














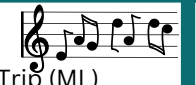





Independent Living Lifestyles Calendar






SUN	MON	TUE	WED	THU	FRI	SAT
	MAP LEGEND AC—Arts and Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room L— Library ML—Main Lobby WCP — Wellness Center Pool		1 Waffle Wednesday! 10:00A Tech Time (GR) 10:30A Iris Cards (AC) 12:45P Active Minds — The Surprising Lives of Christian Saints Pt. 1 (AU/Ch2) 2:00P PWP Singers (AU) 6:00P Bridge (GR)	2 National Deviled Eggs Day 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 1:00P Wellness Lecture Series: (AU/CH2) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	3 MOVIE TIME  10:00A Ladies Bible Study (AC) 10:00A Men's Bible Study (GR) 1:00P Catholic Service (GR) 2:00P Chair Volleyball (AU) 2:30P Movie Matinee —Karate Kid (Wii Room) VETERANS	4 MOD: Pelagie Akpo 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 3:30P Music Of Harmony (AU/CH2) 6:15P Bingo! (AC)
5 MOD: Pelagie Akpo 11:30A-2:00P Sunday Brunch (DR) 11:00A Music w/ Mark Bruni (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	6 Podiatrist Visit 10:30A Grocery Trip (ML) 11:00A Active Minds — The Surprising Lives of Christian Saints Pt. 2 (AU/CH2) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 6:00P Mexican Train! (GR)	7  10:00A ART GROUP (AC) 1:00P Craft Time With Nikita (AC) 1:30P The Chosen (AU/CH2) 4:00P Spanish with Rocio (GR) 6:15P BINGO! (AC)	8 Waffle Wednesday!  10:00A Tech Time (GR) 10:30A Iris Cards (AC) 11:30A Therapy Dogs (ML) 12:45P Active Minds — The Surprising Lives of Christian Saints Pt. 3 (AU/Ch2) 2:00P PWP Singers (AU) 6:00P Bridge (GR)	9  World Adoption Day 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	10  10:00A Ladies Bible Study (AC) 10:00A Men's Group (GR) 11:00A Yoga W/ Joe (WC) 11:00A Veteran's Day Luncheon (AU) 2:30P Movie Matinee —John Wayne: Hondo (Wii Room) 2:30 CVS/Walgreens (\$)	11 MOD: Dragoslav Lukic 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
12  MOD: Dragoslav Lukic 11:30A-2:00P Sunday Brunch (DR) 11:30A Music w/ Rodney Raspberry (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	13  10:30A Grocery Trip (ML) 11:00A Active Minds —The Surprising Lives of Christian Saints Pt. 4 (AU/CH2) 1:30P Bible School (GR) 3:00P Prize Bunco! (GR) 6:00P Mexican Train! (GR)	14  10:00A ART GROUP (AC) 1:00P The Chosen (AU/CH2) 2:30P Menu Chat w/ Chef (AU/CH2) 4:00P Spanish with Rocio (GR) 6:15P BINGO! (AC)	15 Waffle Wednesday! 10:00A Tech Time (GR) 10:30A Iris Cards (AC) 12:45P Active Minds — The Surprising Lives of Christian Saints Pt. 5 (AU/Ch2) 2:00P PWP Singers (AU) 4:45P Catholic Women's Dinner (DR) 6:00P Bridge (GR)	16 National Do Something Nice Day 10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC) 	17  10:00A Ladies Bible Study (AC) 10:00A Men's Bible Study (GR) 11:00A Book Club (L) 2:00P Chair Volleyball (AU) 2:30P Movie Matinee —Smokey and the Bandit (Wii Room)	18 MOD: Amy Shields 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 3:30P Music Of Harmony (AU/CH2) 6:15P Bingo! (AC)
