

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PH Physical SO Social CO Cognitive SP Spiritual EM Emotional CR Creative VO Vocational SE Sensory EN Entertainment</p> <p>971 Simms Center Broadcast 972 Auditorium Broadcast 973 Movie Channel AUD Auditorium C Chapel HSB Health Services Building MG Memory Garden MPR Health Services Building 2nd Floor PH Penthouse R2 Rose 2nd Floor R3 Rose 3rd Floor SC Simms Center TER Terrace</p>	<p>9:30 SP <i>Centering Prayer (C)</i> 6 9:30 SP <i>Community Prayer (971)</i> 10:00 PH Chair Exercise (R3) 10:45 PH Chair Exercise (PH) 11:15 PH <i>Bible Study w/ Julie (R3)</i> 2:00 CO BINGO (PH) 4:00 SP <i>Communion with FBC (SC)</i> 7:00 EN Bermuda Hundred Campaign (AUD/972)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 7 10:00 PH Sit & Get Fit (R2) 10:30 CO Mind Joggers (R2) 11:00 PH Sit & Get Fit (PH) 11:30 CO Mind Joggers (PH) 2:00 EN <i>Piano with Melanie (R2)</i> 3:00 CO <i>World Tour of Churches: Chartres Cathedral (SC)</i> 3:00 SE Nail Spa (R2) 3:00 SO Food Holiday Social (PH)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 8 10:00 PH Exercise (R3) 10:00 EM Chaplain Visits 1:1 11:15 PH Exercise with Kailey (Penthouse) 2:00 CO <i>Native American Heritage Program (SC)</i> 3:00 SE Nail Spa (R2) 4:00 SO One to One Visits (R3)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 9 10:00 PH Exercise & Smoothies (R3) 11:00 CO <i>WWI Presentation with Emily Tuck (SC)</i> 11:00 PH Exercise & Smoothies (PH) 2:00 SO Social Hour (R3) 3:00 CO Jill's Blankets/Trivia (R3) 3:00 SO Dora's Corner (PH) 4:00 SO One to One Visits 7:00 EN Evening Movie (973)</p>	<p>9:29 SP <i>Community Prayer</i> 3 9:30 VO <i>Walmart Shopping Trip</i> 9:30 PH Exercise w/Kailey (R3) 10:00 SO Rummikub (PH) 10:00 SO Rummikub-resident led (R3) 10:15 PH Sit & Get Fit (PH) 11:00 CO BINGO (R3) 2:00 EN <i>Music with "Out of Time" (SC)</i></p>	<p>10:00 PH Seated Stretches (R3) 4 10:00 SO Rummikub-resident led (PH) 10:00 SO Rummikub-resident led (R3) 10:30 CO Bible Trivia (R3) 11:00 PH Seated Stretches (PH) 11:30 CO Bible Trivia (PH) 2:00 EN Matinee Movie (973)</p>
<p>10:00 SP Catholic Mass (971) or (SC) 5 1:00 EM Chaplain One to One Visits 1:30 PH Chair Exercises with Pat Broadcast (Channel 971) 2:30 SP Catholic Communion (C) 4:00 SP <i>Vespers Prayer Service (SC/971)</i></p>	<p>9:00 SP <i>Centering Prayer (C)</i> 6 9:30 SP <i>Community Prayer (971)</i> 10:00 PH Chair Exercise (R3) 10:45 PH Chair Exercise (PH) 11:15 SO <i>Hymns & Harmony (R3)</i> 2:00 CO "ACORN" BINGO (PH) 7:00 EN Concert: Double Play (AUD/972)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 7 10:00 PH Sit & Get Fit (R2) 10:30 CO Mind Joggers (R2) 11:00 PH Sit & Get Fit (PH) 11:30 CO Mind Joggers (PH) 2:00 SO Food Holiday Social (PH) 3:00 VO <i>Resident Council