

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



CALENDAR DAY! 1
 10:00 Morning Socials
 10:30 Yoga with Frank ~MD
 10:30 Provide Calendars on Units
 11:00 Yoga W/ Frank~ 2N/DR
 2:30 Nail Spa for 2N&2S ~2N/DR
 4:00 Music Strolling on 2nd floor
 6:00 Relaxation Group ~2S DR
 8:00 Movie 2N/DR

2
 10:00 Morning Socials ~MD & 2N/DR
 10:30 Wellness Group w/ Dani
 1:30 BOOK CLUB with Ashley ~2NDR
 1:30 BIBLE STUDY ~2S/DR
 2:30 Music Entertainment With Tom S ~MD
 6:00 ART THERAPY ~2S

3
 10:00 Morning Socials
 11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38
 11-11:30 Urban Zen With Jacqui ~MD
 2:30 Church Service ~MD & Communion On the Units
 6:30 Evening music with Dani ~2S DR
 8:00 Movie 2N/DR

4
 10:00 Morning Socials
 1:45 Movie Matinee ~2S/DR
 2:30 ZUMBA with Genalin ~MD

5
 10:00 Morning Socials
 1:30 Channel 38: Native American Music & Culture Video for American Indian Heritage Month
 2:30 BINGO w/ Annie ~MD

 3:30 Music Strolling ~1N& 1S

6
 10:00 Morning Socials
 2:30 Stevie GB Comedian ~MD
 3:30 Music Strolling on 2N&2S

7
 10:00 Morning Socials
 11:00 Fall Arts & Crafts Class with Anne ~2S/DR
 2:30 Tai Chi Class With Master Bob ~ MD
 6:30 POKENO with Jeremy ~MD

8
 10:00 Morning Socials
 10:30 Yoga with Frank ~MD
 10:30 Painting Class ~2S/DR
 11:00 Yoga W/ Frank~ 2N/DR
 2:30 Nail Spa for 1N&1S ~MD
 4:00 Music Strolling on 2nd floor
 6:00 Relaxation Group ~2S DR
 8:00 Movie 2N/DR

9
 10:00 Morning Socials ~MD & 2N/DR
 10:30 Wellness Group w/ Dani
 1:30 BOOK CLUB with Ashley ~2NDR
 1:30 BIBLE STUDY ~2S/DR
 2:30 Music Entertainment With Joe D ~MD
 6:00 ART THERAPY ~2S

10
 10:00 Morning Socials
 11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38
 11:00 Urban Zen W/ Jacqui ~MD
 2:30 Church Service~MD & Communion On the Units
 6:30 Evening music with Dani ~2S DR
 8:00 Movie 2N/DR

11
 10:00 Morning Socials
 Happy Veterans Day!
 12:00 Veterans Day Program
 2:30 Seated Drum Fit Class With Genalin ~

12
 10:00 Morning Socials
 2:30 Ball Toss ~MD
 3:30 Music Strolling on 1N & 1S

13
 10:00 Morning Social
 2:30 Karaoke ~MD

 3:30 Music Strolling on 2N & 2S
 WORLD KINDNESS DAY!

14
 10:00 Morning Socials
 10:30 KAZOO CLUB ~MD
 11:00 Arts & Crafts Class w/ Anne ~2S/DR
 2:30 Tai Chi Class With Master Bob ~ MD
 6:30 BINGO w/ Bruce ~MD

15
 10:00 Morning Socials
 10:30 Yoga with Frank ~MD
 10:30 Painting Class ~2S/DR
 11:00 Yoga W/ Frank~ 2N/DR
 2:30 Nail Spa for 2N&2S ~2N/DR
 4:00 Music Strolling on 2nd floor
 6:00 Relaxation Group ~2S DR
 8:00 Movie 2N/DR

16
 10:00 Morning Socials ~MD & 2N/DR
 10:30 Wellness Group w/ Dani
 1:30 BOOK CLUB with Ashley ~2NDR
 1:30 BIBLE STUDY ~2S/DR
 2:30 Music Entertainment With Kenny Hendrix ~
 6:00 ART THERAPY ~2S

17
 10:00 Morning Socials
 11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38
 10:30 RESIDENT COUNCIL
 11-11:30 Urban Zen With Jacqui ~MD
 2:30 Church Service ~MD & Communion On the Units
 6:30 Evening music with Dani ~2S DR
 8:00 Movie 2N/DR

18
 10:00 Morning Socials
 1:45 Movie Matinee ~2S/DR
 2:30 ZUMBA with Genalin ~MD

19
 10:00 Morning Socials
 1:30 Channel 38: Latino Music for Latin American Heritage Month!
 2:30 Bowling ~MD
 3:30 Music Strolling on 1N & 1S

20
 10:00 Morning Socials
 2:30 FAMILY FUED ~MD
 3:30 Music Strolling on 2N&2S

21
 10:00 Morning Socials
 10:30 KAZOO CLUB ~MD
 11:00 Arts & Crafts Class with Anne and Bruce ~2S/DR
 2:30 Tai Chi Class With Master Bob ~ MD
 6:30 Pokeno with Jeremy ~MD
 PO-KE-NO

22
 10:00 Morning Socials
 10:30 Yoga with Frank ~MD
 10:30 Painting Class ~2S/DR
 11:00 Yoga W/ Frank~ 2N/DR
 2:30 Nail Spa for 1N&1S ~MD
 4:00 Music Strolling on 2nd floor
 6:00 Relaxation Group ~2S DR
 8:00 Movie 2N/DR

23
 10:00 Morning Socials ~MD & 2N/DR
 10:30 Wellness Group w/ Dani
 1:30 BOOK CLUB with Ashley ~2NDR
 1:30 BIBLE STUDY ~2S/DR
 2:30 Music Entertainment With Kenny Hendrix ~
 6:00 ART THERAPY ~2S

24
 10:00 Morning Socials
 HAPPY THANKSGIVING!
 THANKSGIVING LUNCHEON with music entertainment ~11:30AM ~MD & 2N/DR
 Thanksgiving Day (US)

25
 10:00 Morning Socials
 2:30 JACKPOT BINGO ~MD

 3:30 Music Strolling on 2N & 2S

26
 10:00 Morning Socials
 2:30 Who wants to be a Millionaire on the Wii ~MD
 3:30 Music Strolling on 1N & 1S

27
 10:00 Morning Socials
 2:30 POKENO ~MD

 3:30 Music Strolling on 2N & 2S

28
 10:00 Morning Socials
 10:30 KAZOO CLUB ~MD
 11:00 Arts & Crafts Class with Anne and Jeremy ~2S/DR
 2:30 POKENO ~MD
 6:30 Bingo with Bruce ~MD

29
 10:00 Morning Socials
 10:30 Yoga with Frank ~MD
 10:30 Painting Class ~2S/DR
 11:00 Yoga W/ Frank~ 2N/DR
 2:30 Nail Spa for 2N&2S ~2N/DR
 4:00 Music Strolling on 2nd floor
 6:00 Relaxation Group ~2S DR
 8:00 Movie 2N/DR

30
 10:00 Morning Socials
 10:30 Wellness Group w/ Dani
 1:30 BOOK CLUB with Ashley ~2NDR
 1:30 BIBLE STUDY ~2S/DR
 2:30 BIRTHDAY PARTY Music Entertainment by Vance ~MD
 6:00 ART THERAPY ~2S

November 2022
 Hello November, Thank you for reminding us we have so much to be grateful for!