

































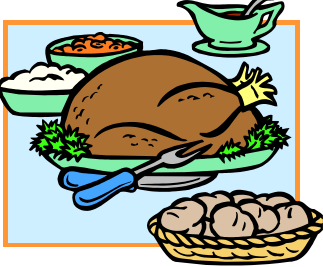


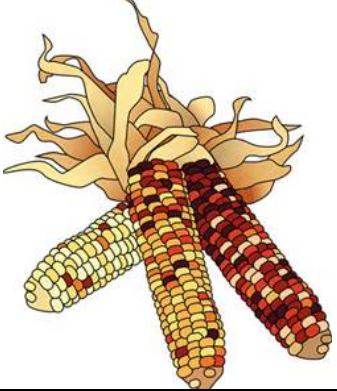




November 2022

Assisted Living Memory Care Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change – please check on website! </p> <p>November is: International Drum Month Peanut Butter Lover's Month Aviation History Month Alzheimer's Disease Month Banana Pudding Month Nat'l. Apple Month Native Am. Heritage Month Nat'l. Diabetes Month Latin American Month Nat'l. Model Railroad Month Nat'l. Life Writing Month Spinach & Squash Month Sweet Potato Awareness Month</p>		<p>1</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:00 Sing-a-long 2:00-4:00 Ice Cream Parlor 2:30 Pool Time 2:45 Movie Matinee 4:00 Conversations with Susanne</p> 	<p>2</p> <p>9:30 Coffee Social 10:00 Day of Remembrance In the Chapel 10:00 Fitness Fun w/Wellness</p> <p>1:00 Trivia 2:00 Stretch Class in GR 3:30 Happy Hour – Bistro</p> 	<p>3</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:15 Art Notes in GR 2:00-4:00 Ice Cream Parlor 2:30 Teaching Kitchen - CC 2:30 Pool Time 3:15 Bingo in Skyline Dining Room</p> 	<p>4</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:30 Reminisce 2:30 Art Expression w/ Jenny - S 2:45 Movie Matinee</p> 	<p>5</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro 1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p> 
<p>6</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room 1:30 Sit and Be Fit 2:00-4:00 Ice Cream Parlor 2:45 Classic Movie Matinee</p> <p>Daylight Saving Time Ends</p> 	<p>7</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:30 Reminisce 3:15 Bingo in Skyline Dining Room</p> 	<p>8</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:00 Sing-a-long 2:00-4:00 Ice Cream Parlor 2:30 Pool Time 2:45 Movie Matinee 4:00 Conversations with Susanne</p> 	<p>9</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:00 Trivia 2:00 Stretch Class in GR 3:30 Happy Hour – Bistro</p> 	<p>10</p> <p>9:30 Coffee Social 10:00 David Horne Duo – V</p>  <p>10:00 Fitness Fun w/Wellness</p> <p>1:15 Art Notes in GR 2:00-4:00 Ice Cream Parlor 2:30 Teaching Kitchen - S 2:30 Pool Time 3:15 Bingo in Skyline Dining Room</p> 	<p>11</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 11:30 Veteran's Day Cookout - CR</p> <p>1:30 Reminisce 2:30 Art Expression w/ Jenny - S 3:30 Songs by Heart - V</p> 	<p>12</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro 1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p> 
<p>13</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room 1:30 Sit and Be Fit 2:00-4:00 Ice Cream Parlor 2:45 Classic Movie Matinee</p>	<p>14</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:00 Tulsa Master Gardener's Project - V 3:15 Bingo in Skyline Dining Room</p> 	<p>15</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:00 Sing-a-long 2:00-4:00 Ice Cream Parlor 2:30 Pool Time 2:45 Movie Matinee 4:00 Conversations with Susanne</p> 	<p>16</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:00 Trivia 2:00 Stretch Class in GR 3:30 Happy Hour – Bistro</p> 	<p>17</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:15 Art Notes in GR 2:00-4:00 Ice Cream Parlor 2:30 Pool Time 2:30 Teaching Kitchen - CC 3:15 Bingo in Skyline Dining Room</p> 	<p>18</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness</p> <p>1:30 Reminisce 2:30 Art Expression w/ Jenny - S 2:45 Movie Matinee</p> 	<p>19</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro 1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>

November 2022

Assisted Living Memory Care Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room 1:30 Sit and Be Fit 2:00-4:00 Ice Cream Parlor 2:45 Classic Movie Matinee</p>  <p>World Children's Day</p>	<p>21</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 1:30 Reminisce 3:15 Bingo in Skyline Dining Room</p>  <p>Nat'l Gingerbread Cookie Day</p>	<p>22</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 1:00 Thanksgiving Service in Valleyview Dining Room 2:00-4:00 Ice Cream Parlor 2:30 Pool Time 2:45 Movie Matinee 4:00 Conversations with Susanne</p>  <p>Nat'l. Cranberry Relish Day</p>	<p>23</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 1:00 Trivia 2:00 Stretch Class in GR</p>  <p>3:30 Monthly Birthday Party & Happy Hour - B</p>	<p>24</p> <p>9:30 Coffee Social 10:00 Sing-a-long 1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>  <p>Happy Thanksgiving (Administrative offices are closed in observance of the holiday)</p>	<p>25</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 1:30 Reminisce 2:30 Art Expression w/ Jenny - S 2:45 Movie Matinee</p>  <p>Native Am. Heritage Day</p>	<p>26</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro 1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>  <p>Small Business Saturday</p>
<p>27</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room 1:30 Sit and Be Fit 2:00-4:00 Ice Cream Parlor 2:45 Classic Movie Matinee</p>  <p>First Sunday of Advent</p>	<p>28</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 1:30 Reminisce 3:15 Christmas Tree Decorating Party – GR</p> 	<p>29</p> <p>9:30 Coffee Social 10:00 Fitness Fun w/Wellness 1:00 Sing-a-long 2:00-4:00 Ice Cream Parlor 2:30 Pool Time 2:45 Movie Matinee 3:15 Christmas Tree Decorating Party - CR 4:00 Conversations with Susanne</p> 	<p>30</p> <p>9:30 Coffee Social 10:15 Catholic Mass 10:00 Fitness Fun w/Wellness 1:00 Trivia 2:00 Stretch Class in GR 3:30 Happy Hour & Christmas Tree Decorating w/singer Pat Hobbs in Hille Foyer</p> 			
			<p>The Gift Garden Shop</p>  <p>For assistance stop by the Dotson front desk Anytime between 9:00 a.m. – 5:00 p.m. Monday to Friday</p>	<p><i>The Crossroads Ice Cream Parlor</i></p>  <p>Open Tuesday, Thursday, Saturday and Sunday 2:00-4:00 p.m.</p> 	<p>Activity Location Key</p> <p>CR = Common Room LR – Downstairs Living Room GR – Upstairs Game Room B – The Bistro CC – Carla's Corner V – Valley View Dining Room S – Skyline DR (upstairs) WC – Wellness Center OL – Osage Lookout (Chapman Hall) HC – Healthcare Center MC – Memory Center</p>	<p>The Bishop Moody Wellness Center</p>  <p>Open Gym Times Monday – Friday 9:00 a.m. – 11:00 a.m. & 1:00 p.m. - 4:30 p.m.</p>