Meeting (SC)</i></p>	<p>9:30 SP <i>Community Prayer (971)</i> 8 10:00 PH Exercise (R3) 10:00 EM Chaplain Visits 1:1 11:15 PH Exercise with Kailey (PH) 2:00 SO <i>Sing-along w/ Diane Hart (PH)</i> 3:00 SE Nail Spa (PH) 4:00 SO One to One Visits (R3)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 9 10:00 PH Exercise & Smoothies (R3) 11:00 PH Exercise & Smoothies (PH) 2:30 SE Pet Therapy (R3) 3:00 CO Jill's Blankets/Trivia (R3) 3:00 SO Dora's Corner (PH) 4:00 SO One to One Visits 7:00 EN Evening Movie (973)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 3 9:30 PH Exercise w/Kailey (R3) 10:00 SO Rummikub (PH) 10:15 PH Sit & Get Fit (PH) 10:30 EM <i>Veteran's Day (SC)</i> 11:00 CO BINGO (R3) 2:00 EM <i>Marine Corp Birthday Celebration (SC)</i></p>	<p>VETERAN'S DAY 11 10:00 SO Rummikub-resident led (PH) 10:00 SO Rummikub-resident led (R3) 2:00 EN Matinee Movie (973)</p>
<p>10:00 SP Catholic Mass (971) or (SC) 12 1:00 EM Chaplain One to One Visits 1:30 PH Chair Exercises with Pat Broadcast (Channel 971) 2:30 SP Catholic Communion (C) 4:00 SP <i>Vespers Prayer Service (SC/971)</i></p>	<p>9:00 SP <i>Centering Prayer (C)</i> 13 9:30 SP <i>Community Prayer (971)</i> 10:00 PH Chair Exercise (R3) 10:45 PH Chair Exercise (PH) 11:15 SO <i>Hymns & Harmony (PH)</i> 2:00 CO "ACORN" BINGO (PH) 7:00 EN Concert: Double Play (AUD/972)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 14 10:00 PH Sit & Get Fit (R2) 10:30 CO Mind Joggers (R2) 11:00 PH Sit & Get Fit (PH) 11:30 CO Mind Joggers (PH) 2:00 SO Food Holiday Social (PH) 3:00 VO <i>Resident Council Meeting (SC)</i></p>	<p>9:30 SP <i>Community Prayer (971)</i> 15 10:00 PH Exercise (R3) 10:00 EM Chaplain Visits 1:1 11:15 PH Exercise with Kailey (PH) 2:00 SO <i>Sing-along w/ Diane Hart (PH)</i> 3:00 SE Nail Spa (PH) 4:00 SO One to One Visits (R3)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 16 10:00 PH Exercise & Smoothies (R3) 11:00 PH Exercise & Smoothies (PH) 2:30 SE Pet Therapy (R3) 3:00 CO Jill's Blankets/Trivia (R3) 3:00 SO Dora's Corner (PH) 4:00 SO One to One Visits 7:00 EN Evening Movie (973)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 17 9:30 PH Exercise w/Kailey (R3) 10:00 SO Rummikub (PH) 11:15 SO <i>Lunch out: Cracker Barrel</i> 2:00 CO "ACORN" BINGO (R3) 3:00 EN <i>Music with Claudia Carawan (SC)</i></p>	<p>10:00 SO Rummikub-resident led (PH) 18 10:00 SO Rummikub-resident led (R3) 2:00 SO <i>A Day of Thanks Family Day (SC)</i> 2:00 EN Matinee Movie (973)</p>