19 MOD: Executive Director 11:30A-2:00P Sunday Brunch (DR) 11:00A Music w/ Mark Bruni (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	20  10:30A Grocery Trip (ML) 11:00A Active Minds —The Surprising Lives of Christian Saints Pt. 6 (AU/Ch2) 1:30P Bible School (GR) 3:00P Birthday Social (AU/CH2) 6:00P Mexican Train! (GR)	21 10:00A ART GROUP (AC) 1:00P Craft Time With Nikita (AC) 2:00P Sing-A-Long w/ Tim Holder (AU/CH2) 3:00P The Chosen (AU/CH2) 4:00P Spanish with Rocio (GR) 6:15P BINGO! (AC)	22 Waffle Wednesday! 10:00A Tech Time (GR) 10:30A Iris Cards (AC) 11:30A Therapy Dogs (ML) 12:45P Active Minds — The Surprising Lives of Christian Saints Pt. 7 (AU/Ch2) 2:00P PWP Singers (AU) 6:00P Bridge (GR)	23  10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 12:00-2:00P Thanksgiving Lunch Buffet (DR) 2:00P Rummikub (GR) 6:15P Bingo! (AC)	24  10:00A Ladies Bible Study (AC) 10:00A Men's Bible Study (GR) 11:00A Yoga W/ Joe (WC) 11:30A Let's Do Lunch: Houston BBQ Company 2:00P Chair Volleyball (AU) 2:30P Movie Matinee — Ernest Goes To Camp (Wii Room)	25 MOD: Andrea Carr 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
26 MOD: Andrea Carr 11:30A-2:00P Sunday Brunch (DR) 11:30A Music w/ Rodney Raspberry (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	27  10:30A Grocery Trip (ML) 11:00A Active Minds —The Surprising Lives of Christian Saints Pt. 8 (AU/Ch2) 1:30P Bible School (GR) 3:00P Piano with Mary Green (AU/CH2) 6:00P Mexican Train! (GR)	28  10:00A ART GROUP (AC) 1:30P The Chosen (AU/CH2) 2:00P Prize Bingo With HHR (AC) 3:30P TOWN HALL! (AU/Ch2) 6:15P BINGO! (AC)	29 Waffle Wednesday! 10:00A Tech Time (GR) 10:30A Iris Cards (AC) 12:45P Active Minds — The Surprising Lives of Christian Saints Pt. 9 (AU/Ch2) 2:00P PWP Singers (AU) 6:00P Bridge (GR)	30  10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)		Activities Are Subject To Change Without Notice



























NOVEMBER









Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	PLEASE CONTACT MELANIE LEWIS, WELLNESS COORDINATOR, TO SCHEDULE A FITNESS CONSULTATION, (281) 677-5908		1 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	2 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Wellness Lecture Series: Balance and Fall Prevention (AU/CH2) 2:00P Aqua Smiles 2:30 Aqua Stroll	3 9:30A Advanced Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics 12:00P Resident Consultations by Appointment 1:00P Chair Volleyball(AU)	4 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
5 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	6 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	7 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Weight Room Circuit 2:00P Aqua Smiles 2:30 Aqua Stroll	8 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	9 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Strength & Flexibility on the Mat 2:00P Aqua Smiles 2:30 Aqua Stroll	10 9:30A Advanced Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics 11:00A Yoga W/ Joe (WC) 12:00P Resident Consultations by Appointment 1:00P Chair Volleyball(AU)	11 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
12 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	13 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	14 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Weight Room Circuit 2:00P Aqua Smiles 2:30 Aqua Stroll	15 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	16 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Strength & Flexibility on the Mat 2:00P Aqua Smiles 2:30 Aqua Stroll	17 9:30A Advanced Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics 12:00P Resident Consultations by Appointment 1:00P Chair Volleyball(AU)	18 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
