
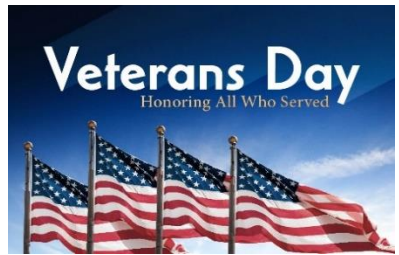



November 2024



Main Suites

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			HAPPY BIRTHDAY	HAPPY BIRTHDAY	1	2
			Lori H 11/4 Allen S 11/4 Bernadine P 11/8 Alisa P 11/8	Susan S 11/10 Nona B 11/22 Phyllis V 11/23 Bunny F 11/24	10:00 Rosary/Communion (US) 10:30 Only Murders in the Building Show (US) 1:00 Feeding the Fish 2:00 Chats with Chaplain Brian (US) 3:15 Craft: Two In One Door Tags (US)	10:00 Theraband Exercises (US) 10:30 A Spark Story (US) 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
3	4	5	6	7	8	9
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 11:00 Broncos Game~CBS (AA) 1:00 Feeding the Fish 3:30 Bowling (US)	10:00 Monday Stretch (US) 10:00 Pet visit: Kenia (AA) 10:30 Dominoes (US) 2:30 The 16-Hour Train Trip; A Story (US) 3:30 Welcome to the Neighborhood Team (US)	10:00 Sit and be Fit (US) 10:30 Gardening with Jen (US) 2:00 Individual Apt. Visits (AA) 3:00 Music with Jonnie 6:00 Night Owl Bingo (US)	10:00 Noodle Exercise (US) 10:30 Autumn Scent Sachets (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 3:30 Chair Volleyball (US)	10:00 Mindful Movement Exercise (US) 10:30 Bingo (US) 1:00 Hudson Gardens (B) 2:00 Travels with Rick Steves (US)	10:00 Rosary/Communion (US) 10:30 Only Murders in the Building Show (US) 1:00 Feeding the Fish 2:00 Chats with Chaplain Brian (US) 3:15 Writing Thankful Thank You Notes (US)	10:00 Theraband Exercises (US) 10:30 America's Heart and Soul (US) 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
10	11 VETERAN'S DAY	12	13	14	15	16
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 11:00 Broncos Game~CBS (AA) 1:00 Feeding the Fish 2:00 Poker (US) 3:30 The Purple Heart Plant (US)	10:00 Monday Stretch (US) 10:30 Thankful Leaf Chain 2:00 What am I? (US) 3:15 Veteran's celebration Denver Brass (US)	10:00 Sit and be Fit (US) 10:30 Holiday Market at Someren West (B) 2:00 Individual Apt. Visits (AA) 3:00 November Celebration: Music with Bonnie (US) 6:00 Night Owl Bingo (US)	10:00 Noodle Exercise (US) 10:30 Resident Council (US) 11:30 Men's Lunch Bunch (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 3:30 Jewelry: Noteworthy Pendant (US) 5:00 Dinner & Movie: Mary Poppins (US)	9:30 Driving for Donuts (B) 9:45 Dog Visits: Benji and Marlene (AA) 2:00 Classic Comedy Shows 3:00 Music with Chuck (EG) 3:30 Bingo (US)	10:30 Catholic Mass and Communion (US) 11:00 Only Murders in the Building TV (US) 1:00 Feeding the Fish 2:00 Chats with Chaplain Brian (US) 3:30 Chair Volleyball (US)	10:00 Theraband Exercises (US) 10:30 IN VIAGGIO: The Travels of Pope Francis (US) 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
17	18	19	20	21	22	23
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 1:00 Feeding the Fish 2:00 Broncos Game~CBS (US) 2:00 Craft: Fall Leaf Mason Jars (PLR) 3:30 Corn Hole Game (US)	10:00 Monday Stretch (US) 10:00 Pet Visit: Kenia (AA) 10:30 Painting Q-tip Autumn Trees (US) 2:00 Mixing Up a No Bake Pumpkin Pie (US) 3:30 Travel Log: Cleveland, Ohio (US)	10:00 Sit and be Fit (US) 10:30 Gardening with Jen (US) 1:30 Calendar Creators (US) 2:00 Individual Apt. Visits (AA) 3:00 Music with Joyce (Lby) 6:00 Night Owl Bingo (US)	10:00 Noodle Exercise (US) 10:30 Let's Talk Food (US) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 3:15 Ladies High Tea (US)	10:00 Mindful Movement Exercise (US) 10:30 Bingo (US) 1:00 Dollar Store (B) 2:00 Travels with Rick Steves (US) 3:00 Music with Chuck (EG)	10:00 Rosary/Communion (US) 10:30 Only Murders in the Building Show (US) 1:00 Feeding the Fish 2:00 Chats with Chaplain Brian (US) 3:15 Craft: Christmas Wreaths (US)	10:00 Theraband Exercises (US) 10:30 Into the Grand Canyon (US) 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)
24	25	26	27	28 THANKSGIVING	29	30
10:30 Sunday Donuts and Coffee (US) 11:00 Worship Services (US) 1:00 Feeding the Fish 2:00 Poker (US) 2:00 Broncos Game~CBS (US) 3:30 Thanksgiving Day History & Trivia (US)	10:00 Monday Stretch (US) 10:30 Dominoes (US) 2:30 Whiteboard Games (PLR) 3:30 Remembering American Bandstand: Slide Show (US)	10:00 Sit and be Fit (US) 10:30 Rock Painting Craft (LER) 2:00 Individual Apt. Visits (AA) 3:00 Music with Ethan 6:00 Night Owl Bingo (US)	10:00 Noodle Exercise (US) 10:30 Give Unto Others (US) 12:00 Thanksgiving Parade (AA) 1:00 Feeding the Fish 2:00 Bible Study with Chaplain Brian (US) 5:00 Dinner & Movie: Casablanca (US)	9:30 Chicago Bears vs. Detroit Lions: CBS (AA) 10:00 Mindful Movement Exercise (US) 10:30 Bingo (US) 2:00 Classic Comedy Shows 2:30 New York Giants vs. Dallas Cowboys: FOX (AA) 6:20 Miami Dolphins vs. Green Bay Packers: NBC (AA)	10:00 Rosary/Communion (US) 10:30 Only Murders in the Building Show (US) 1:00 Feeding the Fish 2:00 Chats with Chaplain Brian (US) 3:30 Chair Volleyball (US)	10:00 Theraband Exercises (US) 10:30 Mickey: The Story of a Mouse (US) 1:30 Hand Massages (PLR) 3:30 Saturday Bingo (US)

Activities are subject to change

US = Union Station, PLR = Ponderosa Living Room, AA = Apt to Apt, B = Bus, EG = Evergreen, Lby = Lobby, LER = Life Enrichment Room