

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AL Assisted Living FR Family Room LR Living Room REF Reflection Room				Happy Birthday Our Residents! Bill H. 11/8 Sally O. 11/9 Helen S. 11/10 Marieta H. 11/27	9:15 Coffee & Newspaper Club with Stevie 10:00 Yoga with Janet 10:30 Stretch Bands Exercise! 10:45 Scenic Drive 3:00 Afternoon Card Games 3:00 Margarita Madness w/ Chips & Salsa Social (FR) 6:00 Manicure Hour 7:30 Tea Time & Daily Devotional	10:00 Go4Life® Walking Club Validation Club 10:00 10:30 News Currents with Stevie (AL) 10:30 SingFit® 1:00 Quiet Time with Aromatherapy 3:00 Mind Your Mind 3:00 Corn Dogs (FR) 6:30 Who, What, When?
10:00 Catholic Service provided by Saint Martin de Porras (AL) 3	9:30 Newspaper Club with Stephanie 4	9:45 Keeping Your Mind Sharp with Joanna from the Older Adults Program 5	9:30 Newspaper Club with Stephanie 6	10:00 Go4Life® Walking Club 7	9:00 Exercise Zumba! 8	10:00 Go4Life® Walking Club 9
10:30 Protestant Service with MaryAnn 10:30 Go4Life® Walking Club 1:00 Quiet Time with Aromatherapy 2:00 Worship Hour with Calvary Chapel 3:00 Bingo Hour! 3:00 Fruit Smoothies Social 3:00 September Arts and Crafts 3:00 Go4Life® Walking Club 7:00 Deep Meditation with Aromatherapy (LR)	10:00 Mind Your Mind 10:15 Devotional time with Becky (LR) 10:30 Chair Exercise 10:30 Rosary Club 1:00 Quiet Time with Aromatherapy 1:30 Flyswatter Volleyball (FR) 3:00 Egg Rolls with Sweet And Sour Sauce Social 3:00 Go4Life® Walking Club 7:00 Relaxing Head & Shoulder Massages	10:00 Go4Life® Walking Club 10:00 Radio Show Club (LR) 1:00 Quiet Time with Aromatherapy 1:30 Baking Club 2:00 Music with Mathew (AL) 2:30 Gardening Gamers Club 3:00 Peaches & Cream Social! 3:00 Go4Life® Walking Club 6:30 Creative Coloring (FR) 7:00 Sleep Meditation	10:30 SingFit® 10:30 Rosary Club 11:00 Out to Lunch Bunch Outing! 1:00 Quiet Time with Aromatherapy 3:00 Creative Coloring 3:00 Go4Life® Walking Club 7:30 Classical Movie Matinee	10:00 Rosary Prayer Group 11:00 Zumba! 1:00 Quiet Time with Aromatherapy 1:30 The Traveling Game Show! (AL) 1:30 Jewelry Making for ALZ Association Fundraiser 2:30 Art Club with Viola & Stephanie 3:00 Root Beer Floats 3:00 Flower Arranging (FR) 3:00 Go4Life® Walking Club 6:30 Spelling Bee! 7:30 Books on Tape	9:15 Coffee & Newspaper Club with Stevie 10:00 Yoga with Janet 10:30 Stretch Bands Exercise! 10:45 Scenic Drive 1:00 Quiet Time with Aromatherapy 3:00 Afternoon Card Games 3:00 Margarita Madness w/ Chips & Salsa Social (FR) 3:00 Go4Life® Walking Club 6:00 Manicure Hour 7:30 Tea Time & Daily Devotional	10:00 Go4Life® Walking Club Validation Club 10:00 10:30 News Currents with Stevie (AL) 10:30 SingFit® 1:00 Quiet Time with Aromatherapy 3:00 Mind Your Mind 3:00 Corn Dogs (FR) 3:00 Go4Life® Walking Club 6:30 Who, What, When?
