

# NOVEMBER EVENTS & ACTIVITIES

# ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8:30 (S) "Rise & Shine" Rounds 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR <b>Afternoon</b> (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	<b>2</b> 8:30 (S) "Rise & Shine" Rounds 10:00 (P) Stretch and Flexibility- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (E) "Remembering When" <i>The 50's</i> - CR 6:30 (E) Monday Movie Musical: <i>Dirty Dancing</i> - TH	<b>3</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) "In Balance" Class- LR 11:00 (P) Chair Yoga- LR 2:00 (E) "Creative Crafters" Project: <i>Scarecrow Hat Wreath</i> - AR 3:30 (I) Floats & Facts - CR 6:00 (I) Dominoes- CR	<b>4</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Music & Movement- LR 11:00 (I) Mad Gabs- LR 2:00 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game- CR	<b>5</b> 8:30 (S) "Rise & Shine" Rounds 10:00 (V) Resident Council- LR 11:00 (V) Town Hall- AL 2:00 (S) Cooking Class: <i>Molasses Cookies</i> - B 3:30 (S) Card Games- CR 6:00 (I) Dominoes- CR	<b>6</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Theraband Stretch- LR 2:30 (S) Mocktails, Cocktails & Country Music- B 3:00 (I) Pub Trivia Challenge- CR 6:00 (E) Friday Night Yahtzee- TH	<b>7</b> 10:00 (S) "Rise & Shine" Rounds 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (E) Saturday Night at the Movies: <i>Nights In Rodanthe</i> - TH
<b>8</b> 8:30 (S) "Rise & Shine" Rounds 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR <b>Afternoon</b> (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	<b>9</b> 8:30 (S) "Rise & Shine" Rounds 10:00 (P) Stretch and Flexibility- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (I) Travel Club: <i>England and Guy Fawkes Day</i> - CR 6:30 (E) Monday Movie Musical: <i>Chicago</i> - TH	<b>10</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) "In Balance" Class- LR 11:00 (P) Chair Yoga- LR 2:00 (E) "Creative Crafters" Project: <i>Scarecrow Hat Wreath</i> - AR 3:30 (I) Floats & Facts - CR 6:00 (I) Dominoes- CR	<b>11</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Music & Movement- LR 12:00 (E) Veterans Day Luncheon- DR 2:00 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game- CR	<b>12</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Chair Yoga- LR 11:00 (I) Brain Games- LR 2:00 (S) Cooking Class: <i>Savory Tart</i> - B 3:30 (S) Card Games- CR 6:00 (I) Dominoes- CR	<b>13</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Theraband Stretch- LR 2:30 (S) Mocktails, Cocktails & Country Music- B 3:00 (I) Pub Trivia Challenge- CR 6:00 (S) Friday Night Yahtzee- TH	<b>14</b> 10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (E) Saturday Night at the Movies: <i>Ever After</i> - TH
<b>15</b> 8:30 (S) "Rise & Shine" Rounds 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR <b>Afternoon</b> (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	<b>16</b> 8:30 (S) "Rise & Shine" Rounds 10:00 (P) Stretch and Flexibility- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (I) Art History: <i>The Art of Van Gogh</i> - CR 6:30 (E) Monday Movie Musical: <i>Chorus Line</i> - TH	<b>17</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) "In Balance" Class- LR 11:00 (P) Chair Yoga- LR 2:00 (E) "Creative Crafters" Project: <i>Scrapbooking</i> - AR 3:30 (I) Floats & Facts - CR 6:00 (I) Dominoes- CR	<b>18</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Music & Movement- LR 11:00 (I) Mad Gabs- LR 2:00 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game- CR	<b>19</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Chair Yoga- LR 11:00 (I) Brain Games- LR 2:00 (S) Cooking Class: <i>Ginger Snap &amp; Cider</i> - B 3:30 (S) Card Games- CR 6:00 (I) Dominoes- CR	<b>20</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Theraband Stretch- LR 2:30 (S) Mocktails, Cocktails & Country Music- B 3:00 (I) Pub Trivia Challenge- CR 6:00 (S) Friday Night Yahtzee- TH	<b>21</b> 10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (E) Saturday Night at the Movies: <i>Series of Unfortunate Events</i> - TH
<b>22</b> 8:30 (S) "Rise & Shine" Rounds 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR <b>Afternoon</b> (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	<b>23</b> 8:30 (S) "Rise & Shine" Rounds 10:00 (P) Stretch and Flexibility- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (I) Glimpse Into History: <i>History of Thanksgiving</i> - CR 6:30 (E) Monday Movie Musical: <i>Grease</i> - TH	<b>24</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) "In Balance" Class- LR 11:00 (P) Chair Yoga- LR 2:00 (V) "Creative Crafters" Project: <i>Thanksgiving Centerpieces</i> - AR 3:30 (I) Floats & Facts - CR 6:00 (I) Dominoes- CR	<b>25</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Music & Movement- LR 11:00 (I) Mad Gabs- LR 2:00 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game- CR	<b>26</b> <b>THANKSGIVING DAY</b> 11:30 (S) Thanksgiving Day Luncheon and Dessert Share- DR 3:30 (S) Washington at Cowboys- CR Enjoy snacks and drinks throughout the game 	<b>27</b> 8:30 (S) "Rise & Shine" Rounds 10:30 (P) Theraband Stretch- LR 2:30 (S) Mocktails, Cocktails & Country Music- B 3:00 (I) Pub Trivia Challenge- CR 6:00 (S) Friday Night Yahtzee- TH	<b>28</b> 10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (E) Saturday Night at the Movies: <i>27 Dresses</i> - TH
<b>29</b> 8:30 (S) "Rise & Shine" Rounds 11:00 (SP) One Community Church Live Stream Sunday Service- LR 2:00 (S) Mexican Train- CR <b>Afternoon</b> (SP) Sunday Message with Reverend Magnuson (E) Piano with Dr. Larry Magnuson 6:00 (S) Rummikub- CR	<b>30</b> 8:30 (S) "Rise & Shine" Rounds 10:00 (P) Stretch and Flexibility- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (E) "Memory Lane" <i>Old Time Radio and Print Ads</i> - CR 6:30 (E) Monday Movie Musical: <i>42nd Street</i> - TH			<b>LEGEND</b> CR: Card Room LR: Living Room DR: Dining Room TH: Movie Theater AR: Art Room B: Lobby Bistro C: Courtyard FC: IL Fitness Center P: Pool		Here at Hidden Springs, our Wellness Program is designed around the 7 Dimensions of Wellness. Each activity addresses one of the 7 dimensions as its primary benefit, with secondary and tertiary benefits also in mind. Participation in our Lifestyle Program means an opportunity to have a well-rounded leisure lifestyle that focuses on the highest quality of life and well-being. Look for the letters in parenthesis that indicate the wellness dimension for each activity Physical (P) Social (S) Spiritual (SP) Vocational (V) Emotional (E) Environmental (EN) Intellectual (I)

Note: Scheduled activities and events are subject to change without prior notice. Please see Lifestyle staff for any possible changes and/or updates