


| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
|  <h1 style="color: #E67E22;">NOVEMBER 2023</h1> <h2>Independent &amp; Assisted Living Engagement Calendars</h2> |   |  |  |  |  |   |
| 11:00-Westminster Presbyterian Livestream-MCR<br>1:00-Drop in Rummikub-M<br>1:30-Movie & Popcorn- MCR<br>3:30- <b>Live Music with Cody Campbell</b> - P   | 8:00 Oatmeal Station -M<br>10:00-Exercise-B<br>10:30-Good Morning Nashville – B<br>1:00-Relaxation + Reflection w/ Heidi - MCR<br>2:00-BINGO- B<br>3:15-Activity Interest Committee-MCR<br>4:00 <b>Monday Concert Series-B</b><br>6:00-Devotion Group-MCR     | 8:00-Cont. Breakfast- M<br>10:00-Exercise- B<br>10:30-Good Morning Nashville - B<br>1:00- Culinary Committee-MCR<br>1:00- Talking Points w/ Ken - MCR<br>2:00- Team Trivia - B<br>4:00-Poetry Club-MCR   | 8:00-Morning Bagels-M<br>10:00-Exercise w/ Ashley-B<br>10:30-Good Morning Nashville – B<br>1:00- Tech Help - M<br>2:00-Volunteer Interest Group-MCR<br>3:15-Israeli Dance-B<br>5:30- <b>Fireside Happy Hour</b> -P   | 8:00-Omelette Station-M<br>10:00-Exercise- B<br>10:30-Good Morning Nashville - B<br>11:30-Flower Arranging Committee- M<br>1:00- <b>NEW!</b> Read & Discuss – 2nd Floor Dining Room<br>1:00- Tai Chi w/ Dr. Cindy-Club<br>2:00-Music Therapy- MCR<br>3:00-Resident Council-B<br>4:00-Wine + Cheese - P                                     | 8:00 -Fresh Donuts-M<br>10:00-Zoom Exercise w/ Bruce-B<br>10:30-Good Morning Nashville – B<br>12:45 – <b>Music of Burt Bacharach Outing</b> (Performance at 2pm)<br>1:15-Ted Talk-MCR<br>2:00- BINGO- B<br>3:30- <b>Coffee House</b> - P<br>6:00- Movie & Popcorn-MCR    | 10:30-Courtyard Stroll (resident led)-ILC<br>1:00-Word Puzzles-M<br>2:00- <b>Live Music w/ Dena</b> -P<br>3:00-Drop in Rummikub-M<br>6:00-Movie & Popcorn- MCR  |
| 11:00-Westminster Presbyterian Livestream-MCR<br>1:00-Drop in Rummikub-M<br>1:30-Movie & Popcorn- MCR<br>3:30-Hymn Sing (resident led) – MCR<br><br><small>Diwali (Hindi)</small>                 | 8:00 Oatmeal Station -M<br>10:00-Exercise-B<br>10:30-Good Morning Nashville – B<br>1:00-Relaxation + Reflection w/ Heidi - MCR<br>1:00- Drumtastic-B<br>2:00-BINGO- B<br>3:15- Garden Committee<br>6:00-Devotion Group-MCR                                    | 8:00-Cont. Breakfast-M<br>10:00-Exercise- B<br>10:30-Good Morning Nashville - B<br>1:00-Beginner Spanish Class - MCR<br>2:00- <b>Cocktail Hour</b> - M (Come taste our <b>Autumn Spiced Rum Punch</b> )<br>3:15-Travel Club-B<br>4:00-Poetry Club-MCR                                    | 8:00-Morning Bagels-M<br>10:00-Exercise w/ Ashley-B<br>10:30-Good Morning Nashville – B<br>11:15- <b>Restaurant Outing** (Belle Meade Meat &amp; Three)</b><br>1:00- Hope Chorus Practice-B<br>2:00- <b>Cornucopia Craft</b> - 2 <sup>nd</sup> Floor<br>3:15-Israeli Dance-B<br>5:30- <b>Fireside Happy Hour</b> - P | 8:00-Omelette Station -M<br>10:00 – Exercise<br>10:30-Good Morning Nashville-B<br>11:30-Flower Arranging Committee- M<br>1:00- <b>NEW!</b> Read & Discuss – 2nd Floor Dining Room<br>1:00- Tai Chi w/ Dr. Cindy-Club<br>2:15- <b>November Jam Session</b> -P<br>3:00- Town Hall - B<br>4:00- Wine + Cheese- P                              | 8:00 -Fresh Donuts -M<br>10:00-Zoom Exercise w/ Bruce-B<br>10:30-Good Morning Nashville – B<br>1:00- <b>NEW!</b> Read & Discuss–2nd Floor Dining Room<br>1:00- <b>Color by Song!</b> - M<br>2:00- BINGO- B<br>3:30- <b>Coffee House</b> - P<br>6:00- Movie & Popcorn-MCR | 10:30- <b>Live Music w/ Hamer</b> -P<br>2:00 <b>Art Club with Philo</b> – 2 <sup>nd</sup> Floor<br>3:00-Drop in Rummikub-M<br>6:00-Movie & Popcorn- MCR<br><br><small>Veterans Day<br/>Remembrance Day (Canada)</small> |