10:00 Catholic Service provided by Saint Martin de Porras (AL) 10	Veterans Day 11	9:45 Keeping Your Mind Sharp with Joanna from the Older Adults Program 12	9:30 Newspaper Club with Stephanie 13	10:00 Go4Life® Walking Club 14	9:15 Coffee & Newspaper Club with Stevie 15	10:00 Go4Life® Walking Club 16
10:30 Go4Life® Walking Club 10:30 Protestant Service Provided by Friends Church (AL) 1:00 Quiet Time with Aromatherapy 2:00 Worship Hour with Calvary Chapel 3:00 Bingo Hour! 3:00 Fruit Smoothies Social 3:00 September Arts and Crafts 3:00 Go4Life® Walking Club 7:00 Deep Meditation with Aromatherapy (LR)	9:30 Newspaper Club with Stephanie 10:00 Mind Your Mind 10:15 Devotional time with Becky (LR) 10:30 Chair Exercise 10:30 Rosary Club 1:00 Quiet Time with Aromatherapy 1:30 Flyswatter Volleyball (FR) 3:00 Egg Rolls with Sweet And Sour Sauce Social 3:00 Go4Life® Walking Club 7:00 Relaxing Head & Shoulder Massages	10:00 Go4Life® Walking Club 10:00 Radio Show Club (LR) 1:00 Quiet Time with Aromatherapy 1:30 Baking Club 2:15 Music with Vladana 2:30 Gardening Gamers Club 3:00 Peaches & Cream Social! 3:00 Go4Life® Walking Club 6:30 Creative Coloring (FR) 7:00 Sleep Meditation	10:30 SingFit® 10:30 Rosary Club 11:00 Out to Lunch Bunch Outing! 1:00 Quiet Time with Aromatherapy 3:00 Creative Coloring 3:00 Go4Life® Walking Club 7:30 Classical Movie Matinee	10:00 Rosary Prayer Group 11:00 Zumba! 1:00 Quiet Time with Aromatherapy 1:30 Jewelry Making for ALZ Association Fundraiser 2:30 Art Club with Viola & Stephanie 3:00 Root Beer Floats 3:00 Flower Arranging (FR) 3:00 Go4Life® Walking Club 6:30 Spelling Bee! 7:30 Books on Tape	9:15 Coffee & Newspaper Club with Stevie 10:00 Yoga with Janet 10:30 Stretch Bands Exercise! 10:45 Scenic Drive 1:00 Quiet Time with Aromatherapy 3:00 Afternoon Card Games 3:00 Margarita Madness w/ Chips & Salsa Social (FR) 3:00 Go4Life® Walking Club 6:00 Manicure Hour 7:30 Tea Time & Daily Devotional	10:00 Go4Life® Walking Club Validation Club 10:00 10:30 News Currents with Stevie (AL) 10:30 SingFit® 1:00 Quiet Time with Aromatherapy 3:00 Mind Your Mind 3:00 Corn Dogs (FR) 3:00 Go4Life® Walking Club 6:30 Who, What, When?
10:00 Catholic Service provided by Saint Martin de Porras (AL) 17	9:30 Newspaper Club with Stephanie 18	9:45 Keeping Your Mind Sharp with Joanna from the Older Adults Program 19	9:30 Newspaper Club with Stephanie 20	10:00 Go4Life® Walking Club 21	9:00 Exercise Zumba! 22	10:00 Go4Life® Walking Club 23
10:30 Go4Life® Walking Club 10:30 Protestant Service Provided by Friends Church (AL) 1:00 Quiet Time with Aromatherapy 2:00 Worship Hour with Calvary Chapel 3:00 Bingo Hour! 3:00 Fruit Smoothies Social 3:00 September Arts and Crafts 3:00 Go4Life® Walking Club 7:00 Deep Meditation with Aromatherapy (LR)	10:00 Mind Your Mind 10:15 Devotional time with Becky (LR) 10:30 Chair Exercise 10:30 Rosary Club 1:00 Quiet Time with Aromatherapy 1:30 Flyswatter Volleyball (FR) 3:00 Egg Rolls with Sweet And Sour Sauce Social 3:00 Go4Life® Walking Club 7:00 Relaxing Head & Shoulder Massages	10:00 Go4Life® Walking Club 10:00 Radio Show Club (LR) 1:00 Quiet Time with Aromatherapy 1:30 Baking Club 2:00 Music with Mathew (AL) 2:30 Gardening Gamers Club 3:00 Peaches & Cream Social! 