

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CL - Cherry Lounge CR - Club Room CEC - Community Education Center	HDR - Hickory Dining Room HL - Hickory Lounge SL - Seasons Lounge				<b>National Cinnamon Day</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Fill In The Blank Word Game (SL) 2:00 Parachute (SL) 2:30 Finish That Phrase! (SL) 3:00 Cinnamon Tea Social (SL) 4:15 Friday Funnies: Comedy Shows (SL)	8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (SL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Group Game: Handball (SL) 3:00 Nail Time (SL)
8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Stretching Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Bingo! (SL) 3:00 Poetry & Tea Social (SL)	<b>National Candy Day</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Alphabet Antics: Word Game Challenge (SL) 11:15 Rosary Group (HL) 2:00 Chris Giakas Acoustic Hour (CDR) 3:15 Candy Bingo! (SL) 4:30 Silly Sitcoms: "I Love Lucy" (SL)	<b>National Donut Day</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Donut Day Social (CDR) 3:15 Nail Spa (SL) 4:15 Tuesday Armchair Travel Series (SL)	8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 What Am I? Guessing Challenge (SL) 2:00 Zoophoria NJ Live Animal Presentation with Samantha (CDR) 3:00 Pet Care Station & Discussion Group (SL) 4:00 Wednesday Wind-Down Stretching, Aromatherapy & Meditation (SL) 6:15 Game Night! (SL)	8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Jenga! (SL) 2:30 Search It! Sensory Game (SL) 3:15 Indoor Gardening Group (SL) 4:15 Thursday Talk & Toss Ball Game (SL)	<b>National Cappuccino Day</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Fill In The Blank Word Game (SL) 2:00 Cappuccino Cafe (CDR) 3:00 Calm Coloring: Coffee Shop (SL) 4:15 Friday Funnies: Comedy Shows (SL)	8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (SL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Group Game: Sit Down Soccer (SL) 3:00 Nail Time (SL)
8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Stretching Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Bingo! (SL) 3:00 Poetry & Tea Social (SL)	<b>Veteran's Day</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Alphabet Antics: Word Game Challenge (SL) 11:15 Rosary Group (HL) 2:00 Lecture & Learn: Veteran's Day (SL) 3:00 Patriotic Sing-Along Group (CDR) 3:30 Veteran's Day Patriotic Social (CDR) 4:30 Silly Sitcoms: "I Love Lucy" (SL)	8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Positive Affirmations & Aromatherapy (SL) 1:30 LTC Resident Council (CDR) 3:15 Nail Spa (SL) 4:15 Tuesday Armchair Travel Series (SL)	8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 What Am I? Guessing Challenge (SL) 2:00 Giant Connect 4 (SL) 3:00 Button Tree Painting (SL) 4:00 Wednesday Wind-Down Stretching, Aromatherapy & Meditation (SL) 6:15 Game Night! (SL)	8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Caregivers Support Group (CEC) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Sing-Alongs: 50's Hits (SL) 3:15 Indoor Gardening Group (SL) 4:15 Thursday Talk & Toss Ball Game (SL)	8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Fill In The Blank Word Game (SL) 2:00 Wooden Crafts Project (SL) 3:15 Sip & Chat Social (SL) 4:15 Friday Funnies: Comedy Shows (SL)	8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (SL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:30 Holiday Music Performance with Jack Falcone and Friends! (HDR) 3:00 Nail Time (SL)

SUN	MON	TUE	WED	THUR	FRI	SAT
8:30 Guided Meditation (591) <b>17</b> 10:00 Morning Music Group (SL) 10:30 Morning Stretching Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Decorate A Winter Hat with Girl Scout Troop 60028 (CDR) 3:00 Poetry & Tea Social (SL)	8:30 Guided Meditation (591) <b>18</b> 10:00 Morning Music Group (SL) 10:30 Bible Stories and Songs with Debbie Gerber (SL) 10:30 Morning Exercise Group (CL) 11:00 Alphabet Antics: Word Game Challenge (SL) 11:15 Rosary Group (HL) 2:00 Zumba Chair Workout (SL) 3:00 Reminiscing Group: Family Pets (SL) 4:30 Silly Sitcoms: "I Love Lucy" (SL)	8:30 Guided Meditation (591) <b>19</b> 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 10:30 Protestant Worship Service with Ian Rankine (CR) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Dan the Piano Man (CDR) 3:15 Nail Spa (SL) 4:15 Tuesday Armchair Travel Series (SL)	8:30 Guided Meditation (591) <b>20</b> 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 What Am I? Guessing Challenge (SL) 2:00 Folk Songs & Folding Group (SL) 3:00 Aqua Painting (SL) 4:00 Wednesday Wind-Down Stretching, Aromatherapy & Meditation (SL) 6:15 Game Night! (SL)	8:30 Guided Meditation (591) <b>21</b> 10:00 Morning Music Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Mark Miklos Bluegrass Performance (CDR) 3:15 Indoor Gardening Group (SL) 4:15 Thursday Talk & Toss Ball Game (SL)	8:30 Guided Meditation (591) <b>22</b> 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Fill In The Blank Word Game (SL) 2:00 Jigsaw Puzzle Group (SL) 2:45 Walking Group 4:15 Friday Funnies: Comedy Shows (SL)	8:30 Guided Meditation (591) <b>23</b> 9:30 Shabbat Morning Services (138) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (SL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Group Game: Cornhole 3:00 Nail Time (SL)
8:30 Guided Meditation (591) <b>24</b> 10:00 Morning Music Group (SL) 10:30 Morning Stretching Group (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Bingo! (SL) 3:00 Poetry & Tea Social (SL)	<b>National Parfait Day</b> <b>25</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Alphabet Antics: Word Game Challenge (SL) 11:15 Rosary Group (HL) 2:00 Dave Elgart Piano Production (HDR) 3:15 Cooking Club: Parfait's (CL) 4:30 Silly Sitcoms: "I Love Lucy" (SL)	8:30 Guided Meditation (591) <b>26</b> 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Ukulele Sing Along with Roberta (HDR) 3:15 Nail Spa (SL) 4:15 Tuesday Armchair Travel Series (SL)	8:30 Guided Meditation (591) <b>27</b> 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 What Am I? Guessing Challenge (SL) 3:00 Men's Club (CR) 4:00 Wednesday Wind-Down Stretching, Aromatherapy & Meditation (SL) 6:15 Game Night! (SL)	<b>Thanksgiving!</b> <b>28</b> 8:30 Guided Meditation (591) 10:00 Morning Music Group (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Friendsgiving Social (CDR) 3:15 Indoor Gardening Group (SL) 4:15 Thursday Talk & Toss Ball Game (SL)	8:30 Guided Meditation (591) <b>29</b> 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (CL) 11:00 Fill In The Blank Word Game (SL) 2:00 Calm Cafe (SL) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR) 4:15 Friday Funnies: Comedy Shows (SL)	<b>National Mason Jar Day</b> <b>30</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Music Group (SL) 10:30 Morning Exercise Group (SL) 11:00 Positive Affirmations & Aromatherapy (SL) 2:00 Mason Jar Lantern Craft (SL) 3:00 Nail Time (SL)

# November 2024

Seasons Lifestyle Programs

Mady Klett Community Life Manager 908 595 6552

