

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living</p>	<p>10 Drumming Exercise 1 10:30 Nature Craft: Autumn Leaf Butterfly Note Cards 11:15 That's Debatable! 1:30 Kubb Bowling 2:30 Bingo 4 Wii Fun & Games-theatre 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Sit & Be Fit 2 10:30 Coffee Club & Chronicles 11 Roll & Stroll 1:30 Obama Llama 2:30 Washers Toss 4 Sing Along Songs 6 Election Day Lotto Game <i>Election Day</i></p>	<p>10 Exercise 3 10:30 Manicures, Music & Hand Massages 11:30 Culture Corner: Learn About the Festival of Diwali 1:30 Art Expression: Sketch & Draw Mirror Images 2:30 Rebound Shuffleboard 4 Hollywood Spotlight on Charles Bronson</p>	<p>10 Bible Study w/ Penny 4 1st fl lounge 10:30 Activity Planning Mtg. 11 Resident Council Mtg. 1:30 Scenic Drive: Local Historical Sights (Sign up by 11am on 2nd fl theatre) 2 Vera Bradley Color Therapy Patterns & Pop Music 3:30 Scrabble Slam</p>	<p>10 Exercise 5 10:30 Picture This 11:15 Music on The Go 3rd fl. 1:30 NaNoMo (Nat'l Novel Month) Collaborative Story Writing 2:30 Staff Chili Cooking Contest & Resident Sample Social-Café 4 Mexican Train Dominoes (resident led) 8 Movie: Little Women Ch.243</p>	<p>10:30 Stretch & Flex 6 11 Jokereno Game 1:30 A-Mazing Puzzles to Do & The Life of Burt Lancaster Coming to You 1st, 2nd & 3rd fls. 2:30 Saturday Afternoon Social (café) 5:20 Movie: Magnum Force ch.243</p>	
<p>10:30 Stretch & Flex 7 11 Bible Bits 11:30 Hymn Sing 1:30 Funny Quips & Quotes & Famous Luxury Boats Coming to You 1st, 2nd & 3rd fls. 3 Family Worship Center Services (Ch. 193) 8 Movie: TBA <i>Daylight Saving Time Ends: Fall Back</i></p>	<p>10 Chair Tai Chi 8 10:30 Patio Planters: Garden Box Clean Out 11:15 Apples to Apples 1st fl. lounge 1:30 Science Experiments That Will Blow Your Mind! 2:30 Bingo 4 Saint Agnes Church Service- 1st fl lounge 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Be Kind to Yourself: Moving Mind & Matter- 9 Presented by Good Shepherd Rehab 10:30 Sit & Be Fit 11 Roll & Stroll 1:30 Triple Treat Trivia 2:30 Jewelry Making: Custom Beaded Bracelets 4 Frisbee Golf</p>	<p>10 Exercise 10 10:30 Manicures, Music & Hand Massages 11:30 Leisure Cart 3rd fl 1:30 The Story Behind the Art Works of Rembrandt, Klimt, Degas & Banksy 2:30 Karaoke Open Mic-theatre 4 Dart Challenge 1st fl</p>	<p>10 Bible Study w/ Penny 11 1st fl lounge 10:30 Word Scramble 11 Thanks a Million: Military Writing Event 1st fl lounge Veteran's Recognition Lunch-café 1:30 Outing: Tabora Bakery (Sign up by 11am on 2nd fl theatre) 2 Color Therapy: Paper Stained Glass Designs 4 Off to The Races 6 Hidden Meadows Chorus <i>Veteran's Day</i></p>	<p>10 Drumming Exercise 12 10:30 Testing Your Patience A Kindhearted Dilemma Game 11:15 Leisure Cart 3rd fl. 1:30 You Tube Review 2:30 Chef's Demo & Taste Social-Café 4 Mexican Train Dominoes (resident led) 8 Movie: Hanky Panky Ch. 243</p>	<p>10:30 Light Weights Exercise 13 11 Armchair Travels & Taste to Roatan, Honduras 1:30 Distribution of The Homonym Hunt & Pets You Wouldn't Want 2:30 Saturday Afternoon Social (café) 6 Movie: Mr. Blanding's Ch.243 <i>World Kindness Day</i></p>	