19 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	20 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	21 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Weight Room Circuit 2:00P Aqua Smiles 2:30 Aqua Stroll	22 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	23 	24 	25 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
26 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	27 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	28 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Weight Room Circuit 2:00P Aqua Smiles 2:30 Aqua Stroll	29 9:30A Advanced Stretch & Balance 10:00A Intermediate Stretch & Balance 10:30A Beginner Stretch & Balance 12:00P Resident Consultations by Appointment 1:00P Core & Balance	30 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Strength & Flexibility on the Mat 2:00P Aqua Smiles 2:30 Aqua Stroll		ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED

The Heights Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	MAP LEGEND AR— Activity Room DR— Dining Room LR— Living Room FP— Fireplace P— Porch		1 10:00 Art & Craft Flower crown (AR) 11:00 Walking Club (AR) 2:00 Spanish Class w/Ericka 3:00 B-I-N-G-O (AL) 4:00 Dominoes (AR) 	2 10:00 Devotional Service with John Bender(DR) 11:00 Jewelry Class 3:00Rummikub Group (AR) 4:00Social Gathering (L) 6:00 Audio Book club 	3  10:15 Coffe & Daily chronicle 11:00 Move n Groove 2:15 Ice Cream Social (AR) 3:00 B-I-N-G-O w/ Assist Med (DR) 4:00 Chair Travel 6:00 Friday Night Football	4 10:15Name That Tune w/Mark (DR) 2 :00 Jenga 3:00 Pokeno Card Game 4:00 Independent Word Puzzle
5 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 1:30 Table Games (B) 3:30 Sunday Trinity Broadcast (Ch.57)	6  9:00 Manicure & Pedicures by Amparo 10:00 Bowling 11:00 Chair Yoga & meditation 2:00 Show & Tell 3:00 B-I-N-G-O (DR) 4:00 Aroma therapy & hand massages 6:00 Cranium Crunch Hour (L)	7 10:15 Devotion w/John Bender (B) 11:15 Stretch & Balance (AR) 2:00 Group Bible Study w/ Robert Hudson (AR) 3:00 Rummikub Group (AR) 4:00 Jenga (AR)	8  10:15 Donuts w/Coffee 11:00 Faithful Paws Pet Visit (AR) 2:00 Walking Club 3:00 B-I-N-G-O (DR) 4:00 Creative writing group (DR)	9  10:00 Devotional Service with John Bender (DR) 11:00 Resistance Band Workout (AR) 2:00 Fall Desert Tasting (Lr) 3:00 Rummikub Group (AR) 4:00 Dominoes	10  10:15 Entertainment by Danette McMahon 11:00 Veterans Day lunch (C) 2:00 Mix & Mingle Welcome committee. 3:00 Paper airplane race 4:00 World war II Trivia 6:00 Friday Night Football	11  10:15 Name That Tune w/Mark 1:30 Rummikub w/Friends (AR) 3:00 Bingo with Prizes (DR) 4:00 Crossword Solving (AR)
12 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 1:30 Independent Table Games 3:30 Sunday Trinity Broadcast (Ch.57)	13  10:15 Lizards w/ Choice Hospice (AR) 11:00 Chair yoga & meditation 3:00 B-I-N-G-O (DR) 4:00 Piano by Sarah (L) 6:00 Puzzle hr	14 10:15 Devotion w/John Bender (B) 11:15 Stretch & Balance (AR) 2:00 Group Bible Study w/ Robert Hudson (AR) 3:00 Rummikub Group (AR) 4:00 Movie Matinee	15  10:00 Balloon Volleyball 11:00 Art & Craft Gratitude tree (AR) 2:00 Hot Choclate & Cookies (P) 3:00 B-I-N-G-O (DR) 4:00 Dominoes (FP)	16  10:30 Choir w/ West You Baptist church (DR) 2:00 Sip & Paint (AR) 3:00 Entertainment By John Dameron (Dr) 4:00 Rummikub Group 6:00 Audio Book club	17  10:15 Horseshoe 11:00 Lunch Bunch Papasitos 2:15 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Jenga 6:00 Friday Night Football	18  10:15 Mark Bruni on Piano (DR) 1:30 Hot Cocoa Social 3:00 Wheel of Fortune 4:00 Rummibub w/Friends (AR)
