Moments & people *worth* Celebrating

Tenant Birthdays

11/09 Nancy R.
11/10 Meg D 100th birthday!
11/10 Alty M.
11/11 Craig B.
11/22 Mary
11/23 Mary M.

Staff Birthdays

Anisha S 11/4
Chase M. 11/13
DaZsa A. 11/15
Daija I. 11/15
Dakota M. 11/18
Laura L. 11/18
Kim C. 11/19



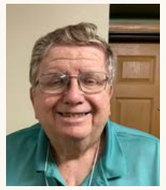
Tenant Anniversaries

11/13 Evie M 8 years
11/13 Shirley B 3 years
11/25 Jo M. 2 years
11/25 Ray M. 2 years
11/29 Cletta E. 2 years
11/18 Jan H. 6 years
11/18 Rob H. 6 years
11/25 Amy T. 2 years
11/27 Rollie R. 7 years
11/27 Nancy R. 7 years

Staff Anniversaries

11/1 Julie N. 4 years
11/13 Amanda S. 3 years
11/18 Levette S. 1 year
11/19 Jess C. 1 year
11/24 Halee W. 1 year
11/25 Anisha S. 1 year
11/26 Harrison S. 2 years

Welcome to our new community members



Cliff W.



Judy W.





A Thankful November Hello from Your Leadership Team

Pass the Pumpkin Pie: A November Greeting from Leadership!

Families, and Friends,

Can you believe November is already here? As the crisp autumn air sets in and the trees show off their final burst of fall colors, we are feeling extra cozy—and extra grateful—here at Summit Pointe.

November is all about cozy sweaters, warm drinks, and gathering with people who make us smile. This month, our calendar is packed with fun ways to celebrate the season of gratitude! From cozy fall craft socials and festive autumn baking to our annual Thanksgiving feast, there are plenty of reasons to get together and make new memories.

We want to send a heartfelt thank you to our incredible residents and hard-working team members who bring so much warmth, laughter, and light to our halls every single day. You are truly the heart of our community!

Grab a cup of hot cider, settle into a comfortable chair, and enjoy reading through this month's newsletter.

Gobble 'til you wobble!

Summit Pointe
Senior Living



Summit Pointe Health Corner

Stay Energized and Healthy This November: A Guide for Active Seniors

November brings cooler temperatures, falling leaves, and often, a shift in our routines. It's a wonderful time to enjoy the changing season, but it also presents unique challenges for maintaining our physical and mental well-being.

For the active seniors in our assisted living community, this is an excellent opportunity to focus on wellness and make proactive choices that will keep us feeling energized, healthy, and connected throughout the autumn.

This month, let's focus on three key pillars of health: staying active, boosting our immune systems, and nurturing our mental and emotional well-being.

Pillar 1: Embrace Indoor Activity

When the weather gets brisk, it can be tempting to stay indoors and perhaps move a bit less. But maintaining physical activity is crucial for mobility, balance, mood, and overall health. Let's adapt our routines:

Embrace Indoor Exercise: Our community offers fantastic indoor amenities! Make a commitment to participate in our scheduled exercise classes, such as:

Tai Chi or Yoga: These gentle practices improve balance, flexibility, and strength while also reducing stress.

Chair Exercise or Low-Impact Aerobics: Perfect for getting the heart rate up and improving cardiovascular health in a safe environment.

Walking the Hallways: Don't underestimate the power of a brisk walk. A few laps around the community's interior can do wonders.

Strength Training for Stability: Strong muscles are essential for balance and preventing falls. Incorporate light resistance bands or hand weights into your routine a few times a week. Even simple leg lifts and chair squats make a big difference.

Pillar 2: Strengthen Your Defenses: Flu and Immune Health

November marks the start of the flu and cold season. For seniors, a strong immune system is our best defense.

Get Your Vaccinations: If you haven't already, now is the time to schedule your flu shot. For some, this might also include the updated pneumonia vaccine or the new RSV vaccine, especially for those with certain health conditions. Check with your healthcare provider or our community's nursing staff.

Fuel with Nutrition: Food is medicine! This month, focus on:

Vitamin C: Think citrus fruits (oranges, grapefruits), red bell peppers, and strawberries.

Vitamin D: Essential for immune health and bone strength. Our primary source is sunlight, so during the darker months, supplements or vitamin D-rich foods (like fatty fish, fortified milk, and eggs) are important. Talk to your doctor about testing your levels.

