

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events</p>	<p>NUMERIC CODES: 1) Health Center Activity 2) Health Center Main Dining 3) Health Center Riley Cafe 4) Covered Courtyard 5) Assisted Living Activity 6) A.L. Living Room</p>	<p>NOVEMBER BIRTHDAYS: Anne Genest 11/01 Virginia Norris 11/07 Josephine Alexander 11/09 Marian Westerman 11/20 Florence McCall 11/25</p>	<p>NOVEMBER EVENTS: Taste of Town 11/06 Sunday Brunch 11/11 Resident Council 11/12 Senior Executive Club 11/14 Out to Lunch 11/27 Chef's Circle AL 11/14 and HC 11/15 at 10:30</p>	<p>1 V 9:30 Trilogy Fit (5) O 10:15 Country Cruise - London Road K 10:30 Phase 10 L 11:45 Chronicle News (2) O 2:00 Casino Fun Trip L 3:30 Purple Primer - You Pick Topic (4) GC 6:30 POKENO (1)</p>	<p>2 V 9:30 Trilogy Fit (5) A 10:30 Fruit Parfaits (3) L 11:45 Chronicle News (2) K 2:00 POKENO (2) S 3:30 Happy Hour with Steve Jeffries (6)</p>	<p>3 CC 10:00 Coffee and Current Events (5) L 12:00 Chronicle News (2) GC 2:00 Volunteer Led Bingo (2)</p>
<p>4 Daylight Savings Ends</p> <p>S 10:00 Men's Puzzle Group (5) K 10:15 Pokeno (5) L 12:00 Chronicle News (3) I 2:00 Worship - Salvation Army (2)</p>	<p>5 V 9:30 Trilogy Fit (5) MM 10:30 Balloon Toss (1) L 11:45 Chronicle News (2) K 2:00 Cranium Crunches (1) M 3:30 The Sheppard Brothers (6)</p>	<p>6 Election Day</p> <p>V 9:30 Trilogy Fit (5) O 10:15 Country Cruise - New Palestine L 11:45 Chronicle News (2) S 12:00 Taste of Town - Bluebird O 2:00 Trip to Goodwill K 3:30 Phase 10 (5) GC 6:30 Volunteer Led Bingo (2)</p>	<p>7 V 9:30 Trilogy Fit (5) A 10:30 Gratitude Tree Centerpiece (3) L 11:45 Chronicle News (2) I 2:00 Spiritual Reflections - DH K 3:00 Euchre Club (5)</p>	<p>8 V 9:30 Trilogy Fit (5) O 10:15 Trip to Me and My Sisters K 10:30 Phase 10 L 11:45 Chronicle News (2) O 1:30 Country Cruise - Geneva L 3:30 Purple Primer - You Pick Topic (4)</p>	<p>9 V 9:30 Trilogy Fit (5) A 10:30 Cheeseball Creations (3) L 11:45 Chronicle News (2) K 2:00 POKENO (2) S 3:30 Happy Hour with Kenny Melton (6)</p>	<p>10 CC 10:00 Coffee and Current Events (5) L 12:00 Chronicle News (2) GC 2:00 Volunteer Led Bingo (2)</p>
<p>11 Veterans Day</p> <p>S 10:00 Men's Puzzle Group (5) K 10:15 Pokeno (5) S 11:00 SUNDAY BRUNCH 11 to 1 PM L 12:00 Chronicle News (3) I 2:00 Ashford Place Worship (2)</p>	<p>12 V 9:30 Trilogy Fit (5) MM 10:30 Balloon Toss (1) S 11:00 Inspired Living Committee HC L 11:45 Chronicle News (2) M 2:00 Over the Hill Gang (6) S 3:30 Resident Council - AL (5)</p>	<p>13 V 9:30 Trilogy Fit (5) O 10:15 Country Cruise - St. Omer L 11:45 Chronicle News (2) O 2:00 Trip to Goodies K 3:30 Phase 10 (5) GC 6:30 Volunteer Led Bingo (2)</p>	<p>14 V 9:30 Trilogy Fit (5) CC 10:00 Chef's Circle (5) A 10:30 Quirky Turkey Door Decor (3) L 11:45 Chronicle News (2) I 2:00 Meditation Moments K 3:00 Euchre Club (5)</p>	<p>15 V 9:30 Trilogy Fit (5) O 10:15 Fall Country Drive GC 10:30 Chef's Circle (1) L 11:45 Chronicle News (2) O 2:00 Trip to Walmart L 3:30 Purple Primer - You Pick Topic (4) GC 6:30 POKENO (1)</p>	<p>16 V 9:30 Trilogy Fit (5) A 10:30 Sausage and Cheese Tray (3) L 11:45 Chronicle News (2) K 2:00 POKENO (2) S 3:30 Happy Hour with Don Stegemiller (6)</p>	<p>17 CC 10:00 Coffee and Current Events (5) L 12:00 Chronicle News (2) GC 2:00 Volunteer Led Bingo (2)</p>
<p>18 S 10:00 Men's Puzzle Group (5) K 10:15 Pokeno (5) L 12:00 Chronicle News (3) I 2:00 Worship - Beacon Baptist (2)</p>	<p>19 V 9:30 Trilogy Fit (5) MM 10:30 Balloon Toss (1) L 11:45 Chronicle News (2) K 2:00 Cranium Crunches (1)</p>	<p>20 V 9:30 Trilogy Fit (5) O 10:15 Country Cruise - Shelbyville L 11:45 Chronicle News (2) O 2:00 Trip to Dollar Tree K 3:30 Phase 10 (5) GC 6:30 Volunteer Led Bingo (2)</p>	<p>21 V 9:30 Trilogy Fit (5) A 10:30 Turkey Day Place Cards (3) L 11:45 Chronicle News (2) GC 2:00 Spiritual Reflections - DH K 3:00 Euchre Club (5)</p>	<p>22 Thanksgiving</p> <p>GC 10:00 Thanksgiving Bingo (1) L 11:45 Chronicle News (2) MM 1:30 SingFit Sensory Group (1)</p>	<p>23 V 9:30 Trilogy Fit (5) A 10:30 Fall Funnel Cakes (3) L 11:45 Chronicle News (2) K 2:00 POKENO (2) S 3:30 Happy Hour with Ashford Place (6)</p>	<p>24 CC 10:00 Coffee and Current Events (5) L 12:00 Chronicle News (2) GC 2:00 Volunteer Led Bingo (2)</p>
<p>25 S 10:00 Men's Puzzle Group (5) K 10:15 Pokeno (5) L 12:00 Chronicle News (3) I 2:00 Worship - First Church</p>	<p>26 V 9:30 Trilogy Fit (5) MM 10:30 Balloon Toss (1) L 11:45 Chronicle News (2) K 2:00 Cranium Crunches (1)</p>	<p>27 V 9:30 Trilogy Fit (5) O 10:15 Country Cruise - Morristown O 11:45 Lunch at Applebee's L 11:45 Chronicle News (2) K 3:30 Phase 10 (5) GC 6:30 Volunteer Led Bingo (2)</p>	<p>28 V 9:30 Trilogy Fit (5) CC 10:00 Chef's Circle (5) A 10:30 Nutty Turkey Pins (3) L 11:45 Chronicle News (2) I 2:00 Guided Meditation K 3:00 Euchre Club (5)</p>	<p>29 V 9:30 Trilogy Fit (5) O 10:15 Country Cruise - Flat Rock K 10:30 Phase 10 L 11:45 Chronicle News (2) O 2:00 Trip to Walmart L 3:30 Purple Primer - You Pick Topic (4) GC 6:30 POKENO (1)</p>	<p>30 V 9:30 Trilogy Fit (5) A 10:30 Fall Snack Mix (3) L 11:45 Chronicle News (2) K 2:00 POKENO (2) S 3:30 Happy Hour with Suzy G. (6)</p>	<p>All activity changes will be posted on the Community Share screens in each area of the campus. Community Share is a wonderful way to know what is going on each day.</p>

