

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 – 10:30 Current Events 11:00 – 11:45 Bible Study with Pasto Tom  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Scrabble	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Knitting & Socializing  2:30 – 3:30 Bingo	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Daily Chronicles  2:00 – 3:30 Card or Board Games of Choice	10:00 – 10:30 Current Events 10:45 – 11:30 Daily Chronicles  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Pampered Hands	10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice
10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice  <small>Daylight Saving Time Ends</small>	10:30 – 11:45 Van Ride  1:30 – 2:00 Exercise with Sherella 2:30 – 3:30 Bingo	10:00 – 10:30 Current Events 11:00 – 11:45 Bible Study with Pasto Tom  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Trivia	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Knitting & Socializing  2:30 – 3:30 Bookmobile	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Daily Chronicles  2:00 – 3:30 Card or Board Games of Choice	10:00 – 10:30 Current Events 10:45 – 11:30 Daily Chronicles 1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Pie with Ascend Hospice & Tribute to Our Veterans <small>Veterans Day Remembrance Day (Canada)</small>	10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice  2:00 – 3:00 Gospel Singers
10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice	10:30 – 11:45 Van Ride  1:30 – 2:00 Exercise with Sherella 2:30 – 3:30 Bingo	10:00 – 10:30 Current Events 11:00 – 11:45 TV Worship  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Resident Council Meeting	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Knitting & Socializing  2:30 – 3:30 Arts & Crafts	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Daily Chronicles 2:30 – 3:30 Joe Sings Sinatra OR 2:00 – 3:30 Card or Board Games of Choice	10:00 – 10:30 Current Events 10:30 – 11:30 Martha & Me Performs  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Calzones for National Calzone Day AR	10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice
10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice	10:30 – 11:45 Van Ride  1:30 – 2:00 Exercise with Sherella 2:30 – 3:30 Bingo	10:00 – 10:30 Current Events 11:00 – 11:45 Bible Study with Pasto Tom  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Andrew Plays Records	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Knitting & Socializing  2:30 – 3:30 Group Chat Gail with a Tender Moment of Love	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Daily Chronicles  2:00 – 3:30 Pampered Hands  <small>Thanksgiving Day (US)</small>	10:00 – 10:30 Current Events 10:45 – 11:30 Daily Chronicles  1:30 – 2:00 Exercise with Michelle 2:00 – 3:00 Amy Ladd Performs	10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice
10am – 4pm  Residents can use the Activity Room for Games, Movies and Music of Choice	10:30 – 11:45 Van Ride  1:30 – 2:00 Exercise with Sherella 2:30 – 3:30 Bingo	10:00 – 10:30 Current Events 11:00 – 11:45 Bible Study with Pasto Tom  1:30 – 2:00 Exercise with Michelle 2:30 – 3:30 Billy Mitchell	10:00 – 10:30 Morning Stretch & Hydration 10:45 – 11:30 Knitting & Socializing  2:30 – 3:30 Plant Workshop "Gifts for Christmas" in AR	<h1>November 2022</h1>		