| 11:00-Westminster Presbyterian Livestream-MCR<br>1:00-Drop in Rummikub-M<br>1:30-Movie & Popcorn- MCR<br>3:30-Hymn Sing (resident led) – MCR  | 8:00 Oatmeal Station -M<br>10:00-Exercise-B<br>10:30-Good Morning Nashville - B<br>1:00- Relaxation + Reflection w/ Heidi - MCR<br>2:00-BINGO- B<br>3:15- Movie Committee- MCR<br>4:00- <b>Monday Concert Series-B</b><br>6:00-Devotion Group-MCR             | 8:00-Cont. Breakfast-M<br>10:00-Exercise- B<br>10:30-Good Morning Nashville – B<br>1:00-Talking Points w/ Ken -MCR<br>2:00-Team Trivia - B<br>3:15-Travel Club-B<br>4:00 <b>Wine, Cheese &amp; Poetry</b> – P (Instead of Thanksgiving Day)  | 8:00-Morning Bagels-M<br>10:00-Exercise w/ Ashley-B<br>10:30-Good Morning Nashville – B<br>11:30-Flower Arranging Committee- M<br>1:00- Hope Chorus Practice-B<br>2:00-Music Therapy-2nd Floor<br>3:15-Israeli Dance-B<br>4:00 <b>Fireside Happy Hour</b> – P (Please note earlier time)                             | 10:00- Good Morning Nashville - B<br>11:00-1:00 <b>Thanksgiving Buffet with Family + Friends!</b><br>1:30- Movie Feature:<br><b>A Day for Thanks on Walton's Mountain</b> - MCR<br><br><b>Happy Thanksgiving!</b><br><small>Thanksgiving Day (US)</small>  | 8:00 Fresh Donuts – M<br>10:00- Good Morning Nashville - B<br>10:30-Communion with Episcopal Church-MCR<br>1:00-Ted Talk- MCR<br>2:00- BINGO- B<br>6:00- Movie & Popcorn-MCR   | 10:30-Courtyard Stroll (resident led)-ILC<br>1:00- <b>Wordle Club</b> - MCR<br>2:00- <b>Live Music w/ Volunteer Binyam</b> - P<br>3:00-Drop in Rummikub-M<br>6:00-Movie & Popcorn- MCR                                  |
| 11:00-Westminster Presbyterian Livestream-MCR<br>1:00-Drop in Rummikub-M<br>1:30-Movie & Popcorn- MCR<br>3:30-Hymn Sing (resident led) – MCR  | 8:00 Oatmeal Station -M<br>10:00- Zoom Exercise w/ Bruce-B<br>10:30-Good Morning Nashville – B<br>1:00 Drumtastic-B<br>2:00-BINGO- B<br>3:15- Resident Ambassador Committee- MCR<br>4:30- <b>Corks &amp; Canvas w/ Caleigh</b> - B<br>6:00-Devotion Group-MCR | 8:00-Cont. Breakfast-M<br>10:00-Exercise - B<br>10:30-Good Morning Nashville - B<br>1:00- Culinary Committee-MCR<br>2:00- <b>Wine Tasting w/ Courtney**</b><br>3:15-Travel Club-MCR<br>4:00-Poetry Club-B<br>5:00- <b>Birthday Dinner</b> - B (Celebrating October & November Birthdays) | 8:00-Morning Bagels-M<br>10:00-Exercise w/ Ashley-B<br>10:30-Good Morning Nashville – B<br>1:00- Hope Chorus Practice-B<br>2:00-Music Therapy-2nd Floor<br>2:30- Health Talk w/ Betsy-MCR<br>3:15-Israeli Dance-B<br>5:30- <b>Fireside Happy Hour</b> - P  | 8:00-Omelette Station-M<br>10:00-Exercise- B<br>10:30-Good Morning Nashville - B<br>11:30-Flower Arranging Committee- M<br>1:00- <b>NEW!</b> Read & Discuss – 2nd Floor Dining Room<br>1:00- Tai Chi w/ Dr. Cindy-Club<br>2:00-Music Therapy- MCR<br>3:15- Po-Ke-No– MCR<br>4:00- <b>Special Wine + Cheese: Evening of Remembrance</b> – B |  <p>M = Mall<br/>MCR = Mall Card Room<br/>B = Blakemore Room<br/>P = Parlor<br/>ILC = IL Courtyard</p> <h2 style="color: #E67E22;">Happy Thanksgiving!</h2>                         |   |

\*Activities subject to change\*