Warm, Hearty Soups: Soups filled with vegetables, lean protein (like chicken or lentils), and bone broth are not only comforting but also packed with nutrients.

Stay Hydrated: It's easy to forget to drink water when it's cold, but hydration is key to all bodily functions, including immune response. Keep a water bottle handy and aim for several glasses throughout the day.

Pillar 3: Nurture Your Mind and Spirit

Shorter days and colder weather can sometimes lead to feeling lower energy or a sense of isolation. Taking care of your mental health is just as important as your physical health.

Stay Socially Connected: One of the greatest benefits of our community is the social aspect. Make an extra effort this month to:

Attend Community Events: Join in on movie nights, craft workshops, book clubs, and discussion groups.

Connect in the Dining Room: Invite someone new to sit with you, or organize a regular coffee hour with a few friends.

Schedule Family Video Calls: Technologies like FaceTime or Zoom are great for staying in touch with loved ones who live far away.

Engage Your Brain: Keep your mind sharp! Try:

Puzzles and Games: Sudoku, crosswords, and board games with friends are excellent brain-training tools.

Learning a New Skill: Have you always wanted to try painting? Knitting? Learning the basics of a new language? Our community may offer classes, or you could explore online tutorials.

Get Some "Sunshine" (Even Indoors!): Lack of sunlight can contribute to the "winter blues" or Seasonal Affective Disorder (SAD).

Open the Curtains: Spend time near a window during the brightest parts of the day.

Outdoor Briefs: On sunny (but cold) days, bundle up and take a 10-15 minute walk outside. Fresh air and light, even briefly, can boost your mood.



Christian Corner by Megan Swanson



"Enter his gates with thanksgiving, and his courts with praise. Give thanks to him; bless his name. For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." Psalm 100:4-5

We begin this holiday season by dwelling on the blessings we have and thanking the One who gave them to us. What a beautiful thing–– to fix our eyes on the good things of this life and give thanks to God. What does our heart posture of thankfulness look like outside of the month of November? Are we recognizing the blessings we have and the way God has been faithful to us year-round, not just during a holiday season? Every day is a day to be grateful for! Every day is a day to praise God for his steadfast love, his provision for us, and his faithfulness to all generations, for all of time.

1 Thessalonions 5:18 says, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." In all circumstances we are to be giving thanks! What a beautiful reminder to begin a regular practice of gratitude. We may not feel thankful at all times; life can be difficult and heavy. But we can begin to train our hearts and minds to see the good in all situations, and practice the act of thankfulness year-round. I am thankful that I have salvation in Jesus Christ! I am thankful that I have a roof over my head and food on the table. I am thankful that I have a hard-working and thoughtful husband, two rambunctious toddlers, and a baby girl on the way to love and care for. What are you thankful for today? Enjoy your Thanksgiving holiday and keep your eyes fixed on the One who gave it all to you!



The Great "Turkey Pardon" (A Recent Tradition!):

Presidents have occasionally pardoned turkeys for decades, but when did the official, annual white house turkey presentation and "pardon" ceremony begin as a standard televised tradition?

A) 1957 (President Eisenhower) *

B) 1989 (President George H.W. Bush) *

C) 2001 (President George W. Bush)

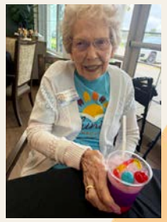
Two Truths and a Lie – Marion, Iowa Edition!

How well do you know the history of our home city? Marion has many fascinating stories. See if you can spot the one "fact" below that is completely made up!

- The City That Was Built Before It Was Lived In: Marion is unique in that it was completely surveyed, founded, and platted to be the county seat of Linn County in 1839 before a single permanent resident actually lived within the city limits.
- Home to a Hidden Horse Racing Track: The land that currently makes up the 9-hole Indian Creek Country Club (founded in 1926) was originally a popular sulky horse racing track.
- The Great Marion Popcorn Rivalry: In the early 20th century, Marion was so renowned for its snack production that it held an annual "Popcorn Festival," which included a fierce, documented competition with Cedar Rapids over which city invented the modern popcorn machine.



