

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# November 2023

## Happy Birthday to all Residents and Staff!!

<p>8:30am Breakfast 10:00am Rest &amp; Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Read a Book 5:30pm Dinner</p> <p style="text-align: right;"><b>5</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>6</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>7</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>1</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>2</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>3</b></p>	<p>8:30am Breakfast 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Open Activities 5:30pm Dinner</p> <p style="text-align: right;"><b>4</b></p>
<p>8:30am Breakfast 10:00am Rest &amp; Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Read a Book 5:30pm Dinner</p> <p style="text-align: right;"><b>12</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>13</b></p>	<p>8:30am Breakfast 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Solve This Mystery/ Hydration 12:30pm Lunch 2:30pm Rest &amp; Tv 3:30pm What Are you Thankful For 4:00pm Trivia w/ Zackeshia 5:30pm Dinner</p> <p style="text-align: right;"><b>14</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>15</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>16</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>17</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>11</b></p> <p style="text-align: center;">Happy Birthday JoAnne Barringer Veterans Day Remembrance Day (Canada)</p>
<p>8:30am Breakfast 10:00am Rest &amp; Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Visit a Friend 3:30pm Bingo 5:30pm Dinner</p> <p style="text-align: right;"><b>19</b></p>	<p>8:30am Breakfast 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:30pm Rest &amp; Relax w/ Soft Music 3:30pm Bingo 4:00pm Story Time 5:30pm Dinner</p> <p style="text-align: right;"><b>20</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>21</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>22</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>23</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>24</b></p>	<p>8:30am Breakfast 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:00pm Lunch 2:00pm Open Activities 5:30pm Dinner</p> <p style="text-align: right;"><b>18</b></p>
<p>8:30am Breakfast 10:00am Rest &amp; Relax 11:00am Minister Durden 12:30pm Lunch 2:00pm Get Some Fresh Air 5:30pm Dinner</p> <p style="text-align: right;"><b>26</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>27</b></p>	<p>8:30am Breakfast w/ French Toast 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</p> <p style="text-align: right;"><b>28</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>29</b></p>	<p>8:30am Breakfast 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</p> <p style="text-align: right;"><b>30</b></p>	<p>8:30am Breakfast 10:00am Exercise/ Inspiration 11:00am Meditation 11:30am Trivia/ Hydration 12:30pm Lunch 2:00pm Open Activities 5:30pm Dinner</p> <p style="text-align: right;"><b>25</b></p>	

Calendar is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>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>9:30 Walking / exercise 10:00 Short stories 1:30 Fall felt art project <b>2:00 Music with Lynn</b> 2:30 Bingo</p>	<p>9:30 Walking / exercise 10:00 Short stories 1:30 Turkey art painting <b>3:00 Music with Singing Steve!</b></p>	<p>9:30 Walking / exercise 10:00 Short stories 1:30 Manicures with Michelle 2:30 Let's Get Lost Joy Ride</p>	<p><b>* Nail Day with Jessica *</b> 9:30 Walking / exercise 10:00 Short stories 1:30 Donut social <b>2:00 Relaxing Harp Music with Jan!</b></p>	<p>10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>
<p>10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>9:30 Walking / exercise 10:00 Short stories 1:30 Bingo <b>3:00 Music with Craig!</b></p>	<p>9:30 Walking / exercise 10:00 Short stories 1:30 Water coloring 2:00 Let's Get Lost Joy Ride</p>	<p>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>9:30 Walking / exercise 10:00 Short stories 1:30 Thursday Trivia <b>2:00 Sammy the dog and Lynn visiting!</b> 2:30 Let's Get Lost Joy Ride</p>	<p>9:30 Walking / exercise 10:00 Short stories 1:30 Donut social <b>2:00 Relaxing Harp Music with Jan!</b></p>	<p>10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>
<p>10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>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>9:30 Exercise <b>10:00 Music with Memory Lane!</b> 1:30 Water coloring <b>2:00 Music with Lynn</b> 2:30 Bingo</p>	<p>9:30 Walking / exercise 10:00 Short stories 1:30 Hot chocolate social 2:30 Bingo 3:00 Harvest painting</p>	<p>9:30 Walking / exercise <b>10:00 Saxophone music With Tom!</b> 1:30 Tea Party 2:30 Manicures with Michelle 3:00 Hand massages</p>	<p><b>* Nail Day with Jessica *</b> 9:30 Walking / exercise 10:00 Short stories 1:30 Donut social 2:30 Let's Get Lost Joy Ride</p>	<p>10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>
<p>10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>9:30 Morning greetings 10:00 Short stories 1:30 Hand massages 2:00 Let's Get Lost Joy Ride</p>	<p>9:30 Walking / exercise <b>10:00 Music with Melody!</b> 1:30 Fall tree art 2:30 Bingo 3:00 Hand massages and nail care with Michelle</p>	<p>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>9:30 Walking / exercise 1:30 Water coloring 2:30 Bingo</p>	<p>9:30 Morning greetings 10:00 Short stories 1:30 Arts and crafts 2:00 Bingo 3:00 Hand massages</p>	<p>10:00 Morning Social 10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>
<p>10:30 Fish Tank Reflections 2:00 Card Games – Board games 3:00 Activity Box projects</p>	<p>9:30 Morning greetings 10:00 Short stories 1:30 Arts and crafts <b>2:00 – 100<sup>th</sup> Birthday Celebration for Donna!!</b> 3:00 Hand massages</p>	<h1>Horizons Sample Activities Calendar</h1>				