3:00 Go4Life® Walking Club 6:30 Creative Coloring (FR) 7:00 Sleep Meditation	10:30 SingFit® 10:30 Rosary Club 11:00 Out to Lunch Bunch Outing! 1:00 Quiet Time with Aromatherapy 3:00 Creative Coloring 3:00 Go4Life® Walking Club 7:30 Classical Movie Matinee	10:00 Rosary Prayer Group 11:00 Zumba! 1:00 Quiet Time with Aromatherapy 1:30 Jewelry Making for ALZ Association Fundraiser 2:30 Art Club with Viola & Stephanie 3:00 Flower Arranging (FR) 5:30 Annual Sunrise Thanksgiving Dinner! 6:00 Music with Vern Nelson! 6:30 Spelling Bee! 7:30 Books on Tape	9:15 Coffee & Newspaper Club with Stevie 10:00 Yoga with Janet 10:30 Stretch Bands Exercise! 10:45 Scenic Drive 1:00 Quiet Time with Aromatherapy 3:00 Afternoon Card Games 3:00 Margarita Madness w/ Chips & Salsa Social (FR) 3:00 Go4Life® Walking Club 6:00 Manicure Hour 7:30 Tea Time & Daily Devotional	10:00 Go4Life® Walking Club Validation Club 10:00 10:30 News Currents with Stevie (AL) 10:30 SingFit® 1:00 Quiet Time with Aromatherapy 3:00 Mind Your Mind 3:00 Corn Dogs (FR) 3:00 Go4Life® Walking Club 6:30 Who, What, When?
10:00 Catholic Service provided by Saint Martin de Porras (AL) 24	9:30 Newspaper Club with Stephanie 25	9:45 Keeping Your Mind Sharp with Joanna from the Older Adults Program 26	9:30 Newspaper Club with Stephanie 27	10:00 Go4Life® Walking Club 28	9:15 Coffee & Newspaper Club with Stevie 29	10:00 Go4Life® Walking Club 30
10:30 Go4Life® Walking Club 10:30 Protestant Service Provided by Friends Church (AL) 1:00 Quiet Time with Aromatherapy 2:00 Worship Hour with Calvary Chapel 3:00 Bingo Hour! 3:00 Fruit Smoothies Social 3:00 September Arts and Crafts 3:00 Go4Life® Walking Club 7:00 Deep Meditation with Aromatherapy (LR)	10:00 Mind Your Mind 10:15 Devotional time with Becky (LR) 10:30 Chair Exercise 10:30 Rosary Club 1:00 Quiet Time with Aromatherapy 1:30 Flyswatter Volleyball (FR) 3:00 Egg Rolls with Sweet And Sour Sauce Social 3:00 Go4Life® Walking Club 7:00 Relaxing Head & Shoulder Massages	10:00 Go4Life® Walking Club 10:00 Radio Show Club (LR) 1:00 Quiet Time with Aromatherapy 1:30 Baking Club 2:15 Music with Vladana 2:30 Gardening Gamers Club 3:00 Peaches & Cream Social! 3:00 Go4Life® Walking Club 6:30 Creative Coloring (FR) 7:00 Sleep Meditation	10:30 SingFit® 10:30 Rosary Club 11:00 Out to Lunch Bunch Outing! 1:00 Quiet Time with Aromatherapy 3:00 Go4Life® Walking Club 3:00 Creative Coloring 7:30 Classical Movie Matinee	10:00 Rosary Prayer Group 11:00 Zumba! 1:00 Quiet Time with Aromatherapy 1:30 Jewelry Making for ALZ Association Fundraiser 2:30 Art Club with Viola & Stephanie 3:00 Flower Arranging (FR) 3:00 Go4Life® Walking Club 6:30 Spelling Bee! 7:30 Books on Tape	9:15 Coffee & Newspaper Club with Stevie 10:00 Yoga with Janet 10:30 Stretch Bands Exercise! 10:45 Scenic Drive 1:00 Quiet Time with Aromatherapy 3:00 Afternoon Card Games 3:00 Margarita Madness w/ Chips & Salsa Social (FR) 3:00 Go4Life® Walking Club 6:00 Manicure Hour 7:30 Tea Time & Daily Devotional	10:00 Go4Life® Walking Club Validation Club 10:00 10:30 News Currents with Stevie (AL) 10:30 SingFit® 1:00 Quiet Time with Aromatherapy 3:00 Mind Your Mind 3:00 Corn Dogs (FR) 3:00 Go4Life® Walking Club 6:30 Who, What, When?