19  10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 1:30 Independent Table Games 3:30 Sunday Trinity Broadcast (Ch.57)	20 10:15 Weightlifting Hr (AR) 11:00 Art & Craft Scarecrow 2:00 Trivia (Lr) 3:00 B-I-N-G-O (DR) 4:00 Uno! 6:00 Cranium Crunch Hr	21  10:15 Devotion w/John Bender (B) 11:15 Tai Chi 2:00 Group Bible Study w/Robert Hudson (AR) 3:00 Rummikub Group (AR) 3:30 Gingerbread decorating (AR)	22  10:15Doughnuts and Coffee (AR) 11:00 Faithful Paws Pet Visit (AR) 2:00 Parkway Place Choir (DR) 3:00 B-I-N-G-O (DR) 4:00 Karaoke & Sing Along	23  10:00 Macy's Day Parade 11:00 Resistance Band Workout (AR) 2:00 Bingo Market! 3:00 Rummikub Group 4:00 Thanksgiving Trivia	24 10:00 Pumkin toss 11:00 Move n Groove 2:15 Ice Cream Social (AR) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr 6:00 Friday Night Football	25 10:00 Pokeno! (AR) 2 :00 UNO! 3:00 Wheel of Fortune Game 4:00 Independent Word Puzzle
26 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 1:30 Independent Table Games 3:30 Sunday Trinity Broadcast (Ch.57)	27 10:15 Weightlifting Hr (AR) 11:00 UNO! 2:00 ladies Spa hr 3:00 B-I-N-G-O (DR) 4:00 GARDEN CLUB 6:00 Puzzle hr	28  10:00 Devotion w/John Bender (B) 11:00 Tai Chi 2:00 Group Bible Study w/Robert Hudson (AR) 3:00 Rummikub Group (AR) 4:00 Smorse on the porch	29  10:15 Jewelry Class 11:00 Name that tune 2:00 Res. Council Meeting! 3:00 B-I-N-G-O (DR) 4:00 Aroma therapy & hand massages	30 10:15 Devotion w/John Bender(AR) 11:00 Resistance Band Workout (AR) 2:00 Residents Birthday Social w/Entertainment by Curtis Bingo Market! 3:00 Rummikub Group (AR) 4:00 Puzzle Hr (DR)	Activities Are Subject To Change Without Notice	
						

The Haven Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00 Morning Stretches (B) 10:15 Donuts and Coffee (B) 1:30 Painting Craft-Pumpkins (B) 2:00 Crossword Solving (L) 3:00 Bingo with Amada Hospice (DR)	2 10:15 Wellness Exercises (B) 10:30 News and Views (B) 11:00 Pokeno Group (B) 1:30 Domino Group (B) 2:00 Card Games (B)	3 10:15 Entertainment by Dennis Evans (DR) 1 1:15 New and Views (B) 2:15 Ice Cream Social (L) 3:00 Bingo (B) 4:00 Neighborly Chat on The Porch	4 10:15 Sing Along w/Sarah (L) 2 :00 Jenga 3:00 Pokeno 4:00 Independent Word Puzzle
5 Daylight Saving Time Ends  9:00 Haven Church Service 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	6 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:00 Hot Chocolate Bar (L) 3:00 Jigsaw Puzzle Solving (B)	7  10:15 Devotional with Chaplain John Bender (B) 11:15 Res. Council Meeting (B) 2:00 Bible Study (AL) 3:00 Rummikub (B) 4:00 Coffee and Chat(B)	8 9:30 Spa Day Mani/Pedi (H) 10:00 Group Chat with Hot Chocolate (B) 11:00 Faithful Pet Paws (H) 1:30 Card Games (B) 3:00 Crossword Solving (L)	9 10:15 Wellness Exercises (B) 10:30 News and Views (B) 11:00 Pokeno Group (B) 1:30 Domino Group (B) 2:00 Fall Desert Tasting (L)	10 10:15 Entertainment by Danette McMahon (DR) 11:00 Veterans Day Tribute Lunch and lunch in the Chapel 2:15 Ice Cream Social (L) 4:00 Neighborly Chat on The Porc	11  10:15 Mark Bruni on Piano (AL) 1:30 Rummikub (AR) 3:00 Bingo with Prizes (DR) 4:00 Current Events (L)