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<p>4 Daylight Savings Ends</p> <p>G 9:00 Social Hour with Donuts (5) S 10:00 Men's Puzzle Group (5) K 10:15 Pokeno (5) L 12:00 Chronicle News (3) I 2:00 Worship - Salvation Army (2) MM 3:00 Picture Sensory (1)</p>	<p>5 V 9:00 Staying Active & Fit (1) MM 10:30 Balloon Toss (1) L 11:45 Chronicle News (2) K 2:00 Cranium Crunches (1) M 3:30 The Sheppard Brothers (6)</p>	<p>6 Election Day</p> <p>V 9:00 Staying Active & Fit (1) O 10:15 Country Cruise - New Palestine MM 10:30 Interactive Music Therapy (1) L 11:45 Chronicle News (2) S 12:00 Taste of Town - Bluebird O 2:00 Trip to Goodwill</p>	<p>7 V 9:00 Staying Active & Fit (1) A 10:30 Gratitude Tree Centerpiece (3) L 11:45 Chronicle News (2) I 2:00 Spiritual Reflections - DH MM 2:30 A-Z Sensory Words (1) K 3:00 Euchre Club (5)</p>	<p>8 V 9:00 Staying Active & Fit (1) O 10:15 Trip to Me and My Sisters K 10:30 Phase 10 L 11:45 Chronicle News (2) O 1:30 Country Cruise - Geneva MM 2:30 Sing Fit Sensory Group (1)</p>	<p>9 V 9:00 Staying Active & Fit (1) A 10:30 Cheeseball Creations (3) L 11:45 Chronicle News (2) K 2:00 POKENO (2) MM 2:30 Healthy Hands Massage (1) S 3:30 Happy Hour with Kenny Melton (6)</p>	<p>10 V 9:00 Staying Active & Fit (1) CC 10:00 Coffee and Current Events (5) L 12:00 Chronicle News (2) GC 2:00 Volunteer Led Bingo (2) MM 3:00 Sensory Group Games (1)</p>
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**ASHFORD PLACE HEALTH CAMPUS
DAILY RHYTHMS**

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>O - Out & About</p>	<p>Morning</p> <p>9:30 Vitality 10:00 Keeping it Sharp 10:15 Morning Refresher 10:30 Housekeeping 10:45 Creative Cooking 11:30 Lunch Prep</p>	<p>Early Afternoon</p> <p>12:45 Relax & Recharge 1:30 Connections: Reminisce 2:00 Artisans</p> <p>Late Afternoon</p> <p>3:00 Musical Celebration 3:30 Afternoon Refresher 4:00 Connections: Group</p>	<p>Evening</p> <p>6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	1	2	3
4 Daylight Savings Ends	5	6 Election Day	7	8	9	10
		<p>O 10:15 Country Cruise - New Palestine</p>				
11 Veterans Day	12	13	14	15	16	17
		<p>O 10:15 Country Cruise - St. Omer</p>				
18	19	20	21	22 Thanksgiving	23	24
		<p>O 10:15 Country Cruise - Shelbyville</p>				
25	26	27	28	29	30	<p>NOVEMBER EVENTS:</p> <p>Taste of Town 11/06 Sunday Brunch 11/11 Resident Council 11/12 Senior Executive Club 11/14 Out to Lunch 11/27</p> <p>Chef's Circle AL 11/14 and HC 11/15 at 10:30</p>
		<p>O 10:15 Country Cruise - Morristown</p>				