

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fun Food Things in November 4th is National Candy Day at 4:00 6th Nachos at 1:30 in the Pub 10th at 2pm come decorate your own Vanilla Cupcake 11th Sundae Bar in the Pub 1pm 14th Pickled things on a stick with Bloody Mary's(virgin available)			The First Week of November is International Stress Awareness Week 1st at 2pm Learn More about the effects Stress has on your health 2nd also at 2pm A Funny Movie to release endorphins 3rd at 9:30am Join us in Meditation to help calm your mind 4th Remembering what we are grateful for at 1:30 5th at 10am Working with clay helps us feel better 6th at 1pm Taking a walk to release cortisol 7th at 10:30 Listening to your favorite music reduces Stress		11:15 Keepin' Fit 1
9:45 Doughnut and Coffee Delivery 2 10:00 Church Services 11:15 Keepin' Fit 2:00 A Funny Movie Daylight Saving Time Ends	9:30 Monday Meditation 3 11:15 Keepin' Fit 1:00 Heritage Hikers 2pm David HB Drake! In Memory Care 4:00 LRC (Dice Game)	9:30 Thoughtful Walk 4 11:15 Keepin' Fit 2:00 Virtual Mass 2:30 CBC Service 4:00 Candy Day! In the Activities Room Election Day	10:00 Start a Leaf Bowl 5 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Resident's Pick 3:30 Praying the Rosary by the Fireplace upstairs Resident Led Activity	9:30 Start a Turkey 6 11:15 Keepin' Fit 1:00 Thoughtful Walk 1:30 Nachos in the Pub! 2:00 Bingo 5:30 You Pick the Card Game! (Resident Led)	10:30 Listening to each other's favorite song 7 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Cooking Demo with Chef Chad in the Pub 5:30 Informational	11:15 Keepin' Fit 8 1:00 Heritage Hikers in Memory Care 2:00 Nivea's Pick In the Activities Room
9:45 Doughnut and Coffee Delivery 9 10:00 Church Services 11:15 Keepin' Fit 2:00 Movie & Popcorn	9:30 Hang Man Game 10 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Come Decorate Your Own Vanilla Cupcake! 4:00 Yahtzee (Dice Game)	10:00 Salute Our Veterans 11 11:15 Keepin' Fit 1:00 Sundae Bar! 1:30 Resident Council 2:00 Virtual Mass 2:30 CBC Service Veterans Day	10:00 Finish Leaf Bowls 12 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00pm Soda Shop in the Pub with Britany 3:30 Praying the Rosary By the Fireplace upstairs	9:30 Finish your Tie-Dye Turkeys 13 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Bingo 5:30 You Pick the Card Game! (Resident Led)	10:30 Music and Chat 14 11:15 Keepin' Fit 1:00 Heritage Hikers 2pm All the Mary's with pickled skewers! 5:30 Informational	11:15 Keepin' Fit 15 1:00 Heritage Hikers in Memory Care 2:00 Pokeno (like Bingo) In the Activities Room
9:45 Doughnut and Coffee Delivery 16 10:00 Church Services 11:15 Keepin' Fit 12:00 Packer Party! 5:30 Movie	9:30 Start a Turkey 17 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Nivea's Pick 4:00 Tenzies (Dice Game)	9:30 Armchair Travel 18 11:15 Keepin' Fit 1:00 Heritage Hikers 1:30 Mickey Mouse Day in the Pub! 2:00 Virtual Mass 2:30 CBC Service	10:00 Coffee and Chat 19 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Uno (Card Game) 3:30 Praying the Rosary by the Fireplace upstairs Resident Led Activity	10:00 Thanksgiving Trivia 20 11:15 Keepin' Fit Family Thanksgiving Entertainment - 4-5 Dinner to Follow	10:30 Chat N' Country 21 11:15 Keepin' Fit 1:00 Heritage Hikers 2pm Happy Hour with Birthday Cake! 5:30 Informational	11:15 Keepin' Fit 22 1:00 Heritage Hikers in Memory Care 2:00 Bingo In the Activities Room
Same Schedule As 11/16 23	9:30 Memory Monday 24 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Halley's Pick 4:00 You Pick the Dice Game!	9:30 Making Apple Cider and Scent Satchels 25 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Virtual Mass 2:30 CBC Service	10:00 Apple Cider 26 11:15 Keepin' Fit 1:00 Heritage Hikers 2:00 Black Jack for Candy 3:30 Praying the Rosary by the Fireplace upstairs Resident Led Activity	9:30 Armchair Travel 27 11:15 Keepin' Fit Thanksgiving Packer Party Starts at Noon Thanksgiving Day	10:30 Music and Chat 28 11:15 Keepin' Fit 1:00 Heritage Hikers 2pm A French Toast Happy Hour! 5:30 Informational	11:15 Keepin' Fit 29 1:00 Heritage Hikers in Memory Care 2:00 Halley's Pick In the Activities Room
Same Schedule As 11/9 30						

SPECIAL EVENTS

Family Thanksgiving 4-6:30pm
 Thanksgiving Packer Party at noon!

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*