

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



The Hearth at Glastonbury November 2020



Assisted Living

<p>1 <u>Happy Hour Cart</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-TH 11:00 Rummikub -AR. 1:30 Board games—AR 2:00-3:30 <u>Happy Hour Cart</u> Wine, cheese, crackers</p>	<p>2 <u>Painting Group</u> 10:00 Exercises -AR 10:45 TV & MOVIE TRIVIA GAME—Activity Room 1:00 Karaoke-Activity Room 2:30 <u>Painting to the music by Andre` Bocelli-Activity Rm</u> 4:00 Scrabble—Activity Room</p>	<p>3 <u>Election Day</u> 10:00 Low-impact Exercises-AR 10:30 Guided Meditation-TH 11:00 Uno-Activity Rm. 2:30 <u>Think More!</u> -Activity Rm 4:00 Kings in the Corner- AR Activity Room</p>	<p>4 <u>BINGO</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 2:30 <u>BINGO-Activity rm</u> ~10 cents /card per game. 4:00 Rummikub—AR 6:30 <u>Ladies Night -AR</u></p>	<p>5 <u>Rendevor-Virtual Reality</u> 10:00 Low-impact Exercise-ar 10:30 Guided Meditation-TH 1:00 Rummikub—Activity rm. 2:30 <u>Think More!</u>-Activity rm 3:30 <u>Rendevor</u>—virtual reality (Virtual Reality) -Activity Rm</p>	<p>6 <u>Game Day</u> 10:00 Morning Exercise -AR 10:30 Guided Meditation-TH 11:00 Chinese Checkers- AR 2:00 Games: Rummikub, UNO Poker, Monopoly, etc. 3:30 Expressive Writing group-AR</p>	<p>7 <u>BINGO TODAY!</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 10:30 Scenic Ride-meet in lobby 2:30 <u>BINGO</u>—Dining rm ~10 cents /card per game. 4:00 Rummikub -AR</p>
<p>8 <u>Happy Hour Cart</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-TH 11:00 Rummikub -AR. 1:30 Board games—AR 2:00-3:30 <u>Happy Hour Cart</u> Wine, cheese, crackers</p>	<p>9 <u>Painting Group</u> 10:00 Exercises -AR 10:45 <u>The Price is Right!</u> -Activity Room 1:00 Jewelry - Activity Rm 2:30 <u>Painting - Activity Room</u> 4:15 Scrabble—Activity Room</p>	<p>10 <u>Think More!</u> 10:00 Low-impact Exercises-AR 10:30 Guided Meditation-TH 11:00 UNO-AR 2:30 <u>Think More!</u> -Activity Rm 3:30 JINGO Card Game-AR 4:30 Kings in the Corner-AR</p>	<p>11 <u>Veterans Day</u> 10:00 Morning stretches-AR 10:30 <u>BINGO-Activity rm</u> 11:30 Veterans Luncheon 2:00 <u>Veterans Ceremony</u> -Dining Room 6:30 <u>Ladies Night -AR</u></p>	<p>12 <u>Resident Council meeting</u> 10:00 Low-impact Exercise-ar 10:30 Guided Meditation-TH 11:00 Rummikub—Activity rm. 2:00 <u>Resident Council Meeting</u> —Dining Rm 3:30 Refreshments & Wine-AR</p>	<p>13 <u>Game Day</u> 10:00 Morning Exercise -AR 10:30 Powerful Guided Meditation 11:00 UNO-AR 2:00 Games: Rummikub, UNO Poker, Monopoly, etc. 3:30 Expressive Writing group-AR</p>	<p>14 <u>BINGO TODAY!</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 10:30 Scenic Ride-meet in lobby 2:30 <u>BINGO</u>—Dining rm ~10 cents /card per game. 4:00 Rummikub -AR</p>
