113 Battle Rd. Yorktown, Va. 23692 (757) 243-8559 Kirstie Saunders, Director of Activities

## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*All programs are subject to change according to the resident's needs. *Programs with an (*) are 1-2 hours, all others are 30 min.	Cognitive/CreativePhysicalReflectiveSocialSensoryNatureOutdoorProductive				1Daily PerkFill in the Blank2:00 Ice Cream Social(1)	2 ■ Daily Perk (1) ■ 2:00 Games w/ Doris (1) In Library* ■ 6:00 The Gaithers (A) Cox Channel 20
3 Daylight Savings Time Ends (Fall Back)         Daily Perk       (1)         Word Match       (1)	<ul> <li>4</li> <li>■ 10:00 Chair Exercise (2)</li> <li>■ 11:00 Bible Study (2) with Dottie*</li> <li>■ 2:00 Manicures (1) &amp; Drink of the Day*</li> </ul>	<ul> <li>5 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>11:00 Therapy Dogs Intl' (1)</li> <li>2:00 Petal Pushers (2) Flower class w/ Grace Episcopal Church*</li> <li>6:00 Evening Movie* (1)</li> </ul>	<ul> <li>6</li> <li>■ 10:30 Humane Society (1) Visits in Library*</li> <li>■ 2:00 Quilting w/ Gala* (1)</li> <li>■ 3:00 Crossword (1) Puzzle</li> </ul>	7 10:00 Trip: Dunkin' (1) Donuts* 2:30 Bronze Award (1) Ceremony -Entertainment & Refreshments*	<ul> <li>8</li> <li>■ 10:00 Fetch w/ Copper* (1)</li> <li>□ 11:00 Eyeglass Cleaning (1)</li> <li>■ 2:00 Quarter Bingo* (1)</li> <li>■ 3:15 Novelty Ice (1) Cream on Patio</li> </ul>	<ul> <li>9</li> <li>Daily Perk (1)</li> <li>2:00 Bingo w/ (2) Delta Gamma*</li> <li>6:00 The Gaithers (A) Cox Channel 20</li> </ul>
<ul> <li>Daily Perk (1)</li> <li>3:30 KLEM Ministry (1) By Elder Lucas*</li> </ul>	<ul> <li>11 Veterans Day</li> <li>10:00 Chair Exercise (2)</li> <li>11:00 Bible Study (2) with Dottie*</li> <li>2:00 Veterans Day (Y) Ceremony w/ DAV* -Certificates &amp; Cupcakes</li> </ul>	<ul> <li>12 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>■ 11:00 Therapy Dogs Intl' (1)</li> <li>■ 2:00 Travelogue: (2) -Nashville*</li> <li>■ 3:30 Chair Exercise (2)</li> </ul>	<ul> <li>13</li> <li>■ 11:00 Hymn Sing (1) w/ Mr. Frix*</li> <li>■ 2:00 A Taste &amp; Tour (1) Of Fall*</li> </ul>	14         □ 10:00 Chair Exercise       (2)         □ 11:00 TRIP: Poquoson       (1)         Diner*       0         □ 3:00 The Library:       (1)         -Uno & Art Class*       (1)         4:30 Katie on Flute       (1)         6:00 Peninsula       (1)         Community Chapel*       (1)	<ul> <li>15</li> <li>□ 10:00 Resident Forum* (2)</li> <li>■ 2:00 Quarter Bingo* (2)</li> <li>■ 3:30 Wine Tasting (1) -Carmel Apple Bar</li> </ul>	<ul> <li>16</li> <li>■ Daily Perk (1)</li> <li>■ 2:00 Games w/ Doris (1) In Library*</li> <li>■ 6:00 The Gaithers Cox Channel 20 (A)</li> </ul>
<ul> <li>17</li> <li>Daily Perk (1)</li> <li>2:00 Bingo w/ (2) Delta Gamma*</li> </ul>	<ul> <li>10:00 Chair Exercise (2)</li> <li>11:00 Bible Study (2) with Dottie*</li> <li>2:00 Manicures (1) &amp; Drink of the Day* (1)</li> </ul>	<ul> <li>19 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>■ 11:00 Therapy Dogs Intl' (1)</li> <li>■ 2:00 Birthday Celebration w/ Jerry on Guitar* -Frenchgiving theme</li> <li>■ 6:00 Evening Movie* (1)</li> </ul>	<ul> <li>20 Library Pick up</li> <li>■ 10:00 Coffee Hour (1)</li> <li>■ 11:00 Prize Bingo (1)</li> <li>■ 2:00 Tea Party (2) -A Charlie Brown Thanksgiving*</li> </ul>	21       Library Drop Off         □       10:00 Chair Exercise       (2)         □       11:00 Golf Games*       (1)         □       1:00 TRIP: Food Lion*       (1)         □       3:00 Horse Racing       (1)         Game*       (1)	<ul> <li>22</li> <li>10:30 Fall Bird Walk (1)</li> <li>11:00 Eyeglass Cleaning (1)</li> <li>2:00 Turkey Bingo* (2)</li> <li>3:15 Turkey Trot (1) (Meet in Lobby)</li> </ul>	23 ■Daily Perk (1) ■ 2:00 Bingo w/ (2) Delta Gamma* ■ 6:00 The Gaithers Cox Channel 20 (A)
24 Daily Perk (1) 3:30 KLEM Ministry(1) By Elder Lucas*	<ul> <li>25</li> <li>■ 10:00 Chair Exercise (2)</li> <li>■ 11:00 Bible Study (2) with Dottie*</li> <li>■ 12:00 Red Robin Catering* (Pre-Pay \$15 Cash)</li> <li>■ 2:00 Karaoke &amp; Coffee* (1)</li> </ul>	<ul> <li>26 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>■ 11:00 Therapy Dogs Intl' (1)</li> <li>■ 2:00 Tree Trimming (1) &amp; Name that Tune Christmas Edition*</li> </ul>	<ul> <li>27</li> <li>Daily Perk (1)</li> <li>11:00 Gratitude Board* (1)</li> <li>2:00 Resident Led (1) Uno Game In Library*</li> </ul>	<ul> <li>28 Thanksgiving Day</li> <li>Daily Perk (1)</li> <li>Word Elimination (1)</li> <li>9:00 Macy's Thanksgiving Day Parade NBC Ch. 10 (Apartment)*</li> </ul>	<ul> <li>29</li> <li>Daily Perk (1)</li> <li>2:00 Resident Led (1) Dominoes Game In Library*</li> </ul>	30 ■ Daily Perk (1) ■ 2:00 Games w/ Doris (1) In Library* ■ 6:00 The Gaithers Cox Channel 20 (A)

## The Hamilton ASSISTED LIVING