 Poetry Corner and Aromatherapy (LR) 7:00 Meditation with Aromatherapy	7 9:15 Card Games with Ebony 9:45 Garden Soup Crockpot (KI) 10:00 Excercise Essentials Noodles (LR) 10:30 Flower and Garden Bus Ride (AR) 1:00 Sock Hop Music and Movement (LR) 1:00 Mediation/ Relaxation Time (LR) 1:30 Flower Arranging (KI) 2:30 Word of the Day Social (LR) 3:00 Manicures with Benita (KI) 6:00 Evening Classical Music and Wine (LR) 7:00 Meditation for relaxing (LR)	8 8:00 Beauty Shop (SA) 9:15 Card Games with Ebony 9:30 Bread Making (KI) 10:00 Excercise Essentials Weight Training (LR) 10:30 City Sidewalks or Country Roads Bus Ride (BUS) 1:00 Worship Choir (LR) 1:00 Mediation/ Relaxation Time (LR) 1:30 Bible Study (LR) 2:30 Storytellers Social (LR) 3:00 Toss and Talk (LR) 6:00 Classical Music 7:00 Classical Movie Night with Popcorn (LR) 7:00 Meditation	9 9:15 Card Games with Ebony 10:00 Exercise Essentials –Cardio (LR) 10:30 Word in a word (AR) 1:00 Bingo Bash with Siri (LR) 1:00 Mediation/ Relaxation Time (LR) 2:30 Sunshine Social (LR) 3:00 Parachute (LR) 6:00 Musical Movie Night (LR)
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NOVEMBER 2019

Reminiscence

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