

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER

* All activities subject to change.

KEY CODES:

B- Bus
CR- Community Room
CS- Creation Station
LIB- Library

DR- Dining Room
FL- Front Lobby
GR- Game Room
PR- Pool Room
FP- Front Porch
CY- Courtyard

BREAKFAST

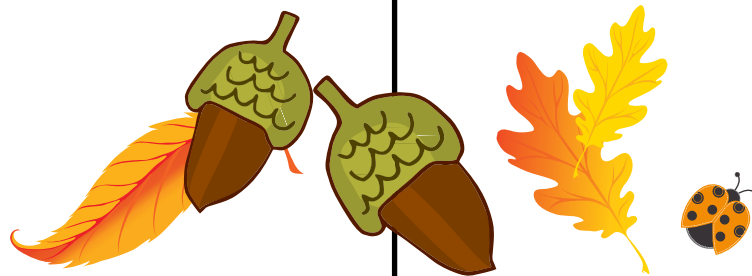














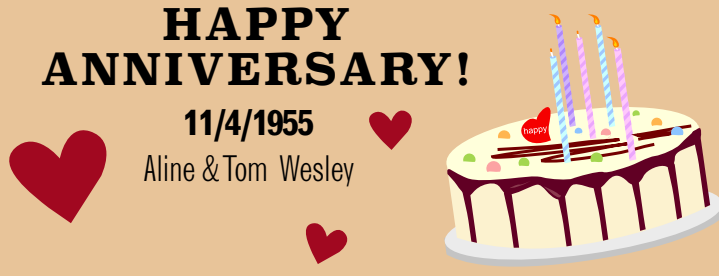
7:00 - 8:30 am

LUNCH

12:00 - 1:00 pm

DINNER

5:00 - 6:00 pm

		<p>1 9:00 Keep it Moving Exercise- CR 9:30-11:30 Doctor Appts- B 10:00 Men's Coffee & Donuts- DR 10:00 Sisterhood Fellowship- GR 1:30 Stretching Class- CR 2:30 Country Drive- B Nurse Practitioner Visits</p>	<p>2 9:00 Fit & Fun Exercise- CR 10:00 Brain Fit- GR 11:00 Catholic Service- CR 2:00 Prize Bingo- CR 3:00 Coffee & Conversation- LIB</p>	<p>3 9:00 Keep it Moving Exercise- CR 9:30 Jim's Produce- FL 10:00 Shop TJ Maxx- B 10:00 Rummikub- GR 10:30 ALZ Caregivers Support Group- CR 1:30 Relax & Breathe- CR 3:00 Social Hour- Dennis Scott- DR</p>	<p>4 8:00 WAKM- Radio Show 9:00 Fit & Fun Exercise- CR 10:00 Rummikub- GR 10:30 Watercolor Therapy- CR 10:45 Out to Lunch-El Sombrero- B 1:30 Bible Study w/ Pat- GR 3:00 Everything Pumpkin Social- CR</p>	<p>5 10:00 Manipulation- GR 10:00 Chicken Foot- CR 10:00 New Resident Pictures- FL 2:00 Quarter Bingo- CR</p> 
<p>6 DAYLIGHT SAVINGS TIME ENDS Turn your clocks back 1 hour! 1:30 Church of the Advent Episcopal Church -CR Everyone Welcome</p>	<p>7 9:00 Chair Dance- CR 10:00 Rummikub- GR 11:00 Hymn Singalong with Laurie- DR 2:00 Quarter Bingo- CR 4:00 Men's Walk</p>	<p>8 9:00 Keep it Moving Exercise- CR 9:30-11:30 Doctor Appts- B 10:00 Men's Coffee & Donuts- DR 10:00 Sisterhood Fellowship- GR 1:30 Stretching Class- CR 2:30 Country Drive- B Nurse Practitioner Visits</p>	<p>9 9:00 Fit & Fun Exercise- CR 10:00 Brain Games- GR 11:00 Catholic Service- CR 2:00 Prize Bingo- CR 3:00 Coffee & Conversation- LIB</p> 	<p>10 9:00 Keep it Moving Exercise- CR 10:00 Rummikub- GR 10:00 Walmart- B 1:00 Resident Council Meeting- DR 3:00 Social Hour- Brian Hanson- DR</p>	<p>11 VETERANS DAY 9:00 Fit & Fun Exercise- CR 10:00 Rummikub- GR 10:30 Watercolor Therapy- CR 1:30 Bible Study w/ Pat- GR 3:00 Social-Fountains Family Feud -CR</p>	<p>12 10:00 Manipulation- GR 10:00 Chicken Foot- CR 2:00 Quarter Bingo- CR</p> 