12 9:00 Haven Church Service 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	13 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:00 Neighbor Chat and Reminiscing (L) 3:00 Jigsaw Puzzle Solving (B)	14 10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Bible Study (AL) 3:00 Rummikub (B) 4:00 Coffee and Chat (B)	15 10:00 Morning Stretches (B) 10:15 Donuts and Coffee (B) 11:00 Educational Trivia (B) 1:30 Movie Hour 2:00 Crossword Solving (L) 3:00 Chickenfoot Dominoes (B)	16 10:15 Wellness Exercises (B) 10:30 West U Baptist Church Choir (AL) 1:30 Domino Group (L) 3:00 Entertainment By John Dameron (DR)	17 10:00 Simon Congora Puppet Show Sing Along (DR) 11:15 News and Views(B) 2:00 Ice Cream Social (L) 3:00 Bingo Group (DR) 3:15 Rummikub Group (B)	18 10:15 Mark Bruni on Piano (DR) 1:30 Hot Cocoa Social 3:00 Wheel of Fortune 4:00 Rummibub w/Friends (AR)
19 9:00 Haven Church Service (B) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	20 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:15 Individual Word Search (B) 3:00 Jigsaw Puzzle Solving (B)	21 10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Bible Study (AL) 3:00 Rummikub Group (B) 4:00 Coffee and Chat (B)	22  10:15 Bingo and Prizes (B) 11:15 Faithful Pet Paws (B) 1:30 Movie Hour (L) 2:00 Crossword Solving (B) 3:00 Let's Talk Card Game (B)	23 10:15 Wellness Exercises (B) 10:30 News and Views (B) 11:00 Pokeno Group (B) 1:30 Domino Group (L) 2:00 Birthday Social with Curtis Nickelson (DR)	24 10:15 "Rockin Rodney" DR) 11:15 News and Views (L) 2:15 Ice Cream Social (L) 3:00 Bingo (AL) 3:15 Neighborly Chat on The Porch	25 10:00 Pokeno 2:00 UNO 3:00 Wheel of Fortune Game 4:00 Independent Word Search Puzzle (B)
26 9:00 Haven Church Service (B) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	27 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:15 Individual Word Search (B) 3:00 Puzzle Solving (B)	28 10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Bible Study (AL) 3:00 Rummikub Group (B) 4:00 Coffee and Chat (B)	29 10:00 Wellness Exercises (B) 10:00 Doughnuts w/Coffee (B) 11:00 Movie Hour (L) 1:30 Card Games (B) 3:00 Crossword Solving (L)	30 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:00 Birthday Social (B) 3:00 Puzzle Solving (B)		MAP LEGEND L-Lounge B-Bistro DR-Dining Room AL-Assisted Living H-Healthcare

NOVEMBER

The Harbor Lifestyles Calendar						
SUN	MON	TUE	WED	THU	FRI	SAT
<div>Happy Thanksgiving</div>	<div></div>	<div></div>	<div>1<div>10:00 Devotion w/Chaplain John 11:00 Senior Trivia 2:00 Gin Rummy Card Game 3:00Special Bingo Spectacular 4:30 Dinner w/Music</div><div></div></div>	<div>2<div>10:00 Beauty Shop 11:00 November IQ Quiz 2:00 Pinecone Turkey Craft 3:30 Bingo Fun 4:30 Dinner w/Music</div><div></div></div>	<div>3<div>10:15 Entertainment by Dennis 2:15 Ice cream Social 2:30 School Days Reminisce 4:30 Dinner w/Music</div></div>	<div>4<div>10:15 Piano Sing along w/ Sarah (DR) 2 :00 Jenga 3:00 Pokeno Card Game 4:00 Independent Word Puzzle</div></div>
<div>5<div>10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:30 Virtual Vesper Service (Ch 2) 6:00 Gospel Serenade</div><div></div></div>	<div>6<div>10:00 Sitting Exercise 11:00 Storytime w/Elizabeth 1:45 Gospel Sing along w/Charlotte 3:00 Pinecone Turkey Craft 3:00 Roll Six Dice Game 4:30 Dinner w/Music</div></div>	<div>7<div>Manicures & Pedicures Service By Amparo 10:30 Wheel of Fortune 2:00 Resident Snack Time 2:30 Manly Puzzle Ford or Chevy???? 