

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Location Keys

AL Activity Room AL/AR
Dining Room DR
Great Room GR
Living Room LR
MC Activity Room MC AR
MC Living Room MC LR

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

<p>Daylight Saving Time Ends 4</p> <p>7:30 Breakfast [DR] 10:00 Stretch and Strength Chair Exercise [MC AR] 10:45 Read Out Loud Book Club [MC AR] 11:30 Lunch [DR] 1:30 Cranium Crunches: Name Five [GR] 2:05 Texans vs Broncos [MC AR] 3:30 Reminiscing Boxes and Books 4:30 Dinner [DR] 6:00 Sunday Night Movie [LR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Read Out Loud Book Club [MC AR] 11:30 Lunch [DR] 1:30 Expressive Design: Painting/Adult Coloring 3:00 Musical Performance: Music with Josh [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:00 Parachute Fun [MC AR] 11:30 Lunch [DR] 1:30 Blanket Making for Children's Hospital [MC AR] 3:00 Indoor Sports [LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Healthy Hearts Exercise Class 10:45 Meditation 11:00 Read Out Loud Book Club [MC LR] 11:30 Lunch [DR] 1:30 Bible Reading and Discussion [MC AR] 3:00 Flower Arranging 3:30 Indoor Sports: Bowling [MC AR] 4:30 Dinner [DR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:15 Catholic Service with Communion 11:30 Lunch [DR] 1:30 Musical Entertainment: Heartlanders [MC LR] 3:00 Sensory Sensations [MC AR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Movin' and Groovin' 10:45 Meditation 11:00 Read Out Loud Book Club [MC AR] 11:30 Lunch [DR] 2:45 Ice Cream Social [MC AR] 3:00 Bingo 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>
<p>Happy Birthday Sam! 11 Veterans Day 7:30 Breakfast [DR] 10:00 Stretch and Strength Chair Exercise [MC AR] 10:45 Read Out Loud Book Club [MC AR] 11:30 Lunch [DR] 1:30 Cranium Crunches: Name Five [GR] 3:30 Reminiscing Boxes and Books 4:30 Dinner [DR] 6:00 Sunday Night Movie [LR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Whiteboard Games [MC AR] 11:30 Lunch [DR] 1:30 Expressive Design: Painting/Adult Coloring 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:00 Parachute Fun [MC AR] 11:30 Lunch [DR] 1:45 Whiteboard Games Challenge [MC LR] 3:00 Indoor Sports [LR] 3:00 Musical Entertainment: Scott Buckley [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Healthy Hearts Exercise Class 10:45 Meditation 11:00 Read Out Loud Book Club [MC LR] 11:30 Lunch [DR] 1:30 Bible Reading and Discussion [MC AR] 3:00 Flower Arranging 3:30 Indoor Sports: Bowling [MC AR] 4:30 Dinner [DR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:15 Catholic Service with Communion 11:30 Lunch [DR] 1:30 Culinary Creations [MC AR] 3:30 Musical Entertainment: Mark Cormican [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>Happy Birthday Don! 9 7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Movin' and Groovin' 10:45 Meditation 11:00 Read Out Loud Book Club [MC AR] 11:30 Lunch [DR] 2:45 Ice Cream Social [MC AR] 3:00 Bingo 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>
<p>7:30 Breakfast [DR] 10:00 Stretch and Strength Chair Exercise [MC AR] 10:45 Group Crosswords [MC AR] 11:30 Lunch [DR] 2:00 Thanksgiving Reminiscence [GR] 2:05 Broncos vs Chargers [MC AR] 4:30 Thanksgiving Buffet [DR] 6:00 Sunday Night Movie [LR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Whiteboard Games [MC AR] 11:30 Lunch [DR] 1:30 Expressive Design: Painting/Adult Coloring 3:00 Musical Performance: Music with Josh [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:00 Parachute Fun [MC AR] 11:30 Lunch [DR] 1:45 Whiteboard Games Challenge [MC LR] 3:00 Musical Entertainment: Young at Heart [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Healthy Hearts Exercise Class 10:45 Meditation 11:30 Lunch [DR] 1:30 Bible Reading and Discussion [MC AR] 3:00 Flower Arranging 3:00 Never Stop Exploring Outing 3:30 Indoor Sports: Bowling [MC AR] 4:30 Dinner [DR]</p>	<p>Thanksgiving 22 7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:30 Lunch [DR] 1:30 Indoor Sports 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When... Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>	<p>Happy Birthday Ina! 24 7:30 Breakfast [DR] 10:00 Movin' and Groovin' 10:45 Meditation 11:00 Trivia Fun [MC AR] 11:30 Lunch [DR] 2:45 Ice Cream Social [MC AR] 3:00 Bingo 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>
<p>7:30 Breakfast [DR] 10:00 Stretch and Strength Chair Exercise [MC AR] 10:45 Play Ball! [MC AR] 11:30 Lunch [DR] 1:30 Cranium Crunches: Name Five [GR] 2:25 Steelers vs Broncos [MC AR] 3:30 Reminiscing Boxes and Books 4:30 Dinner [DR] 6:00 Sunday Night Movie [LR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Whiteboard Games [MC AR] 11:30 Lunch [DR] 1:30 Expressive Design: Painting/Adult Coloring 3:00 Indoor Sports [AL/AR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:00 Parachute Fun [MC AR] 11:30 Lunch [DR] 1:45 Silent Disco with Headphones [MC LR] 3:00 Indoor Sports [LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Healthy Hearts Exercise Class 10:45 Meditation 11:30 Lunch [DR] 1:30 Bible Reading and Discussion [MC AR] 3:00 Flower Arranging 3:30 Indoor Sports: Bowling [MC AR] 4:30 Dinner [DR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:15 Catholic Service with Communion 11:30 Lunch [DR] 1:30 Culinary Creations-Cupcake Decorating [MC AR] 2:00 Birthday Celebration [MC AR] 3:00 Parachute Fun [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR] 9:00 Indoor Balloon Volleyball</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When... Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When... Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>
<p>7:30 Breakfast [DR] 10:00 Stretch and Strength Chair Exercise [MC AR] 10:45 Play Ball! [MC AR] 11:30 Lunch [DR] 1:30 Cranium Crunches: Name Five [GR] 2:25 Steelers vs Broncos [MC AR] 3:30 Reminiscing Boxes and Books 4:30 Dinner [DR] 6:00 Sunday Night Movie [LR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Whiteboard Games [MC AR] 11:30 Lunch [DR] 1:30 Expressive Design: Painting/Adult Coloring 3:00 Indoor Sports [AL/AR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:00 Parachute Fun [MC AR] 11:30 Lunch [DR] 1:45 Silent Disco with Headphones [MC LR] 3:00 Indoor Sports [LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Healthy Hearts Exercise Class 10:45 Meditation 11:30 Lunch [DR] 1:30 Bible Reading and Discussion [MC AR] 3:00 Flower Arranging 3:30 Indoor Sports: Bowling [MC AR] 4:30 Dinner [DR]</p>	<p>7:30 Breakfast [DR] 10:00 Move It or Lose It Exercise 11:15 Catholic Service with Communion 11:30 Lunch [DR] 1:30 Culinary Creations-Cupcake Decorating [MC AR] 2:00 Birthday Celebration [MC AR] 3:00 Parachute Fun [MC LR] 4:30 Dinner [DR] 6:00 Oldies But Goodies [GR] 9:00 Indoor Balloon Volleyball</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When... Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>	<p>7:30 Breakfast [DR] 10:00 Active & Awesome Seniors 10:45 Meditation 11:00 Remember When... Reminiscing [MC AR] 11:30 Lunch [DR] 1:30 Worship Service with Chaplain Elisa [MC AR] 2:45 Never Stop Exploring Outing [GR] 3:00 Indoor Sports [GR] 4:30 Dinner [DR] 6:00 Friday Night at the Movies [GR]</p>