



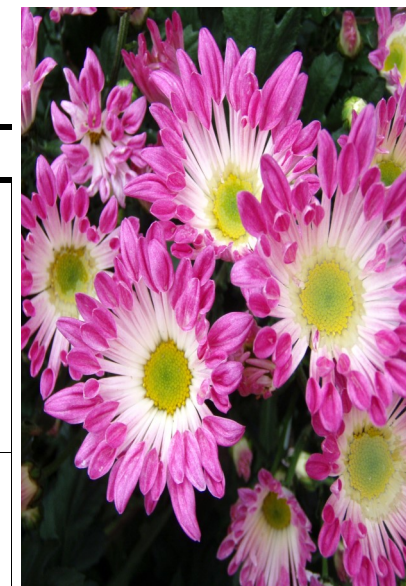


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>November:</b> <b>Birthstone:</b> Citrine</p> 	<p><b>November:</b> <b>Flower:</b> Chrysanthemum</p> 			<p><b>1</b> 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 2:15 Word Games 3:00 Happy Hour 4:00 Small Groups</p>	<p><b>2</b> 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups</p>	<p><b>3</b> 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups</p>
<p><b>4</b> 10:30 Exercise 12:00 Hymn Sing &amp; Scripture 2:00 Church 2:00 Movie 4:00 Small Groups</p>	<p><b>5</b> 10:30 Exercise 12:00 Sing-a-Long 2:15 Trivia 4:00 Memory Choir</p>	<p><b>6</b> 10:30 Exercise 12:00 Word Games 2:15 Spa Day 3:30 Scenic Drive</p>	<p><b>7</b> 10:30 Exercise 12:00 Crafts 2:15 Bingo 2:15 Old Gadgets 4:00 Small Groups 4:00 Book Club</p>	<p><b>8</b> 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 2:15 Hymn Sing 3:00 Happy Hour 4:00 Small Groups</p>	<p><b>9</b> 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups</p>	<p><b>10</b> 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups</p>
<p><b>11</b> 10:30 Exercise 12:00 Hymn Sing &amp; Scripture 2:00 Church 2:00 Movie 4:00 Small Groups</p>	<p><b>12</b> 10:30 Exercise 12:00 Sing-a-Long 2:15 Remember When 4:00 Memory Choir</p>	<p><b>13</b> 10:30 Exercise 12:00 Garden Club 2:15 Spa Day 3:30 Scenic Drive</p>	<p><b>14</b> 10:30 Exercise 12:00 Crafts 2:15 Bingo 4:00 Small Groups</p>	<p><b>15</b> 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 2:15 Hymn Sing 3:00 Happy Hour 4:00 Small Groups</p>	<p><b>16</b> 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups</p>	<p><b>17</b> 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups</p>
<p>18 10:30 Exercise 12:00 Hymn Sing &amp; Scripture 2:00 Church 2:00 Movie 4:00 Small Groups</p>	<p><b>19</b> 10:30 Exercise 12:00 World of Words 2:30 Hymn Sing w/ Senior Center (D) 4:00 Memory Choir</p>	<p><b>20</b> 10:30 Exercise 11:30 Scenic Drive 12:00 Word Games 2:15 Spa Day 4:00 Small Groups</p>	<p><b>21</b> 22 10:30 Exercise 12:00 Crafts 2:15 Old Gadgets 3:45 Piano w/ John 4:00 Small Groups</p>	<p><b>22</b> 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 2:15 Hymn Sing 3:00 Happy Hour 4:00 Small Groups</p>	<p><b>23</b> 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 4:00 Small Groups</p>	<p><b>24</b> 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups</p>
<p><b>25</b> 10:30 Exercise 12:00 Hymn Sing &amp; Scripture 2:00 Church 2:00 Movie 4:00 Small Groups</p>	<p><b>26</b> 10:30 Exercise 12:00 Sing-a-Long 2:15 Remember When 4:00 Memory Choir</p>	<p><b>27</b> 10:30 Exercise 12:00 Pictionary 2:15 Spa Day 3:30 Scenic Drive</p>	<p><b>28</b> 10:30 Exercise 12:00 Crafts 2:15 Music 2:15 Hymn Sing (D) 3:00 Snack 4:00 Small Groups 4:00 Book Club</p>	<p><b>29</b> 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 2:15 Hymn Sing 3:00 Happy Hour 4:00 Small Groups</p>	<p><b>30</b> 10:15 Exercise 11:30 Scenic Drive 2:15 Bible Study 3:45 Piano w/ John 4:00 Small Groups</p>	



**Daily Schedule:**

9:00 Breakfast  
10:00 Quiet Time and 1:1 Visits  
10:30 Exercise  
11:15 Morning Snack  
12:00 See Calendar  
1:00 Lunch  
2:15 See Calendar  
3:00 Afternoon Snack  
4:00 Small Groups and 1:1 Visits  
5:00 Afternoon Stretch  
5:30 Dinner

Additional small groups and individual activities occur on an ongoing basis throughout the day and evening. Our goal is to enhance the natural rhythm of each resident's day. Changes to this calendar are sometimes necessary in order to accomplish this.