November 2019
The Peaks at Old Laramie Trail Generations

**Location Keys**
- AL Activity Room: AL/AR
- AL Dining Room: AL/DR
- Courtyard: CY
- Dining Room: DR
- Great Room: GR
- Living Room: LR
- MC Activity Room: MC AR
- MC Living Room: MC LR

**Daylight Saving Time Begins**
- 5:30 AM Daylight Saving Time Begins
- 6:00 AM Daylight Saving Time Begins

**Daylight Saving Time Ends**
- 1:30 AM Daylight Saving Time Ends
- 2:00 AM Daylight Saving Time Ends

**MC Activity Room**
- November 26, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Morning Meditation
- 10:00 AM Stretch and Strength Chair Exercise with Misty [MC AR]
- 11:00 AM Kendall's Fitness
- 12:00 PM Expressive Design: Flower Arranging [MC AR]
- 1:00 PM Story Telling [MC AR]
- 2:00 PM Expressive Design: Watercolor Painting
- 3:00 PM Musical Entertainment by Mark Cormican [MC AR]
- 4:00 PM Dinner [DR]
- 5:00 PM Jokes and Riddles [GR]

**MC Living Room**
- November 26, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Morning Meditation
- 10:00 AM Stretch and Strength Chair Exercise with Misty [MC AR]
- 11:00 AM Kendall's Fitness
- 12:00 PM Expressive Design: Flower Arranging [MC AR]
- 1:00 PM Story Telling [MC AR]
- 2:00 PM Expressive Design: Watercolor Painting
- 3:00 PM Musical Entertainment by Mark Cormican [MC AR]
- 4:00 PM Dinner [DR]
- 5:00 PM Jokes and Riddles [GR]

**Veterans Day**
- November 11, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Move It or Lose It Exercise
- 10:00 AM Healthy Hearts Exercise Class
- 10:30 AM Expressive Design: Expressive Design Class
- 11:30 AM Lunch [DR]
- 12:30 PM Music and Memory
- 1:00 PM Creative Creations [MC AR]
- 2:00 PM Bible Study: Reading and Discussion
- 3:00 PM Musical Entertainment by Scott Buckley [MC LR]
- 4:30 PM Dinner [DR]
- 6:00 PM Finish That Phrase [GR]

**HAPPY BIRTHDAY NEL DUNBAR**
- November 21, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Move It or Lose It Exercise
- 10:00 AM Healthy Hearts Exercise Class
- 10:30 AM Expressive Design: Expressive Design Class
- 11:30 AM Lunch [DR]
- 12:30 PM Music and Memory
- 1:00 PM Creative Creations [MC AR]
- 2:00 PM Bible Study: Reading and Discussion
- 3:00 PM Musical Entertainment by Scott Buckley [MC LR]
- 4:30 PM Dinner [DR]
- 6:00 PM Finish That Phrase [GR]

**HAPPY BIRTHDAY JOHN KIRK**
- November 23, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Move It or Lose It Exercise
- 10:00 AM Healthy Hearts Exercise Class
- 10:30 AM Expressive Design: Expressive Design Class
- 11:30 AM Lunch [DR]
- 12:30 PM Music and Memory
- 1:00 PM Creative Creations [MC AR]
- 2:00 PM Bible Study: Reading and Discussion
- 3:00 PM Musical Entertainment by Scott Buckley [MC LR]
- 4:30 PM Dinner [DR]
- 6:00 PM Finish That Phrase [GR]

**Thanksgiving Day**
- November 28, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Move It or Lose It Exercise
- 10:00 AM Healthy Hearts Exercise Class
- 10:30 AM Expressive Design: Expressive Design Class
- 11:30 AM Lunch [DR]
- 12:30 PM Music and Memory
- 1:00 PM Creative Creations [MC AR]
- 2:00 PM Bible Study: Reading and Discussion
- 3:00 PM Musical Entertainment by Scott Buckley [MC LR]
- 4:30 PM Dinner [DR]
- 6:00 PM Finish That Phrase [GR]

**Oldies But Goodies**
- November 29, 2019
- 8:30 AM Breakfast [DR]
- 9:15 AM Move It or Lose It Exercise
- 10:00 AM Healthy Hearts Exercise Class
- 10:30 AM Expressive Design: Expressive Design Class
- 11:30 AM Lunch [DR]
- 12:30 PM Music and Memory
- 1:00 PM Creative Creations [MC AR]
- 2:00 PM Bible Study: Reading and Discussion
- 3:00 PM Musical Entertainment by Scott Buckley [MC LR]
- 4:30 PM Dinner [DR]
- 6:00 PM Finish That Phrase [GR]