

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</p> <p>☐ 10:00 Trip: Food Lion*</p> <p>■ 2:00 Quilting w/ Gala*</p>	<p>2</p> <p>Salon Open</p> <p>■ 10:30 Brain Games</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Art Therapy w/ Emily*</p>	<p>3</p> <p>■ 10:00 Walking Club*</p> <p>■ 11:00 Women's Bible Study*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 2:00 Creative Designs*</p>	<p>4</p> <p>■ 10:00 Manicures*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 2:00 Candy Bar Bingo*</p> <p>■ 3:00 Ice Cream Social</p>	<p>5</p> <p>■ Daily Perk</p> <p>■ 11:30 Zumba w/ Peggy</p> <p>■ 6:00 The Gaithers Cox Channel 20</p>
<p>6</p> <p>Daylight Savings Time Ends- Fall Back</p> <p>■ Daily Perk</p> <p>■ Famous people Born in November</p>	<p>7</p> <p>■ 10:00 Leaf Prints*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Vintage Voyager Postcard Program*</p>	<p>8</p> <p>Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</p> <p>■ 2:00 Birthday Celebration w/ music by Jack*</p>	<p>9</p> <p>Salon Open</p> <p>■ 10:30 Gratitude Board</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Wild Birds Ultd' Presentation: Owls*</p>	<p>10</p> <p>■ 10:00 Walking Club*</p> <p>■ 11:00 Women's Bible Study*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 12:00 Trip: Asahi Chinese Lunch</p> <p>■ 3:30 Circle of Friends</p>	<p>11</p> <p>Veteran's Day Wear Patriotic Colors</p> <p>■ 10:00 Mariners Museum Presentation: Torpedo Junction*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 2:00 Quarter Bingo*</p> <p>■ 3:00 Ice Cream Social</p>	<p>12</p> <p>■ Daily Perk</p> <p>■ 2:00 Ping Pong (3)</p> <p>■ 6:00 The Gaithers Cox Channel 20</p>
<p>13</p> <p>■ Daily Perk</p> <p>■ 3:30 Klem Ministry By Elder Lucas*</p>	<p>14</p> <p>■ 10:00 Fall Tree Craft*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Penny Auction*</p> <p>■ 3:45 Matthew on Piano</p>	<p>15</p> <p>Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</p> <p>■ 11:00 Therapy Dogs Intl'</p> <p>■ 2:00 Fall Tea Party*</p>	<p>16</p> <p>Salon Open</p> <p>☐ 10:00 Resident Forum*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Art Therapy w/ Emily*</p>	<p>17</p> <p>Library Drop</p> <p>■ 10:00 Walking Club*</p> <p>■ 11:00 Women's Bible Study*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 1:00 Trip: Fall Scenery In Historic Yorktown</p> <p>■ 3:00 Mexican Train Dominoes</p>	<p>18</p> <p>■ 10:00 Manicures*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 2:00 Quarter Bingo*</p> <p>■ 3:00 Smoothies</p>	<p>19</p> <p>■ Daily Perk</p> <p>■ 10:00 Crafts with the Girl Scouts</p> <p>■ 6:00 The Gaithers Cox Channel 20</p>
<p>20</p> <p>■ Daily Perk</p> <p>■ November IQ</p>	<p>21</p> <p>■ 10:00 Bookmark Craft*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Wine Tasting*</p>	<p>22</p> <p>Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</p> <p>■ 11:00 Therapy Dogs Intl'</p> <p>■ 2:00 Turkey Bowling*</p>	<p>23</p> <p>Salon Open</p> <p>■ 10:00 Cinnamon Pine Cones*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Harvest Party* Harp w/ Karen!</p>	<p>24</p> <p>Thanksgiving</p> <p>■ 9:00 Macy's Parade NBC Cox Ch.10</p> <p>■ Turkey Hunt</p>	<p>25</p> <p>■ 10:30 Grab N Go Fruit Stand*</p> <p>■ 2:00 Quarter Bingo*</p> <p>■ 3:00 Ice Cream Social</p>	<p>26</p> <p>■ Daily Perk</p> <p>■ 11:30 Zumba w/ Peggy</p> <p>■ 6:00 The Gaithers Cox Channel 20</p>
<p>27</p> <p>■ Daily Perk</p> <p>■ 3:30 Klem Ministry By Elder Lucas*</p>	<p>28</p> <p>■ 10:00 Table Centerpieces*</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Let's Decorate! *</p> <p>■ 3:45 Matthew on Violin (Christmas Music)</p>	<p>29</p> <p>Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</p> <p>■ 11:00 Therapy Dogs Intl'</p> <p>■ 2:00 Christmas Tree Trimming*</p>	<p>30</p> <p>Salon Open</p> <p>■ 10:30 Christmas Sing-A-Long</p> <p>■ 11:00 Mr. Hamilton</p> <p>■ 11:15 Therapeutic Exercise w/ Kim</p> <p>■ 2:00 Holiday Coasters*</p>	<p>*All programs are subject to change according to the resident's needs. *Outdoor programs/outings are weather dependent. *Programs with an (*) are 1-2 hours, all others are 30 min.</p>		<p>Cognitive ■</p> <p>Physical ■</p> <p>Reflective ■</p> <p>Social ■</p> <p>Sensory ■</p> <p>Nature ■</p> <p>Outdoor ■</p> <p>Creative ■</p> <p>Productive ■</p>