<p>13 1:30 Church of Christ - CR Everyone Welcome</p> 	<p>14 9:00 Chair Dance- CR 10:00 Rummikub- GR 10:00 Chicken Foot- CR 2:00 Quarter Bingo- CR 4:00 Men's Walk</p>	<p>15 9:00 Keep it Moving Exercise- CR 9:30-11:30 Doctor Appts- B 10:00 Men's Coffee & Donuts- DR 10:00 Sisterhood Fellowship- GR 1:30 Stretching Class- CR 2:30 Country Drive- B Nurse Practitioner Visits</p> 	<p>16 9:00 Fit & Fun Exercise- CR 10:00 Brain Fit- GR 11:00 Catholic Service- CR 2:00 Prize Bingo- CR 3:00 Coffee & Conversation- LIB</p>	<p>17 9:00 Keep it Moving Exercise- CR 9:30 Jim's Produce- FL 10:30 Canvas Paint- CR 10:00 Publix/Walgreens- B 10:00 Rummikub- GR 1:30 Relax & Breathe- CR 3:00 Social Hour-Nancy Liker- DR</p>	<p>18 9:00 Fit & Fun Exercise- CR 10:00 Rummikub- GR 10:45 Out to Lunch-Henry Horton State Park- B 1:30 Bible Study w/ Pat- GR 3:00 Birthday Club Social- CR</p> 	<p>19 10:00 Manipulation- GR 10:00 Chicken Foot- CR THANKSGIVING W/ FAMILY LUNCH</p>
<p>20 9:45- 12:00 Harpeth Christian Church Sing a long & Games 1:30 Franklin First Methodist - CR Everyone Welcome</p> 	<p>21 9:00 Chair Dance- CR 10:00 Rummikub- GR 2:00 Quarter Bingo- CR 4:00 Men's Walk</p> 	<p>22 9:00 Keep it Moving Exercise- CR 9:30-11:30 Doctor Appts- B 10:00 Men's Coffee & Donuts- DR 10:00 Sisterhood Fellowship- GR 1:30 Stretching Class- CR 2:30 Country Drive- B Nurse Practitioner Visits</p> 	<p>23 9:00 Fit & Fun Exercise- CR 10:00 Brain Games- GR 11:00 Catholic Service- CR 2:00 Prize Bingo- CR 3:00 Coffee & Conversation- LIB</p>	<p>24 THANKSGIVING</p> 	<p>25 9:00 Fit & Fun Exercise- CR 10:00 Rummikub- GR 1:30 Bible Study w/ Pat- GR 2:00 Games/Chicken Foot- CR</p>	<p>26 10:00 Manipulation- GR 10:00 Chicken Foot- CR 2:00 Quarter Bingo- CR</p> 
<p>27 1:30 Trinity Baptist Church -CR Everyone Welcome</p> 	<p>28 9:00 Chair Dance- CR 10:00 Rummikub- GR 2:00 Quarter Bingo- CR 4:00 Men's Walk</p> 	<p>29 9:00 Keep it Moving Exercise- CR 9:30-11:30 Doctor Appts- B 10:00 Men's Coffee & Donuts- DR 10:00 Sisterhood Fellowship- GR 1:30 Stretching Class- CR 2:30 Country Drive- B Nurse Practitioner Visits</p>	<p>30 9:00 Fit & Fun Exercise- CR 10:00 Brain Fit- GR 11:00 Catholic Service- CR 2:00 Prize Bingo- CR 3:00 Coffee & Conversation- LIB</p>	<p>HAPPY ANNIVERSARY! 11/4/1955 Aline & Tom Wesley</p>  <p>HAPPY BIRTHDAY! 11/6 Carl Childress 11/7 Bea Sullivan 11/19 Myrte Veach 11/21 Rosie Baudo 11/27 Robin Young</p>		