

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

November 2023

Happy Birthday to all Residents and Staff!!

			8:30am Breakfast 1 10:00am Bible Study w/ Mr. Ron 11:00am Exercise/ Inspiration 11:30am Meditation/ Hydration 12:30pm Lunch 2:30pm Wine Down w/ Hollie 3:30pm Bingo 4:00pm Catch Sunshine 5:30pm Dinner	8:30am Breakfast 2 10:00am Exercise/ Inspiration Coffee Talk w/ Mary Cohen 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Jazz Hour 3:30pm Puzzle (AL) 5:30pm Dinner	8:30am Breakfast 3 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Thankful Poems 3:30pm Thanksgiving Bingo 5:30pm Dinner	8:30am Breakfast 4 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Open Activities 5:30pm Dinner
8:30am Breakfast 5 10:00am Rest & Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Read a Book 5:30pm Dinner	8:30am Breakfast 6 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Sunshine Time 12:30pm Lunch 2:30pm Balloon Volleyball 3:30pm Bingo w/ Mary Cohen 4:00pm Civil War Documentary 5:30pm Dinner	8:30am Breakfast 7 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Music Social w/ Mr. Paul 3:30pm Bingo/ Balloon Toss 4:00pm Time to Dance 70's 5:30pm Dinner	8:30am Breakfast 8 10:30am Exercise/ Inspiration 11:00am Meditation/ Hydration 12:30pm Lunch 2:30pm Wine Down w/ Hollie 3:30pm Bingo 4:00pm Let's Make Paper Plate Turkey Wreath 5:30pm Dinner	8:30am Breakfast 9 10:00am Exercise/ Inspiration Coffee Talk w/ Mary Cohen 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Solve This Mysteries w/ Roshell 3:30pm Prize Is Right 5:30pm Dinner Happy Birthday Lottie Maddox	8:30am Breakfast 10 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm National Vanilla Cupcake Day w/ Music 4:00pm News Tv Talk 5:30pm Dinner	8:30am Breakfast 11 10:00am Exercise/ Inspiration 11:00am Church Service w/ Christ Center Living Water 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Open Activities 5:30pm Dinner Happy Birthday JoAnne Barringer Veterans Day Remembrance Day (Canada)
8:30am Breakfast 12 10:00am Rest & Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Visit a Friend 3:30pm Bingo 5:30pm Dinner National Chicken Soup for The Soul Day <small>Diwali (Hindi)</small>	8:30am Breakfast 13 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Guess Who 3:30pm Bingo 4:00pm Jeopardy 5:30pm Dinner World Kindness Day	8:30am Breakfast 14 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Solve This Mystery/ Hydration 12:30pm Lunch 2:30pm Rest & Tv 3:30pm What Are you Thankful For 4:00pm Trivia w/ Zackeshia 5:30pm Dinner National Family PJ Day National Spicy Guacamole Day	8:30am Breakfast 15 10:00am Bible Study w/ Mr. Ron 11:00am Exercise/ Inspiration 11:30am Meditation/ Hydration 12:30pm Lunch 2:30pm Wine Down w/ Hollie 3:30pm Bingo 4:00pm Catch Sunshine 5:30pm Dinner	8:30am Breakfast 16 10:00am Exercise/ Inspiration Coffee Talk w/ Mary Cohen 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Turkey Cupcakes w/ Shauna Queen 3:30pm Catch Sunshine 5:30pm Thanksgiving Family Dinner	8:30am Breakfast 17 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm What Are you Thankful For 3:30pm Picture Day 4:00pm News Talk Tv 5:30pm Dinner	8:30am Breakfast 18 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:00pm Lunch 2:00pm Open Activities 5:30pm Dinner
8:30am Breakfast 19 10:00am Rest & Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Get Some Fresh Air 5:30pm Dinner	8:30am Breakfast 20 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Rest & Relax w/ Soft Music 3:30pm Bingo 4:00pm Story Time 5:30pm Dinner National Carbonated Beverage With Caffeine Day Peanut Butter Fudge Day	8:30am Breakfast 21 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Make Gingerbread Cookies 3:30pm Short Story 4:00pm Move Your Body (80's) 5:30pm Dinner	8:30am Breakfast 22 10:00am Bible Study w/ Mr. Ron 11:00am Exercise/ Inspiration 11:30am Meditation/ Hydration 12:30pm Lunch 2:30pm Wine Down w/ Hollie 3:30pm Bingo 4:00pm Let's Make Thanksgiving Oreo Turkey Cookies 5:30pm Dinner	8:30am Breakfast 23 10:00am Exercise/ Inspiration Coffee Talk w/ Mary Cohen 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Thanksgiving Movie/ Popcorn 4:00pm Open Activities 5:30pm Dinner <small>Thanksgiving Day (US)</small>	8:30am Breakfast 24 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Native American Heritage History Talk 3:30pm Walk down Memory Lane 5:30pm Dinner	8:30am Breakfast 25 10:00am Exercise/ Inspiration 11:00am Church Service w/ Christ Center Living Water 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Open Activities 5:30pm Dinner
8:30am Breakfast 26 10:00am Rest & Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Write a Positive Note 5:30pm Dinner	8:30am Breakfast 27 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Balloon Volleyball 3:30pm Bingo 4:00pm Let's Dance 5:30pm Dinner	8:30am Breakfast w/ French Toast 28 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Card Game/ Checker 3:30pm Card Games 4:00pm News Talk 5:30pm Dinner	8:30am Breakfast 29 10:00am Bible Study w/ Mr. Ron 11:00am Exercise/ Inspiration 11:30am Meditation/ Hydration 12:30pm Lunch 2:30pm Wine Down w/ Hollie 3:30pm Bingo 4:00pm Catch Sunshine 5:30pm Dinner	8:30am Breakfast 30 10:00am Exercise/ Inspiration Coffee Talk w/ Mary Cohen 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Chocolate Mousse Dish Resident Council Meeting 3:30pm Jeopardy 5:30pm Dinner		

