

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday- 3- Sandy S. 5-Nyla P. 11- Bob M.	20- Mitzi K. 23- Gerald G.				1 10:00- Exercise w/ Spiro 100 11:00- Cribbage in AL AR 1:30- Heritage Hikers 2:30- TGIF-Happy Hour w/ Snacks & Refreshments	2 10:00- Morning Stretch 10:30- Mindful Meditation 1:00-Heritage Hikers 1:30- Bingo in the Bistro 3:30- Resident Led- Games
10:00- Morning Stretch 3 10:30- Coffee w/ the Concierge in the Bistro 1:00- Heritage Hikers 3:25- Packers VS Lions in Bistro Daylight Saving Time Ends	4 10:00- Exercises 10:30- Manicure Monday 1:00- Bus Trip- Fall Colors Tour 3:30- Personal Weight Craft	5 10:00- Exercise w/ Spiro 10:30- Heritage House Calls (1:1) 1:15- Catholic Communion & Rosary 1:30- Heritage Hikers 2:00- Flower Arranging Election Day	6 10:00- Morning Stretch 11:00- Christmas Card Making in Bistro 1:30- Heritage Scavenger Hunt 2:00- Bingo in the Bistro 3:00- Snacks & Refreshments	7 10:00- Morning Stretch 10:30- Donuts & Coffee Social 1:30- Heritage Hikers 2:30- Entertainment w/ Gemini 3:30- Centerpiece Craft	8 10:00- Exercise w/ Spiro 100 10:30- Women in S.T.E.M 1:30- Heritage Hikers 2:30- TGIF- November Birthday Party w/ Snacks & Refreshments	9 10:00- Morning Stretch 10:30- Mindful Meditation 1:00- Heritage Hikers 1:30- Bingo in the Bistro 3:30- Resident- Led games and Puzzles
10:00- Morning Stretch 10 10:30- Coffee w/ the Concierge in the Bistro 1:00- Heritage Hikers 2:00- Resident- Led Cribbage 3:00- Heritage House Calls	11 10:00- Exercise w/ Spiro 100 10:30- Manicure Monday 1:00- Bus Ride- Scenic Drive 3:30- Veterans Day program in Bistro with Sundaes Veterans Day	12 10:00- Morning Stretch 10:30- Pet Therapy W/ Harper Lee 1:30- Heritage Hikers 2:30- Resident Council 3:00- Flower Arranging	13 10:00- Exercise w/ Spiro 11:00- Arts, Crafts & Fun! 1:30- Heritage Hikers 2:00- Bingo in the Bistro 3:00- Snacks & Refreshments	14 10:00- Morning Stretch 10:30- Donuts & Coffee Social 1:30- Heritage Hikers 2:30- Entertainment w/ Cameron Webb 3:30- Pickle Tasting in Bistro	15 10:00- Exercise w/ Spiro 100 10:30- Heritage House Calls (1:1's) 1:30- Heritage Hikers 2:30- TGIF- Happy Hour w/ Snacks & Refreshments 3:30- Bowling in the Bistro	16 10:00- Morning Stretch 10:30- Mindful Meditation 1:00- Heritage Hikers 1:30- Bingo in the Bistro 3:30- Resident-Led Games and Puzzles
10:00- Exercise w/ Spiro 100 17 10:30- Coffee w/ the Concierge in the Bistro 12:00- Packers VS Bears in Bistro 1:00- Heritage Hikers 2:00- Resident Led Cribbage	18 10:00- Morning Stretch 10:30- Manicure Monday 1:00- Bus Ride to Mustard Museum 3:30- Monopoly in the Bistro for National Monopoly Day	19 10:00- Exercise w/ Spiro 100 10:30- Alzheimer's Disease Awareness Chat 1:15- Catholic Communion & Rosary 2:00- Flower Arranging	20 10:00- Morning Stretch 11:00- Heritage House Calls (1:1's) 1:30- Heritage Turkey Hunt 2:00- Bingo in the Bistro 3:00- Snacks & Refreshments	21 10:00- Exercise w/ Spiro 100 10:30- Donuts & Coffee Social 11:30- Thanksgiving Lunch w/ Family & Friends (12pm serving) 2:30- Entertainment w/Tom Kastle	22 10:00- Morning Stretch 11:00- Resident- Led Cribbage 1:30- Heritage Hikers 2:30- TGIF- Happy Hour w/ Snacks & Refreshments	23 10:00- Exercise w/ Spiro 100 10:30- Mindful Meditation 1:00- Heritage Hikers 1:30- Bingo in the Bistro 3:30- Heritage House Calls (1:1's)
10:00- Morning Stretch 24 10:30- Coffee w/ the Concierge in the Bistro 1:00- Heritage Hikers 2:00- Resident- Led Games 3:25- Packers VS 49ers in Bistro	25 10:00- Resident- Led Exercises 10:30- Heritage House Calls (1:1's) 1:30- Heritage Hikers 2:30- Coloring Pages & Puzzles 3:30- Resident- Led Games	26 10:00- Exercises w/ Spiro 100 10:30- Pet Therapy w/ Harper Lee 1:30- Heritage Hikers 2:00- Flower Arranging 3:30- UNO	27 10:00- Morning Stretch 10:30- Midweek Manicures 1:30- Heritage Turkey Hunt 2:30- Entertainment w/ 10 Strings 3:00- Snacks & Refreshments	28 10:00- Morning Stretch 10:30- Donuts & Coffee Social 1:30- Heritage Hikers 2:00- Bingo in the Bistro 3:30- Resident- Led Games Thanksgiving Day	29 10:00- Exercises w/ Spiro 100 11:00- Arts, Crafts & Fun! 1:30- Heritage Hikers 2:30- TGIF- Happy Hour w/ Snacks & Refreshments	30 10:00- Morning Stretch 10:30- Mindful Meditation 1:00- Heritage Hikers 1:30- Bingo in the Bistro 3:30- Resident- Led Puzzles and Games

SPECIAL EVENTS

Thanksgiving Lunch- 11:30 a.m. arrival, 12:00p.m. meal service
 National Alzheimer's Disease Awareness Chat- 10:30 a.m. in Bistro

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