<p>15 <u>Happy Hour Cart</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-TH 11:00 Rummikub -AR. 1:30 Board games—AR 2:00-3:30 <u>Happy Hour Cart</u> Wine, cheese, crackers,</p>	<p>16 <u>Painting Group</u> 10:00 Low-impact Exercises-AR 10:45 <u>Name That Tune Game</u> (1950-1960) - Activity Room 1:00 POKENO- Activity Rm 2:30 <u>Painting Group: AR</u> 4:15 Scrabble—Activity Room</p>	<p>17 <u>November Birthday Social</u> 10:00 Exercise-AR 10:30 Guided Meditation-TH 2:00 <u>Birthday Social</u>—for Residents with Oct. & Nov. B-Day's 3:30 Think More-AR 4:30 Kings in the Corner- AR</p>	<p>18 <u>BINGO</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 2:30 <u>BINGO-Activity rm</u> ~10 cents /card per game. 4:15 Scrabble-AR 6:30 <u>Ladies Night -AR</u></p>	<p>19 <u>Food Committee Meeting</u> 10:00 Low-impact Exercise-ar 10:30 Guided Meditation-TH 11:00 Rummikub-AR 2:00 <u>Food Committee Meeting</u> —Dining Room 3:30 Think More—Activity Rm</p>	<p>20 <u>Healthy Treat Social</u> 10:00 Morning Exercise AR 10:30 Guided Meditation 2:00 <u>Honey Vanilla Fruit Salad, -DR And Strawberry Yogurt & Fruit Parfaits</u> 3:30 Expressive Writing group-AR</p>	<p>21 <u>BINGO TODAY!</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 10:30 Scenic Ride-meet in lobby 2:30 <u>BINGO</u>—Dining rm ~10 cents /card per game. 4:00 Rummikub -AR</p>
<p>22 <u>Happy Hour Cart</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-TH 11:00 Rummikub -AR. 1:30 Board games—AR 2:00-3:30 <u>Happy Hour Cart</u> Wine, cheese, crackers</p>	<p>23 <u>Painting Group</u> 10:00 Low-impact Exercises-AR 10:45 <u>Jeopardy</u>-Activity Rm. 1:00 Dominoes- Activity Rm 2:30 <u>Painting -Activity Rm</u> 4:00 Scrabble—Activity Room</p>	<p>24 <u>Think More!</u> 10:00 Exercises-AR 10:30 Guided Meditation-TH 11:00 Poker-AR 2:30 <u>Think More!</u> -Activity Rm 3:30 JINGO Card Game-AR 4:30 Kings in the Corner- AR</p>	<p>25 <u>BINGO</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 2:30 <u>BINGO-Activity rm</u> ~10 cents /card per game. 4:00 Rummikub—AR 6:30 <u>Ladies Night -AR</u></p>	<p>26 <u>Thanksgiving Day</u> 10:00 Exercise—Activity Rm. 10:30 Think More!-Activity Rm. 11:30 Facetime Video Calls 2:00 <u>Thanksgiving Reminiscing, painting, and wine.</u> -AR 4:00 FaceTime video calls</p>	<p>27 <u>Game Day</u> 10:00 Morning Exercise -AR 10:30 Powerful Guided Meditation 11:00 Monopoly-AR 2:00 Games: Rummikub, UNO Poker, Monopoly, etc. 3:30 Expressive Writing group-AR</p>	<p>28 <u>BINGO TODAY!</u> 10:00 Morning stretches-AR 10:30 Guided Meditation-Th 10:30 Scenic Ride-meet in lobby 2:30 <u>BINGO</u>—Dining rm ~10 cents /card per game. 4:00 Rummikub -AR</p>

29 Happy Hour Cart
10:00 Morning stretches-AR
10:30 Guided Meditation-TH
11:00 Rummikub -AR.
1:30 Board games—AR
2:00-3:30 Happy Hour Cart
Wine, cheese, crackers

30 Painting Group
10:00 Low-impact Exercises-AR
10:45 Millionaire Game-AR
1:00 Rummikub-Activity Rm.
2:30 Painting Group-AR
4:00 Scrabble—Activity Room



Activity Location Key

Café - C	Billiards Room(2nd Floor) -BR
Activity Room -AR	Exercise Room-ER
Theatre - TH	Chapel - C
Sun Room - 3S	Library (2nd Floor) - L
Veterans Rm. -VR	Game Room -(3GR)