Life Enrichment:









Autumn Adventure Scenic Fall Explorers

·11/2 Lifelong Learning: Construction of the Holland Tunnel
·11/3 Framed Leaf Collage
·11/3 Autumn Drink Flights
·11/5 Autumn Discovery Science Labs
·11/7 Making Nature Lanterns

Gratitude & Giving Week

·11/8 Quilt of Valor Ceremony
·11/9 Lifelong Learning: Find Your Joy the Nelson Mandela Story
·11/9 Creating Leaves of Gratitude
·11/9 Make Blessing Bags for the Catherine McCauley Center
·11/10 Make Cards for 1st responders
·11/11 Honoring our Veterans

Adventure Awaits Celebrating Route 66's 100th Anniversary

·11/16 Route 66 Trivia
·11/16 DIY: Milkshake Bar
·11/17 State Fair Games with Root Beer Floats
·11/18 Vintage Postcard Making
·11/19 Soda Shop Social
·11/21 Donuts & Dream Vacations
·11/21 California Beach Party

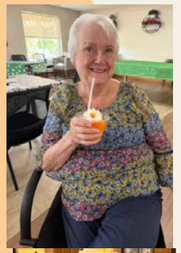
Thankful Traditions

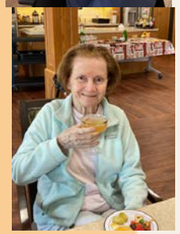
·11/22 Remember When…Thanksgiving Reminiscing
·11/23 Lifelong Learning: Thanksgiving Traditions
·11/23 Afternoon Pie & Coffee
·11/25 Turkey Time Craft
·11/28 Friendsgiving Fun Social

Cozy Creativity & Seasonal Celebrations

·11/29 Pinecone Birdfeeders
·11/30 Hot Chocolate Bar





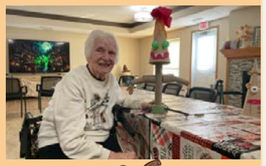






















Sports Corner: Supporting our Iowa Hawkeyes

November is a thrilling month for our resident sports fans. As the autumn air crisps, we shift our focus from the gridiron to the mat and the hardwood, with four different teams in action. We are proud to provide the upcoming schedule of events. Note that times are subject to change, so please verify details closer to the game dates.

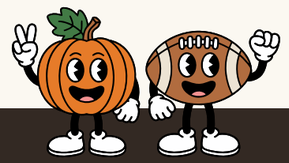
University of Iowa Hawkeyes
It's a crossover month as football wraps up and other highly anticipated sports begin their seasons.

Hawkeye Football Schedule (November)
Saturday, Nov. 7: at Northwestern Wildcats – Time: 12:00 PM CST
Saturday, Nov. 14: vs. Purdue Boilermakers – Time: 12:00 PM CST
Saturday, Nov. 21: at Illinois Fighting Illini – Time: 12:00 PM CST
Friday, Nov. 27: vs. Nebraska Cornhuskers – Time: 11:00 AM CST

Hawkeye Men's Basketball Schedule (November)
Tuesday, Nov. 3: vs. Lipscomb Bisons – Time: 7:00 PM CST
Friday, Nov. 6: vs. Eastern Illinois Panthers – Time: 7:30 PM CST
Tuesday, Nov. 10: vs. Virginia Tech Hokies – Time: 6:00 PM CST (Played in Sioux City, Iowa)
Sunday, Nov. 15: vs. Creighton Bluejays – Time: 2:00 PM CST (Played in Des Moines, Iowa)
Friday, Nov. 20: at Xavier Musketeers – Time: 6:30 PM CST
Tuesday, Nov. 24: vs. UMBC Retrievers – Time: 6:00 PM CST
Saturday, Nov. 28: vs. Prairie View A&M Panthers – Time: 1:00 PM CST

Hawkeye Women's Basketball Schedule (November)
Monday, Nov. 2: vs. Towson Tigers – Time: 7:00 PM CST
Thursday, Nov. 5: vs. Eastern Illinois Panthers – Time: 7:00 PM CST
Sunday, Nov. 8: at UConn Huskies – Time: 1:00 PM CST
Thursday, Nov. 12: vs. Northern Iowa Panthers – Time: 7:30 PM CST
Sunday, Nov. 15: vs. Vanderbilt Commodores – Time: 12:00 PM CST (Played in Sioux City, Iowa)
Thursday, Nov. 19: vs. Montana State Bobcats – Time: 7:00 PM CST
Monday, Nov. 23: vs. Utah Utes – Time: 12:30 PM CST (Baha Mar Convention Center, The Bahamas)
Wednesday, Nov. 25: at Navy Midshipmen – Time: 10:00 AM CST (Baha Mar Convention Center, The Bahamas)

