



# Happy Thanksgiving



NOVEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- Dimensions of Wellness
- Physical
  - Spiritual
  - Social
  - Intellectual
  - Nutritional
  - Purposeful



\*\*Calendar Times and Events are Subject to Change. If you would like an activity/service not reflected on the calendar please notify your RSC.

1=1st Floor Dining Room

1(PDR)= 1st Floor Dining Room

2=2nd Floor

2(LR)=2nd Floor Living Room

3=3rd Floor Multi-Purpose Room

\*\*\* Monthly Wellness Checks 11/08 thru 11/12th

Bus for essential appts. are on

	01	02	03	04	05	06	
	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Bingo 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl 03:30p Piano with Paige	09:30a Exercise with Mabel 10:00a Country Store Open 02:00p Sign Up for Bus Outings 03:30p Piano with Paige 06:00p Scrabble	09:30a Walking Warriors Exercise 10:00a Activity Planning Meeting 01:00p Dollar Tree 03:30p Piano with Paige 07:00p Bingo with Ron	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Trivia 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Bingo with Steve 06:30p Saturday Movie -The Great Outdoors	
	06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Bingo 03:30p Piano with Paige	10:15a Mobile Book Library 02:00p Church Service and Bible Study with Pastor Karl 03:30p Piano with Paige 06:00p Wii Bowling with Glenna	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Walgreens 03:30p Piano with Paige 06:00p Scrabble	<b>11 Veterans Day</b> 09:30a Walking Warriors Exercise 11:30a Veterans Day Lunch to Applebees 03:30p Piano with Paige 07:00p Bingo with Ron	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Balloon Volleyball 03:30p Piano with Paige	09:30a Walking Warriors Exercise 01:30p Crafts and Fun with Julie 02:00p Bingo with Steve 06:30p Saturday Movie -Max
	06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Bingo 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl 03:00p Thankful for wellness with Natalie 03:30p Piano with Paige	09:30a Exercise with Mabel 10:00a Country Store Open 11:00a Neds Diner 02:00p Resident Council 06:00p Scrabble	09:30a Walking Warriors Exercise 01:00p Walmart 02:00p Food Committee 03:30p Piano with Paige 07:00p Bingo with Ron	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p November Birthday Celebration 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Bingo with Steve 02:00p Resident Council 02:00p Trivia & Snack 06:30p Saturday Movie -Stand By Me
	06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Bingo 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl 03:30p Piano with Paige 06:00p Wii Bowling with Glenna	09:30a Exercise with Mabel 10:00a Country Store Open 02:00p Food Committee 06:00p DJ Ron's Thanksgiving Bash 06:00p Scrabble	<b>25 Thanksgiving Day</b> 09:00a Macy Day Parade (NBC) 09:30a Walking Warriors Exercise 01:00p DIY Craft at Front Desk 03:30p Piano with Paige	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Scattergories 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Bingo with Steve 06:30p Saturday Movie - Oceans Thirteen
	06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2	09:30a Exercise with Mabel 09:30a Walking Warriors Exercise 10:00a Country Store Open 02:00p Bingo 03:30p Piano with Paige	09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl 03:30p Piano with Paige				