<p>10:00 SP Catholic Mass (971) or (SC) 19 1:00 EM Chaplain One to One Visits 1:30 PH Chair Exercises with Pat Broadcast (Channel 971) 2:30 SP Catholic Communion (C) 4:00 SP <i>Vespers Prayer Service (SC/971)</i></p>	<p>9:00 SP <i>Centering Prayer (C)</i> 20 9:30 SP <i>Community Prayer (971)</i> 10:00 PH Chair Exercise (R3) 10:45 PH Chair Exercise (PH) 11:15 SO <i>Hymns & Harmony (R3)</i> 2:00 CO BINGO (PH) 4:00 SP <i>Taize' Prayer Service (SC)</i> 7:00 EN Play: Lakewood Players (AUD/972)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 21 10:00 PH Sit & Get Fit (R2) 10:30 CO Mind Joggers (R2) 11:00 PH Sit & Get Fit (PH) 11:30 CO Mind Joggers (PH) 2:00 SO Food Holiday Social (PH) 3:00 VO <i>Resident Council Meeting (SC)</i></p>	<p>9:30 SP <i>Community Prayer (971)</i> 22 10:00 PH Exercise (R3) 10:00 EM Chaplain Visits 1:1 10:30 SP <i>Thanksgiving Interfaith Service (SC)</i> 2:00 SO <i>Pumpkin Pie Social (SC)</i> 3:00 SE Nail Spa (R2) 4:00 SO One to One Visits (R3)</p>	<p>HAPPY THANKSGIVING! 23 9:30 SP <i>Community Prayer (971)</i> 10:00 SO Dora's Corner: Thanksgiving Craft and cookies (PH) 11:00 SO Dora's Corner: Thanksgiving Craft and Cookies (R3) 12:00 SO Thanksgiving Lunch 7:00 EN Evening Movie (973)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 24 9:30 PH Exercise w/Kailey (R3) 10:00 SO Rummikub (PH) 10:15 PH Sit & Get Fit (PH) 11:00 CO BINGO (R3) 2:00 EN <i>Music with Amy Ladd (SC)</i></p>	<p>10:00 SO Rummikub-resident led (PH) 25 10:00 SO Rummikub-resident led (R3) 2:00 EN Matinee Movie (973)</p>
<p>10:00 SP Catholic Mass (971) or (SC) 26 1:00 EM Chaplain One to One Visits 1:30 PH Chair Exercises with Pat Broadcast (Channel 971) 2:30 SP Catholic Communion (C) 4:00 SP <i>Vespers Prayer Service (SC/971)</i></p>	<p>9:00 SP <i>Centering Prayer (C)</i> 27 9:30 SP <i>Community Prayer (971)</i> 10:00 PH Chair Exercise (R3) 10:45 PH Chair Exercise (PH) 11:15 SO <i>Hymns & Harmony (PH)</i> 1:00 CO <i>Mobile Library (Game Rm)</i> 2:00 CO BINGO (PH) 3:00 SO <i>Holiday Decorating (R3)</i> 7:00 CO <i>Grand Illumination</i></p>	<p>9:30 SP <i>Community Prayer (971)</i> 28 10:00 PH Sit & Get Fit (R2) 10:30 CO Mind Joggers (R2) 11:00 PH Sit & Get Fit (PH) 11:30 CO Mind Joggers (PH) 2:00 SO Food Holiday Social (PH) 3:00 SO <i>Holiday Decorating (PH)</i> 7:00 SP <i>Hanover Harmony Concert (AUD)</i></p>	<p>9:30 SP <i>Community Prayer (971)</i> 29 10:00 PH Exercise (R3) 10:00 EM Chaplain Visits 1:1 11:15 PH Exercise with Kailey (PH) 2:00 SO <i>Sing-along w/ Diane Hart (R2)</i> 3:00 SE Nail Spa (PH) 4:00 SO One to One Visits (R3)</p>	<p>9:30 SP <i>Community Prayer (971)</i> 30 10:00 PH Exercise & Smoothies (R3) 11:00 PH Exercise & Smoothies (PH) 2:00 SP <i>Chrismon Tree Dedication (SC)</i> 3:00 CO Jill's Blankets/Trivia (R3) 4:00 SO One to One Visits 7:00 EN Evening Movie (973)</p>	<p>~</p>	<p>~ Movie title selections are listed on the Lakewood Cinema page in the Link newsletter.</p>

Activities are subject to change.
Please refer to daily postings for any changes.

Assisted Living

Program Coordinator: Tonya Ramage
Phone Number: 804-521-9288