Hawkeye Men's Wrestling Schedule
Friday, Nov. 13th vs Bellarmine-Time 7:00pm CST
Sunday, Nov. 22nd vs Iowa State-Time 1:00pm CST





NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Autumn Adventure Scenic Fall Explorers 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL **2:45pm Depart:Scenic Drive-FF** 3 Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	**2** Autumn Adventure Scenic Fall Explorers 9am Rosary-L **9:15am Getting to know the Calandar-FL** **10:15 Lifelong Learning: Construction of the Holland Tunnel-FL** 12:30pm Turkey Trot Walk- FF **1:00 Bookworms - L** 2 Dominoes-CH **2pm DIY: Apple Nacho Bar -FL** 3:30 MAC Fitness-FL 4:15-5:15pm Vino & Vinyl's-Lobby 5:30 Monday Matinee -FL 6:00pm Eurchre-FL	**3** Autumn Adventure Scenic Fall Explorers 8:45 Depart: Aldi-FF 9:15am Depart:Voting-FF **9:15 Framed Leaf Collage-FL** 10:30 Live 2b Healthy-FL **1 pm Autumn Drink Flights-FL** 1:30pm Depart:Voting-FF 2 Marcie's Memorables: -FL 2 Sparkle & Shine Diamond Dots-L 3:15pm Penny Bingo-FL 4:30-5:15 Cozy Connections by the Fireplace-Lobby	**4** Autumn Adventure Scenic Fall Explorers **Podiotrist 1-3** 9:30am Christian Worship-ML 10:45-12:15Marion Library Book Mobile-FF 12:30pm Turkey Trot Walk- FF **1:30pm -DR** 1:30pm Catholic Communion- L **2:30pmTurkey Prize Bingo Bonanza-FL** 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 4:15-5:15 Before/After Dinner Radio-Lobby 6:00pm Symphonettes -FL	**5** Autumn Adventure Scenic Fall Explorers 8:45am Depart: Dollar Tree -FF **9:15am Where and the World?-FL** 10:30 MAC Fitness-FL 12:30 Nailed it! Nail Care for All-*Sign up* **1:00 Autumn Discovery Science Lab-FL** **2:30 Circle of Friends: Flannel & Friends Day-FL** 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	**6** Autumn Adventure Scenic Fall Explorers **9:15 Campfire Coffee Group-FL** 10:30 Live 2b healthy-FL 12:30pm Turkey Trot Walk- FF 1 Afternoon Glue Crew-FL 1 Dominoes-CH 2 Happy Hour with Terry McCauley Serving Harvest Pear & Rosemary Sparkler Drink -FL 6 500-L	**7** Autumn Adventure Scenic Fall Explorers **9am Depart: Faith Mission Thrift Store in Coggon-FL** 10am Golf the card game-L 10:15 Workout with Darrel-FL **1pm Making Nature Lanterns-FL** 2pm Dominoes-CH 2pm Candy Bar Bingo-ML 4:15-5pm Cocktails & Conversation-Lobby 5:30 Saturday Screener: - FL 6pm Kings on corner-L Iowa Tailgate TBD
8 Gratitude & Giving 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 12:30 Penny Bingo-FL **2:00pm Quilt of Valor Ceremony-DR** 3 Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	**9** Gratitude & Giving 9am Rosary-L **9:15am Make Blessing Bags-FL** **10:15 Lifelong Learning: Finding Your Joy -FL** 12:30pm Turkey Trot Walk- FF **1:00 Musical Memories: 1940's Big Band Music-FL** 2 Dominoes-CH **2pm DIY: Creating Leaves of Gratitude-FL** 3:30 MAC Fitness-FL 4:15-5:15pm Vino & Vinyl's-Lobby 5:30 Monday Matinee FL 6:00pm Eurchre-FL	**10** Gratitude & Giving **8:45 Depart: Fareway-FF** **9:15 Make Cards for First Responders-FL** 10:30 Live 2b Healthy-FL **10:30 Depart: Lunch Bunch: Tommy's Restraunt-FF** **1 