



# November 2021

## MEMORY WAY

11/1 All Saint's Day  
 11/2 Election Day  
 11/11 Veteran's Day  
 11/25 Thanksgiving

### ACTIVITY LOCATION KEY:

2FLB	2nd Floor Balcony	TR	Theater Room
ACT	Activities Room	SR1	Sunroom 1
B	Bistro	SR2	Sunroom 2
DR	Dining Room	LIB	Library
LR	Living Room	AL Bar	LIVE MUSIC
O	Outing		
LV2	2nd Floor Living		

## *Celebrate*LIFE! Calendar & Social Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>The 8 Dimensions of Wellness!</b></p> <ul style="list-style-type: none"> <li>• Remaining active &amp; mobile!</li> <li>• Establish &amp; maintain a positive Relationship with yourself &amp; Others</li> <li>• Environment &amp; community consciousness!</li> <li>• Inner peace &amp; security!</li> <li>• Maintain a sense of Identity &amp; purpose!</li> <li>• Engage &amp; Participate in a courteous manner with Others!</li> <li>• Expand one's knowledge &amp; learn new things!</li> <li>• Productivity &amp; health</li> </ul>	<p><b>1</b></p> <p>7:30 Breakfast (DR)</p> <p>9:15 Raise the Flag</p> <p>9:30 Pictionary (LR)</p> <p>10:30 Arts &amp; Crafts (LR)</p> <p>11:30 Lunch (DR)</p> <p>1:00 Board Games (LR)</p> <p>2:30 "Shake, Rattle &amp; Roll"</p> <p>3:30 Rest Relax Hydrate</p> <p>4:30 Dinner (DR)</p> <p>6:00 Evening Stroll</p> <p>7:00 Tea Time (B)</p> <p>Lowering the Flag</p>	<p><b>2</b></p> <p>7:30 Breakfast (DR)</p> <p>9:15 Raise the Flag</p> <p>10:00 Chair Volleyball! (SUN)</p> <p>11:30 Lunch (DR)</p> <p>1:00 Pretty Nails (LR)</p> <p>2:00 Rest Relax Hydrate</p> <p>3:15 Bingo (LR)</p> <p>4:30 Dinner (DR)</p> <p>7:00 Hand Massages (LR)</p> <p>7:30 Evening Stroll</p> <p>Lowering the Flag</p>	<p><b>3</b></p> <p>7:30 Breakfast (DR)</p> <p>9:15 Raise the Flag</p> <p>9:30 Exercise w/ Select Rehab (LR)</p> <p>10:00 Cornhole</p> <p>11:30 Lunch (DR)</p> <p>1:00 Crossword Puzzle (LR)</p> <p>2:00 "Whack the Balloon"</p> <p>3:15 Rest Relax Hydrate</p> <p>4:30 Dinner (DR)</p> <p>7:00 Movie (LR)</p> <p>Lowering the Flag</p>	<p><b>4</b></p> <p>7:30 Breakfast (DR)</p> <p>9:15 Raise the Flag</p> <p>10:00 Chair Volleyball! (SUN)</p> <p>11:30 Lunch (DR)</p> <p>1:00 Arts &amp; Crafts (LR)</p> <p>2:00 Rest Relax Hydrate</p> <p>3:15 Bingo (LR)</p> <p>4:30 Dinner (DR)</p> <p>6:00 Evening Stroll</p> <p>7:00 Aromatherapy/ Hand Massage</p> <p>Lowering the Flag</p>	<p><b>5</b></p> <p>7:30 Breakfast (DR)</p> <p>9:15 Raise the Flag</p> <p>9:30 Exercise (SUN)</p> <p>10:00 WAGS! (Pet Therapy)</p> <p>11:30 Lunch (DR)</p> <p>1:00 Hangman (LR)</p> <p>2:00 Walk and Talk</p> <p>3:00 Rest Relax Hydrate</p> <p>4:00 Reading the Newspaper</p> <p>4:30 Dinner (DR)</p> <p>6:30 Jenga (LR)</p> <p>7:00 Tea Time (B)</p> <p>Lowering the Flag</p>	<p><b>6</b></p> <p>7:30 Breakfast (DR)</p> <p>9:15 Raise the Flag</p> <p>10:00 Trivia Time</p> <p>11:30 Lunch (DR)</p> <p>1:00 Movie Matinee (LR)</p> <p>3:00 Card Games (LR)</p> <p>3:30 Rest Relax Hydrate</p> <p>4:00 Bingo (LR)</p> <p>4:30 Dinner (DR)</p> <p>7:00 Aromatherapy/Hand Massage</p> <p>Lowering the Flag</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 3:00 Make Birthday Cards (LR) 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Movie (LR) Lowering the Flag	<b>8</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag	<b>9</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag	<b>10</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise w/ Select Rehab (LR) 10:00 Cornhole 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag	<b>11</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:00 Veteran's Day Presentation (Lobby) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag	<b>12</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Bowling (LR) 11:30 Lunch (DR) 1:00 Scenic Drive (O) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag	<b>13</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag


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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>14</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Movie (LR) Lowering the Flag	<b>15</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 LIVE MUSIC! w/ Bernie (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag	<b>16</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag	<b>17</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise w/ Select Rehab (LR) 9:30 Catholic Communion (TR) 10:00 Cornhole 11:30 Lunch (DR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag	<b>18</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Thanksgiving Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag	<b>19</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 WAGS! (Pet Therapy) 11:30 Lunch (DR) 1:00 Hangman (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag	<b>20</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag

# November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Movie (LR) Lowering the Flag	<b>22</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Bowling (LR) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag	<b>23</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag	<b>24</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise w/ Select Rehab (LR) 10:00 Cornhole 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag	<b>25</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag	<b>26</b> 7:30 Breakfast (DR) 9:15 Raise the Fla 9:30 Exercise (SUN) 10:00 Bowling (LR) 11:30 Lunch (DR) 1:00 Hangman (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag	<b>27</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>28</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Movie (LR) Lowering the Flag</p>	<p><b>29</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts &amp; Crafts (LR) 11:30 Lunch (DR) 1:00 Resident's Birthday Celebration (DR) 2:30 "Shake, Rattle &amp; Roll" 3:30 LIVE MUSIC! w/ Bernie (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag</p>	<p><b>30</b> 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag</p>	 <p><i>Birthdays of the Month</i></p> <p><b>HAPPY BIRTHDAY!</b></p> <p><b>11/18 Nettie Leathers</b></p> <p><b>11/27 Myra Butler</b></p>			