

# 2018 NOVEMBER

Sun

Mon

Tue

Wed

Thu

Fri

Sat



8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Easy Does it Trivia  
 12:00 Lunch  
**2:00 Vickie's Adventures-AL "Esquite"**  
 3:30 Arts & Crafts  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

1

8:30 Breakfast  
**9:30 Zumba w/ Cindy**  
 10:30 Pretty Nails  
 12:00 Lunch  
**2:00 Loteria**  
 3:30 Happy Hour  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

2

8:30 Breakfast  
 10:00 Catholic Communion  
 10:30 Chair Exercise  
 12:00 Lunch  
 2:00 Parachute Fun  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

3

8:30 Breakfast  
 10:30 Chair Exercise  
 11:00 Coffee Social  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

4

8:30 Breakfast  
**10:00 WaterColor Painting w/ Carl-AL**  
 12:00 Lunch  
 1:30 Musical Therapy  
**2:00 Tea Party**  
 3:30 Beach Ball Volleyball  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

5

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Water Color Painting  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
**2:00 What's Cooking w/ Cindy**  
 3:30 Sing Along w/ Eldersong  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

6

8:30 Breakfast  
 9:30 Exercise Bands  
**10:30 Kingdom Melodies**  
 12:00 Lunch  
**2:00 Scenic Drive**  
 4:00 Color Me Happy  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

7

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Easy Does it Trivia  
 12:00 Lunch  
**2:00 Vickie's Adventures-AL "Flan"**  
 3:30 Arts & Crafts  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

8

8:30 Breakfast  
**9:30 Zumba w/ Cindy**  
 10:30 Pretty Nails  
 12:00 Lunch  
**2:00 Loteria**  
 3:30 Happy Hour  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

9

8:30 Breakfast  
 10:00 Catholic Communion  
 10:30 Chair Exercise  
 12:00 Lunch  
**2:00 Veterans Day Tribute w/ Seasons Hospice**  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

10

8:30 Breakfast  
 10:30 Chair Exercise  
 11:00 Coffee Social  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

11

8:30 Breakfast  
**10:00 WaterColor Painting w/ Carl-AL**  
 12:00 Lunch  
 1:30 Musical Therapy  
**2:00 Tea Party**  
 3:30 Beach Ball Volleyball  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

12

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Water Color Painting  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
**2:00 What's Cooking w/ Cindy**  
 3:30 Sing Along w/ Eldersong  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

13

8:30 Breakfast  
 9:30 Exercise Bands  
**10:30 Kingdom Melodies**  
 12:00 Lunch  
**2:00 Scenic Drive**  
 4:00 Color Me Happy  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

14

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Easy Does it Trivia  
 12:00 Lunch  
**1:00 Pet Therapy**  
**2:00 Vickie's Adventures-AL "Holiday Pie Day"**  
 3:30 Arts & Crafts  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

15

8:30 Breakfast  
**9:30 Zumba w/ Cindy**  
 10:30 Pretty Nails  
 12:00 Lunch  
**2:00 Loteria**  
 3:30 Happy Hour  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

16

8:30 Breakfast  
 10:00 Catholic Communion  
 10:30 Chair Exercise  
 12:00 Lunch  
 2:00 Parachute Fun  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

17

8:30 Breakfast  
 10:30 Chair Exercise  
 11:00 Coffee Social  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

18

8:30 Breakfast  
**10:00 WaterColor Painting w/ Carl-AL**  
 12:00 Lunch  
 1:30 Musical Therapy  
**2:00 Tea Party**  
 3:30 Beach Ball Volleyball  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

19

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Water Color Painting  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
**2:00 What's Cooking w/ Cindy**  
 3:30 Sing Along w/ Eldersong  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

20

8:30 Breakfast  
 9:30 Exercise Bands  
**10:30 Kingdom Melodies**  
 12:00 Lunch  
**2:00 Scenic Drive**  
 4:00 Color Me Happy  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

21

8:30 Breakfast  
**10:00 Exercise Video**  
 11:30 Easy Does it Trivia  
**12:00 Thanksgiving Luncheon**  
**2:00 Thankful Balloon Launch**  
 3:30 Arts & Crafts  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

22

8:30 Breakfast  
**9:30 Zumba w/ Cindy**  
**10:30 Memorial Service-AL**  
 12:00 Lunch  
**2:00 Loteria**  
 3:30 Happy Hour  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

23

8:30 Breakfast  
 10:00 Catholic Communion  
 10:30 Chair Exercise  
 12:00 Lunch  
 2:00 Parachute Fun  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

24

8:30 Breakfast  
 10:30 Chair Exercise  
 11:00 Coffee Social  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
 3:30 BINGO  
 5:00 Supper  
 6:30 Movie Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

25

8:30 Breakfast  
**10:00 WaterColor Painting w/ Carl-AL**  
 12:00 Lunch  
 1:30 Musical Therapy  
**2:00 Tea Party**  
 3:30 Beach Ball Volleyball  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

26

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
**11:30 Out and About Day**  
 12:00 Lunch  
 1:30 Outdoor Patio Music  
 3:30 Sing Along w/ Eldersong  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

27

8:30 Breakfast  
 9:30 Exercise Bands  
**10:30 Kingdom Melodies**  
 12:00 Lunch  
**2:00 Scenic Drive**  
 4:00 Color Me Happy  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

28

8:30 Breakfast  
**10:00 Exercise w/ Pati**  
 11:30 Easy Does it Trivia  
 12:00 Lunch  
**2:00 Vickie's Adventures-AL "Veggies, Chips & Dips"**  
 3:30 Arts & Crafts  
 5:00 Supper  
 6:30 Puzzle Time  
 7:00 Relax Well Snack  
 8:30 After Hours Club

29

8:30 Breakfast  
**9:30 Zumba w/ Cindy**  
 10:30 Pretty Nails  
 12:00 Lunch  
**2:00 Loteria**  
 3:30 Happy Hour  
 5:00 Supper  
 6:30 News & Tidbits  
 7:00 Relax Well Snack  
 8:30 After Hours Club

30

Activities are subject to change without notice.