pm Lala Ladies-FL** **2:30 Depart: Delivering Blessing Bags-FF** 2 Sparkle & Shine Diamond Dots-L 3:00pm Penny Bingo-FL 4:30-5:15 Cozy Connections by the Fireplace-Lobby	**11** Veterans Day **7:30am Depart: Hyvee Veterans Breakfast-FF** 9:30am Christian Worship-ML **10:15 Honoring our Veterans-FL** 10:45am Marion Library Book Mobile-FF 12:30pm Turkey Trot Walk- FF **1:30pm Pete, Deb and Dave Band-DR** 1:30pm Catholic Communion- L 2:00pm Dominoes-CH **2:30 Christmas Gnome Craft-FL** 3:30pm MAC Fitness-FL 4:15-5:15 Before/After Dinner Radio-Lobby	**12** Gratitude & Giving **9am Depart: Target-FF** 10:30 MAC Fitness-FL **1:00pm Depart: Delivering Cards & Treats to First Responders-FL** **2:30 Circle of Friends: Cozy Coffeehouse Café- -FL** 4:15-5:15 Night Cap & Highlights-Lobby 6:15 Penny Bingo-FL	**13** Gratitude & Giving **9:15 Brain Games-FL** 10:30 Live 2b healthy-FL 12:30pm Turkey Trot Walk- FF 1 Afternoon Glue Crew-FL 1 Dominoes-CH 2 Happy Hour with David Poggenklass served with apple Cidar Pie Punch -DR 6 500-L	**14** Gratitude & Giving **9am Grateful Grounds Coffee Group-FL** 10am Golf the card game-L 10:15 Workout with Darrel -FL **1:00pm Depart: Goodwill-FL** 2pm Dominoes-CH **2pm Candy Bar Bingo-ML** 4:15-5pm Cocktails & Conversation-Lobby 6pm Kings on corner-L Iowa Tailgate TBD
15 Adventure Awaits: Celebrating Routee 66's 100th Anniversary 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL **2:45 Native American-Inspired Storytelling Art-L** 3 Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	**16** Adventure Awaits: Celebrating Routee 66's 100th Anniversary-The Journey Begins 9am Rosary-L **9:15 Route 66 Trivia-L** **10:15 Lifelong Learning: Mission San Juan Capistrano-FL** 12:30pm Turkey Trot Walk- FF **1 pm Musical Memories: Merle Haggard-FL** 2 Dominoes-CH **2:15 DIY: Milkshake Bar-FL** 3:30 MAC Fitness-FL 4:15-5:15 Vino & Vinyl's-Lobby 5:30 Monday Matinee: -FL	**17** Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Heartland Highways **9am Depart: Hyvee-FF** **9:15am License Plate Trivia-FL** 10:30 Live 2b Healthy-FL 1:00pm Therapy Dog Visit-FL **1:45pm State Fair Style Games with Root Beer Floats-FL** 2 Sparkle & Shine Diamond Dots-L 3 Penny Bingo-FL 4:15-5:15 Cozy Connections by the Fireplace-Lobby	**18** Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Heartland Highways 9:30am Christian Worship-ML **10:15am Farm & Ranch Trivia-FL** 10:45 Marion Library Book Mobile-FF 12:30pm Turkey Trot Walk- FF **1pm Vintage Postcard Making-FL** 1:30pm Catholic Communion- L 2:00pm Dominoes-CH **2:30pm Chef's Demo-FL** 3:30pm MAC Fitness-FL 4:15-5:15 Before/After Dinner Radio-Lobby 6:00pm Symphonettes -FL	**19** Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Southwest Adventure **8:45am Depart: Walmart-FF** 10:30 MAC Fitness-FL **1:00pm Tenant Council-FL** **2:15 Circle of Friends: Soda Shop Social-FL** **4:15-5:15 Night Cap & Highlights-Lobby** **6:15 Penny Bingo-FL**	**20** Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Southwest Adventure **9:15 Coffee & Current Events-FL** 10:30 Live 2B