Calendar is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>2 9:30 Morning greetings 10:00 Short stories 1:30 Arts and crafts 2:00 Bingo 3:00 Hand massages and nail care with Michelle</p>	<p>3 9:30 Walking / exercise 10:00 Short stories 1:30 Fall felt art project 2:00 Music with Lynn 2:30 Bingo</p>	<p>4 9:30 Walking / exercise 10:00 Short stories 1:30 Turkey art painting 3:00 Music with Singing Steve!</p>	<p>5 9:30 Walking / exercise 10:00 Short stories 1:30 Manicures with Michelle 2:30 Let's Get Lost Joy Ride</p>	<p>* Nail Day with Jessica * 6 9:30 Walking / exercise 10:00 Short stories 1:30 Donut social 2:00 Relaxing Harp Music with Jan!</p>	<p>7 10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	
<p>8 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>9 9:30 Walking / exercise 10:00 Short stories 1:30 Bingo 3:00 Music with Craig!</p>	<p>10 9:30 Walking / exercise 10:00 Short stories 1:30 Water coloring 2:00 Let's Get Lost Joy Ride</p>	<p>11 9:30 Walking / exercise 10:00 Short stories 1:30 Apple cider and pie social 2:00 Flag folding ceremony 3:00 Leaf art project</p>	<p>12 9:30 Walking / exercise 10:00 Short stories 1:30 Thursday Trivia 2:00 Sammy the dog and Lynn visiting! 2:30 Let's Get Lost Joy Ride</p>	<p>13 9:30 Walking / exercise 10:00 Short stories 1:30 Donut social 2:00 Relaxing Harp Music with Jan!</p>	<p>14 10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	
<p>15 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>16 9:30 Morning greetings 10:00 Short stories 1:30 Arts and crafts 2:00 Bingo 3:00 Hand massages and nail care with Michelle</p>	<p>17 9:30 Exercise 10:00 Music with Memory Lane! 1:30 Water coloring 2:00 Music with Lynn 2:30 Bingo</p>	<p>18 9:30 Walking / exercise 10:00 Short stories 1:30 Hot chocolate social 2:30 Bingo 3:00 Harvest painting</p>	<p>19 9:30 Walking / exercise 10:00 Saxophone music With Tom! 1:30 Tea Party 2:30 Manicures with Michelle 3:00 Hand massages</p>	<p>* Nail Day with Jessica * 20 9:30 Walking / exercise 10:00 Short stories 1:30 Donut social 2:30 Let's Get Lost Joy Ride</p>	<p>21 10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	
<p>22 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>23 9:30 Morning greetings 10:00 Short stories 1:30 Hand massages 2:00 Let's Get Lost Joy Ride</p>	<p>24 9:30 Walking / exercise 10:00 Music with Melody! 1:30 Fall tree art 2:30 Bingo 3:00 Hand massages and nail care with Michelle</p>	<p>25 9:30 Walking / exercise 10:00 Short stories 1:30 Cookie baking and hot chocolate social 2:30 Let's Get Lost Joy Ride</p>	<p>26 9:30 Walking / exercise 1:30 Water coloring 2:30 Bingo</p>	<p>27 9:30 Morning greetings 10:00 Short stories 1:30 Arts and crafts 2:00 Bingo 3:00 Hand massages</p>	<p>28 10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	
<p>29 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>30 9:30 Morning greetings 10:00 Short stories 1:30 Arts and crafts 2:00 – 100th Birthday Celebration for Donna!! 3:00 Hand massages</p>	<h1>Horizons Sample Activities Calendar</h1>				