<p>10:30 Chair Yoga 14 11 Antique Roadshow Game 11:30 Hymn Sing 1:30 Ponderings & Puzzler and All About the Crocodile Hunter Coming to You 1st, 2nd & 3rd fls. 2 Bible Baptist Church Service 1st fl lounge 5 Movie: Arsenic & Old Lace Ch. 243 <i>Heirloom Day</i></p>	<p>10 Stretch & Flex 15 10:30 Nature Club: Creating Cold Weather Roosting Bird Boxes 11:15 Country Music Countdown 1:30 Group Crossword 2:30 Bingo 4 Bean Bag Bullseye 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Sit & Be Fit 16 10:30 Coffee Club & Chronicles 11 Roll & Stroll 1:30 You Be the Judge 2:30 Floor Darts 4 I Hear Memories 6 Resident Rights Double Prize Bingo</p>	<p>10 Exercise 17 10:30 Manicures, Music & Hand Massages 11:30 Leisure Cart 3rd fl 1:30 Art Expression: The Peaceful Dove Watercolor Painting 2:30 Darts Challenge 4 Name 5 <i>World Peace Day-Wear white ribbons</i></p>	<p>10 Bible Study w/ Penny 18 1st fl lounge 10:30 Rebus Challenge 11 Daffy Definitions 1st fl lounge 1:30 Outing to the National Shrine of Czestochowa (Sign up by 11am on 2nd fl theatre) 2 Card Games (independent) 4 Collector's Corner</p>	<p>10 Exercise 19 10:30 Good Question! Ask Alexa Game 11:15 Music on The Go 3rd fl. 1:30 Guided Meditation: A Walk in The Mountains-theatre 2:30 November Birthday Social-Café 4 Mexican Train Dominoes (resident led) 8 Movie: Chisum Ch. 243</p>	<p>10:30 Stretch & Flex 20 11 Autumntime Bingo 1:30 Distribution of Autumn Far & Near & The Story of <i>Oh Deer!</i> 1st, 2nd & 3rd fls. 2:30 Saturday Afternoon Social (café) 5:35 Movie: Mc Q Ch. 243</p>	
<p>10:30 Stretch & Flex 21 11 Chicken Soup for The Soul 11:30 Hymn Sing 1:30 Match this & Trivia Lists Coming to You 1st, 2nd & 3rd fls. 3 Family Worship Center Services (Ch. 193) 5:35 Movie: The Man Who Came to Dinner Ch. 243</p>	<p>10 Drumming Exercise 22 10:30 Memories & Mementos 11:15 Trivia Teasers 1:30 Nature Walk & Materials of Nature Collection 2:30 Bingo 3:30 Velvet Art & Music from The Heart 6 Horseshoe Pitching on The Patio (resident led) <i>Memorabilia Monday</i></p>	<p>10 Sit & Be Fit 23 10:30 Coffee Club & Chronicles 11 Roll & Stroll 1:30 Technology Tuesday: New Tech Devices for Seniors 2:30 Sing Along Songs 4 Penny Pitch for Prizes</p>	<p>10 Exercise 24 10:30 Manicures, Music & Hand Massages 11:30 Leisure Cart 3rd fl 1:30 Art Expression: Acrylic Tile Painting 2:30 Hole in One Contest 4 Pickles to Penguins</p>	<p>9 Macy's Day Parade Ch.NBC 25 10:30 Stretch, Rant & Cheer: A Surefire Holiday Workout 11 Turkey Shoot Competition 11:30 Cornucopia of Fun & Facts <i>Special Holiday Meal at Lunch today</i> 1 Lucky Break Wishbone Challenge (café) 1:30 Distribution of Blessing Bags 2:30 Cards & Games (resident led) 4:30 Raiders vs Cowboys Ch.CBS <i>Thanksgiving</i></p>	<p>10 Exercise 26 10:30 Password 11:15 Leisure Cart 3rd fl. 1:30 Did You Ever? Penny Ante Game 2:30 Mandalas & Music 4 Mexican Train Dominoes (resident led) 8 Movie: TBA</p>	<p>10:30 Light Weights Exercise 27 11 Creative Crafting: Seasonal Door Décor' 1:30 Distribution of Shopping Sprees That Were Far from Free & What Do You See? 2:30 Saturday Afternoon Social (café) 8 Movie: TBA</p>	
<p>10:30 Chair Yoga 28 11 The 7 Kindest People in The Bible 11:30 Hymn Sing 1:30 Mailbox Old Days Big Bands & Vegan vs Vegetarian 1st, 2nd & 3rd fls. 2 Bible Baptist Church Service 1st fl lounge 7 Movie: TBA <i>Hanukkah Begins at Sundown</i></p>	<p>10 Stretch & Flex 29 10:30 Make & Donate: Kindness Cups 11:15 Music on the Go- 3rd fl. 1:30 Wii Bowling-theatre 2:30 Hanukkah Bingo 3:30 Compassion for Creatures Shelter Project 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Sit & Be Fit 30 10:30 Coffee Club & Chronicles 11 Roll & Stroll 1:30 Mythbusters Game 2:30 Ring Toss Challenge 4 Name That Tune 6 The Big Miracle Story-theatre</p>	 <p>November 2021 <i>Join us as we celebrate World Kindness Month!</i></p>			 <p>CELEBRATIONS ACTIVITIES & EVENTS</p>	

*Activities are held on the 2nd fl. Activity Area unless otherwise noted. Outdoor activities are weather permitting and calendar is subject to change.