Healthy- FL **10:45 Fast Food Friday Depart: Culver's-FF** 12:30pm Turkey Trot Walk- FF 1 1 Afternoon Glue Crew-FL 1pm Dominoes-CH 2pm Birthday Happy Hour with Larry Jansen Serving Sparkling Citrus Cranberry Punch -DR 6:00 500- L	**21** Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Destination Celebration **9am Donuts & Dream Vacation Sharing-FL** 10am Golf the card game-L 10:15 Workout with Darrel -FL 2pm Dominoes-CH **1:00 Hollywood Trivia-FL** 2pm Candy Bar Bingo-ML **2:45pm California Beach Party Finale-FL** 4:15-5:15pm Cocktails & Conversation-Lobby 5:30pm Saturday Screener: 6pm Kings on corner-L Iowa Tailgate TBD
22 Thankful Traditions 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL **2:45pm Remember When..Thanksgiving Traditions-L** 3Non-denominational Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	**23** Thankful Traditions 9am Rosary-L **9:15 Thanksgiving Trivia-FL** **10:15 Lifelong Learning: Thanksgiving Traditions-FL** 12:30pm Sole Sister & Misters- FF **1:00 Musical Memories: Irving Berlia-FL** 2 Dominoes-CH **2:15pm Afternoon Pie & Coffee Social-FL** 3:30 MAC Fitness- FL 4:15-5:15 Vino & Vinyl's-Lobby 5:30 Monday Matinee: -FL	**24** Thankful Traditions **9am Depart: Aldi-FL** **10:15am Depart for Casino-FF** 10:30 Live 2b Healthy- FL 1:00pm Vitals w/ Nursing-2nd Floor Nurse Office **1:30pm Floyd Sandford "Hiking the Ice Age Trail and Chippewa Falls"-FL** 2 Sparkle & Shine Diamond Dots-L 3 Penny Bingo-FL 4:15-5:15 Cozy Connections by the Fireplace-Lobby	**25** Thankful Traditions 9:30am Christian Worship-ML 10:45 Marion Library Book Mobile-FF 12:30pm Turkey Trot Walk- FF 1pm Turkey Time Craft-FL 1:30pm Catholic Communion- L **2:30pm Chef's Chat with Jennifer-FL** 2:00pm Dominoes-CH 3:30pm MAC Fitness- FL 4:15-5:15Before/After Dinner Radio-Lobby	**26** Happy Thanksgiving **7:30am-11:00 Macy's Day Parade Watch Party with Cinamon Rolls-FL** **2:15pm Candy Bar Bingo-ML** 	**27** Thankful Traditions **9:15am Decorate 1st Floor-FL** 10:30 Live 2B Healthy- FL 11:00am Iowa Tailgate-FL 12:30 pm Turkey Trot Walk- FF 1pm The Afternoon Glue Crew-FL 1pm Dominoes-CH 2pm Happy Hour with Jon R Serving Thanksgiving Orchard Punch- DR 6:00 500-L	**28** Thankful Traditions **9am Depart: Scenic Drive-FF** 10 am Golf the card game-L 10:15 Workout with Darell-FL 2pm Dominoes-CH 2pm Candy Bar Bingo-ML **2:45 Friendsgiving Fun-L** 4:15-5pm Cocktails & Conversation-Lobby 5:30 Saturday Screener: FL 6pm Kings on corner-L
29 Cozy Creativity & Seasonal Celebrations 9am St. Joseph's Catholic Mass-FL 10am Dominoes-CH 10:30 Presbyterian Service-FL 1:30 Penny Bingo-FL **2:45pm Pinecone Bird Feeders-L** 3 Non-denomintional Church Service-FL 4:15-5:15 Sip & Socialize-Lobby	**30** Cozy Creativity & Seasonal Celebrations 9am Rosary-L **9:15am Decorate 3rd Floor-CH** **10:15 Lifelong Learning: Stanford White Architect -FL** 2:30pm Sole Sister & Misters- FF 1:pm Musical Memories: George Strait-FL 2 Dominoes-CH **2:30 DIY: Hot Chocolate Bar-FL** 3:30 MAC Fitness-FL 4:15-5:15 Vino & Vinyl's-Lobby 5:30 Monday Matinee: Hocus Pocus 1-FL					