3:00 Dot to Dot Art 4:30 Dinner w/Music</div></div>	<div>8<div>10:00 Devotion w/Chaplain John 10:30 Faithful Paws Pet Visit 11:00 Random Trivia 2:00 Pumpkin Art 3:00 Group Puzzle Piecing 4:30 Dinner w/Music</div><div></div></div>	<div>9<div>10:00 Beauty Shop 9:30 Story Time w/Elizabeth 11:00 Senior Trivia 2:00 Fall Dessert Tasting 2:30 Bingo Fun 4:30 Dinner w/Music</div><div></div></div>	<div>10<div>10:00 Celebrating Our Veterans w/Dannett 11:30 Pre- Veterans Day Luncheon 2:15 Ice cream Social 2:30 Group Dominoes 3:15 Group Laundry Folding 4:30 Dinner w/music</div><div></div></div>	<div>11<div>10:15 Name That Tune w/Mark (DR) 1:30 Rummikub w/Friends (AR) 3:00 Bingo with Prizes (DR) 4:00Current Events (AR)</div><div></div></div>
<div>12<div>10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:30 Virtual Vesper Service (Ch 2) 6:00 Sunday Serenade</div></div>	<div>13<div>10:15 Manly Gathering Pet Reptile Visit 11:00 Storytime w/Elizabeth 2:15 Dry Beans Fall Craft 3:30 Resident Council Talk 4:30 Dinner w/Music</div><div></div></div>	<div>14<div>10:00 Wheel of Fortune Game 2:00 Memory Lane Sing along. 2:30 Easy Scrabble 3:30 Watercolor Art 4:30 Dinner w/Music</div><div></div></div>	<div>15<div>9:30 Story Time w/Elizabeth 10:00 Devotion w/Chaplain John 11:00 Manly Quiz 2:00 Watercolor Art 3:00 Group Laundry Folding 4:30 Dinner w/Music</div></div>	<div>16<div>10:00 Beauty Shop 11:00 Word Categories 2:00 Baptist University Choir 2:30 Bingo Fun 4:40 Dinner w/Music</div><div></div></div>	<div>17<div>10:00 Musical Bingo 2:15 Ice cream Social 2:30 Dot to Dot Art 3:15 Laugh w/Lucy 4:30 Dinner w/Music</div></div>	<div>18<div> 10:15 Mark Bruni on Piano (DR) 1:30 Hot Cocoa Treat (AR) 3:00 Wheel of Fortune (AR) 4:00 Rummibub w/Friends (AR)</div></div>
<div>19<div>10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:30 Virtual Vesper Service (Ch 2) 6:00 Gospel Serenade</div><div></div></div>	<div>20<div>10:00 Musical bingo 11:00 Storytime w/Elizabeth 2:00 Group Dominoes 3:15 Best Turkey Recipe Memory 4:30 Dinner w/Music</div></div>	<div>21<div>10:00 Wheel of Fortune Game 2:00 Reminiscing 1940's 2:30 Pokeno Card Game 3:30 Color by Number 4:30 Dinner w/Music</div><div></div></div>	<div>22<div>10:15 Devotional w/Chaplin John 10:30 Faithful Paws Pet Visit 11:00 Senior Trivia 2:00 Parkway Place Choir 3:30 Thanksgiving Recipe Sharing 4:30 Dinner w/Music</div><div></div></div>	<div>23<div> 9:30 Macy's Day Parade 11:00 National Dog Show 11:30 Special Thanksgiving Lunch 2:30 Holiday Movie w/Friends Happy Birthday Jo House</div></div>	<div>24<div>10:00 Word in a Word 2:15 Coke Float 2:30 Group Dominoes 3:15 Sing along w/ Sarah 4:30 Dinner w/Music</div></div>	<div>25<div> 10:15 Pokeno 2:00 UNO 3:00 Wheel of Fortune Game 4:00 Independent Word Puzzle</div></div>
<div>26<div>10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:30 Virtual Vesper Service (Ch 2) 6:00 Sunday Serenade</div><div></div></div>	<div>27<div>10:00 Move to Music Exercise 11:00 Story Time w/Elizabeth 11:0 Random Trivia 2:00 Group Dominoes 3:00 Indoor Stroll/Roll 4:30 Dinner w/Music</div></div>	<div>28<div>10:00 Wheel of Fortune Game 2:00 Laugh w/Lucy 2:30 Easy Scrabble 3:30 Memory Lane Sing along 4:30 Dinner w/Music</div></div>	<div>29<div>10:00 Move to Music Exercise 11:0 Random Trivia 2:00 Group Dominoes 3:00 Indoor Stroll/Roll 4:30 Dinner w/Music</div><div></div></div>	<div>30<div>10:00 Beauty Shop 10:20 Random Trivia 2:00 Residents Birthday Social w/Entertainment by Curtis 3:30 Group Puzzle Piecing 4:30 Dinner w/Music</div><div></div></div>	<div> Activities Are Subject To Change Without Notice </div>	
						