

SUN	MON	TUE	WED	THUR	FRI	SAT
			<u>Our Vision</u> Create opportunities for purposeful living filled with rich experiences.			Dia De Los Muertos 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:30 Chair Exercise Group (SL) 2:00 Dia De Los Muertos Social (SL) 3:15 Dia De Los Muertos Coloring Page (SL) 4:00 Saturday Night Bingo! (CL)
8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Glee Club Singing Group (SL) 2:00 Balloon Volleyball (SL) 3:15 Table Games (SL)	2 National Sandwich Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HLR) 2:00 Cooking Club: Sandwiches (SL) 3:15 Name 10! (SL) 6:00 Monday Night Manicures & Hand Massages (CL)	3 National Candy Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise with Tim from NIFS! (CL) 11:00 Guess That Candy! (SL) 11:05 Pet Therapy with Courtney the Therapy Dog 2:00 Homemade Chocolate Candies (SL) 3:30 Movie Time! "Charlie and The Chocolate Factory" (SL)	4 National Donut Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Memory Sharing Circle (SL) 2:00 Donut Social (SL) 3:30 Painting Group: Donuts with Sprinkles (SL)	5 8:30 Guided Meditation (591) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Chair Exercise Group (SL) 2:00 Helping Hands Service Project: Color A Smile! (SL) 3:30 Round Reading: Fall Poetry (SL)	6 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Balloon Toss! (SL) 2:00 Scarecrow Ring Toss Game (SL) 3:45 Cozy Cider & Cocoa Cart!	7 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:30 Chair Exercise Group (SL) 2:00 Guess Who: Fall Edition (SL) 3:15 Nature Sounds Relaxation Group (SL) 4:00 Saturday Night Bingo! (CL)
8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Glee Club Singing Group (SL) 2:00 Jeopardy! (SL) 3:00 Sunday Social! (SL)	9 National Vanilla Cupcake Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HLR) 2:00 Baking Club: Vanilla Cupcakes (SL) 3:15 Cupcake Decorating Group! (SL) 6:00 Monday Night Manicures & Hand Massages (CL)	10 Veteran's Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 11:00 LTC Resident Council (CDR) 11:05 Pet Therapy with Courtney the Therapy Dog 2:00 Veteran's Day Poppy Craft (SL) 3:15 Veteran's Day Patriotic Sing-Along Group (SL)	11 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Memory Sharing Circle (SL) 2:00 Art with Nature (SL) 3:30 Bird Watching Video (SL)	12 8:30 Guided Meditation (591) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Caregivers Support Group (CEC) 11:00 Chair Exercise Group (SL) 2:00 Fall Photoshoot (SL) 3:30 Autumn Tea Time (SL)	13 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Balloon Toss! (SL) 2:00 Travelogue: The Wonders of New England (SL) 3:45 Cozy Cider & Cocoa Cart!	14 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:30 Chair Exercise Group (SL) 2:00 Baking Club: Apple Muffins (SL) 3:30 Saturday Social (SL) 4:00 Saturday Night Bingo! (CL)
8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Glee Club Singing Group (SL) 2:00 John Adisano Live Music Performance (CDR) 3:30 Relaxing Scenery and Aromatherapy (SL)	16 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HLR) 2:00 Cooking Club: Crockpot Chili (SL) 3:30 Chili and Chill Music Social Hour (SL) 6:00 Monday Night Manicures & Hand Massages (CL)	17 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise with Tim from NIFS! (CL) 10:30 Protestant Worship Service with Ian Rankine (CR) 11:05 Pet Therapy with Courtney the Therapy Dog 2:00 Dan the Piano Man (CDR) 3:30 Fall Flower Arranging Group (SL)	18 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Memory Sharing Circle (SL) 2:00 Jewelry Making Group (SL) 3:30 Chair Yoga and Breathing Group (SL)	19 8:30 Guided Meditation (591) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Chair Exercise Group (SL) 2:00 Group Craft: Pumpkin Pie Banner (SL) 3:30 Let's Decorate for Fall &Thanksgiving (SL)	20 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Balloon Toss! (SL) 2:00 Guess Who: 1950's Edition (SL) 3:45 Cozy Cider & Cocoa Cart!	21 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:30 Chair Exercise Group (SL) 2:00 Paint & Sip: A Winter Barn (SL) 3:30 Gratitude Tree Craft & Discussion Group (SL) 4:00 Saturday Night Bingo! (CL)
8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Glee Club Singing Group (SL) 2:00 Bingo! (SL) 3:30 Jigsaw Puzzle Group (SL)	23 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:15 Rosary Group (HLR) 2:00 Fall Atmosphere Sensory Experience (SL) 3:30 Armchair Travel with Rick Steves (SL) 6:00 Monday Night Manicures & Hand Massages (CL)	24 National Parfait Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise with Tim from NIFS! (CL) 11:05 Pet Therapy with Courtney the Therapy Dog 2:00 Ukulele Sing Along with Roberta (HDR) 3:30 Let's Cook: Yogurt Parfait (SL)	25 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Memory Sharing Circle (SL) 2:00 Decorate A Record! (SL) 3:00 1950's Sing-Alongs & Sockhop Snacks (SL)	26 Happy Thanksgiving! 8:30 Guided Meditation (591) 8:30 Watch The Macy's Thanksgiving Day Parade!! (NBS Channel 4) 10:30 CANCELLED: Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Chair Exercise Group (SL) 2:00 Gratitude Social! (CDR) 3:30 Movie Matinee! "Holidate" (SL)	27 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Balloon Toss! (SL) 2:00 Let's Bake: Sugar Cookies! (SL) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR) 3:45 Cozy Cider & Cocoa Cart!	28 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:30 Chair Exercise Group (SL) 11:00 Balloon Volleyball (SL) 3:15 Hot Cocoa Bar! Make Your Own Cocoa! (SL) 4:00 Saturday Night Bingo! (CL)
National Mason Jar Day 8:30 Guided Meditation (591) 10:30 Chair Exercise Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Glee Club Singing Group (SL) 2:00 Mason Jar Lantern Craft (SL) 3:30 Susie Q Sing-Alongs (SL)	30 LOCATION KEY 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CL - Cherry Lounge CR - Club Room	CEC - Community Education Center HDR - Hickory Dining Room HLR - Hickory Living Room SL - Seasons Lounge				Please Note that programs are subject to change. Please see daily sheets for most up to date program information.