Room Key:
BP=Back Patio
CH= Club House
DR=Dining Room
BW=Brentwood Dining Room
FF=Front Foyer
FL=Fireside lounge
FP=Front Patio
L=Library
ML=Memory Lane
PDR=Private Dining Room
SR= Sewing Room
ER=Exercise Room

Independent Activities

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Autumn Adventure Scenic Fall Explorers** Breakfast Today in History Morning Exercise Church Cards & Coffee Lunch Scenic Drive Afternoon Bingo Thanksgiving Craft Dinner Night Time Nibbles Sunday Cinema	**2** **Autumn Adventure Scenic Fall Explorers** Breakfast **Lifelong Learning: Construction of the Holland Tunnel** Turkey Trot Walk Morning Chair Yoga Lunch Armchair Travel: Looking at Fall Foliage Apple Nacho Bar Polish Party Leaf Art Dinner Craft Corner Night Time Nibbles	**3** **Autumn Adventure Scenic Fall Explorers** Breakfast Today in History Fall Stretch & Balance Class Sunrise Coffee & Campfire Stories Lunch Scenic Drive Autumn Drink Flights Framed Leaf Collage Autumn Adventure Trivia Dinner After Dinner Bingo Night Time Nibbles	**4** **Autumn Adventure Scenic Fall Explorers** Breakfast Today in History Exercise with Weights Church Cornhole Tournament Lunch Turkey Prize Bingo Bonanza Exploring America's Scenic Byways Pinecone Craft Dinner Puzzle Pals Night Time Nibbles	**5** **Autumn Adventure Scenic Fall Explorers** Breakfast Today in History **Where and the World?** **Morning Exercise** **Lunch** Scenic Drive **Autumn Discovery Science Lab** **Circle of Friends: Flannel & Friends Day** Dinner After Dinner Bingo Craft Corner Night Time Nibbles	**6** **Autumn Adventure Scenic Fall Explorers** Breakfast Today in History Fall Stretch & Balance Class Campfire Coffee Group Lunch Turkey Trot Walk Afternoon Glue Crew Happy Hour with Terry McCauley Serving Harvest Pear & Rosemary Sparkler Drink Dinner After Dinner Bingo Night Time Nibbles	**7** **Autumn Adventure Scenic Fall Explorers** Breakfast Today in history Morning Stretches Making Nature Lanterns Lunch Scenic Drive 2pm Candy Bar Bingo Bowling Dinner Puzzle Pals Saturday Screener Night Time Nibbles
8 **Gratitude & Giving** Breakfast Today in History Morning Exercise Bake Pumpkin Bread Church Cards & Coffee Lunch Afternoon Bingo Grateful Grounds Dinner Brain Games Night Time Nibbles Sunday Cinema	**9** **Gratitude & Giving** Breakfast **Lifelong Learning: Finding Your Joy** Turkey Trot Walk Morning Chair Yoga Musical Memories:1940's Big Band Lunch DIY: Creating Leaves of Gratitude Make Blessing Bags Polish Party Sights & Smells of Fall Dinner Craft Corner Night Time Nibbles	**10** **Gratitude & Giving** Breakfast Today in History Fall Stretch & Balance Class Coffee & Conversation Club Decorating Vanilla Cupcakes-National Cupcake Day Lunch Community Craft Poject Scenic Drive Make Cards for 1st Responders Leaf Rubbing Dinner After Dinner Bingo Night Time Nibbles	**11** **Veterans Day** Breakfast Today in History Exercise with Weights Church Uno Lunch November in History Name that Tune Mosaic Pumpkins Finish the Phrase Dinner Puzzle Pals Night Time Nibbles	**12** **Gratitude & Giving** Breakfast Today in History **Name that Sound** Morning Exercise **Lunch** Scenic Drive **Word Games and Brain Teasers** **Circle of Friends: Cozy Coffeehouse Café** Dinner After Dinner Bingo Craft Corner Night Time Nibbles	**13** **Gratitude & Giving** Breakfast Today in History Fall Stretch & Balance Class Brain Games Lunch Turkey Trot Walk Afternoon Glue Crew Happy Hour with David Poggenklass served with Apple Cidar Pie Punch Dinner After Dinner Bingo Night Time Nibbles	**14** **Gratitude & Giving** Breakfast Today in history Morning Stretches Grateful Grounds Coffee Group Lunch Scenic Drive 2pm Candy Bar Bingo Giant Tetris Dinner Puzzle Pals Saturday Screener Night Time Nibbles
15 **Adventure Awaits: Celebrating Routee 66's 100th Anniversary** Breakfast Today in History Morning Exercise Bake Cinnamon Rolls Church Cards & Coffee Lunch Afternoon Bingo Native American Inspired Stroy Telling Dinner Brain Games Night Time Nibbles Sunday Cinema	**16** **Adventure Awaits: Celebrating Routee 66's 100th Anniversary-The Journey Begins** Breakfast **Lifelong Learning: Mission San Juan Capistrano** Turkey Trot Walk Morning Chair Yoga License Plate Art Lunch Route 66 Trivia DIY: Milkshake Bar Polish Party Musical Memories: Merle Haggard Dinner Craft Corner Night Time Nibbles	**17** **Adventure Awaits: Celebrating Route 66's 100th Anniversary-Heartland Highways** Breakfast Today in History Fall Stretch & Balance Class License Plate Trivia Making Bread-National Homemade Bread Day Lunch 1:30pm Therapy Dog Visit Scenic Drive State Fair Style Games with Root Beer Floats Exploring Route 66 Dinner After Dinner Bingo Night Time Nibbles	**18** **Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Heartland Highways** Breakfast Today in History Exercise with Weights Church Old Maid Lunch Farm & Ranch Trivia Vintage Postcard Making Learning about Route 66 Iconic Landmarks Dinner Puzzle Pals Night Time Nibbles	**19** **Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Southwest Adventure** Breakfast Today in History **Cacti Craft** Morning Exercise **Lunch** Scenic Drive **Travel Memory Circle** **Circle of Friends: Soda Shop Social** Dinner After Dinner Bingo Craft Corner Night Time Nibbles	**20** **Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Southwest Adventure** Breakfast Today in History Fall Stretch & Balance Class Cadillac Ranch Art Project Lunch Turkey Trot Walk Afternoon Glue Crew Birthday Happy Hour with Larry Jansen Serving Sparkling Citrus Cranberry Punch Dinner After Dinner Bingo Night Time Nibbles	**21** **Adventure Awaits: Celebrating Routee 66's 100th Anniversary-Destination Celebration** Breakfast Today in history Morning Stretches Donuts & Dream Vacation Sharing Lunch Hollywood Trivia 2pm Candy Bar Bingo California Beach Party Finale Dinner Puzzle Pals Saturday Screener Night Time Nibbles
22 **Thankful Traditions** Breakfast Today in History Morning Exercise Turkey Toss Church Cards & Coffee Lunch Afternoon Bingo Remember When...Thanksgiving Traditions Dinner Brain Games Night Time Nibbles Sunday Cinema	**23** **Thankful Traditions** Breakfast **Lifelong Learning: Thanksgiving Traditions** Turkey Trot Walk Morning Chair Yoga Creating A Turkey Lunch Thanksgiving Trivia Afternoon Pie & Coffee Social Polish Party Musical Memories: Irving Berlia Dinner Craft Corner Night Time Nibbles	**24** **Thankful Traditions** Breakfast Today in History Fall Stretch & Balance Class Lifelong Learning:1954 - Air Force One is christened Armchair Travel Lunch Thanksgiving Minute to Win It Baking: Thanksgiving Treats Scenic Drive Dinner After Dinner Bingo Night Time Nibbles	**25** **Thankful Traditions** Breakfast Today in History Exercise with Weights Church Farkle Lunch Turkey Time Craft Pumpkin Toss Tournament Taste of Thanksgiving Thanksgiving Charades Dinner Puzzle Pals Night Time Nibbles	**26** **Happy Thanksgiving** Breakfast Today in History **Macy's Day Parade** Morning Exercise **Lunch** **Thanksgiving Reflections** **2:15 Candy Bar Bingo** Dinner After Dinner Bingo Craft Corner Night Time Nibbles	**27** **Thankful Traditions** Breakfast Today in History Fall Stretch & Balance Class Turkey Toss Game Iowa Tailgate Lunch Turkey Trot Walk Afternoon Glue Crew Happy Hour with Jon R Serving Thanksgiving Orchard Punch Dinner After Dinner Bingo Night Time Nibbles	**28** **Thankful Traditions** Breakfast Today in history Morning Stretches Morning Coffee & Connections Lunch Scenic Drive 2pm Candy Bar Bingo Friendsgiving Fun Dinner Puzzle Pals Saturday Screener Night Time Nibbles
29 **Cozy Creativity & Seasonal Celebrations** Breakfast Today in History Morning Exercise Church Cards & Coffee Lunch Afternoon Bingo **Pinecone Bird Feeder** Dinner Brain Games Night Time Nibbles Sunday Cinema	**30** **Cozy Creativity & Seasonal Celebrations** Breakfast **Christmas Decorating** Turkey Trot Walk Morning Chair Yoga Lunch Lifelong Learning: Stanford White Architect DIY: Hot Chocolate Bar Polish Party Musical Memories: George Strait Dinner Craft Corner Night Time Nibbles					



