



November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans I - Inspirations K - Keeping it Sharp L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>SAPPHIRE GEMS: MONDAY; WEDNESDAY; FRIDAY</p>	<p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>1 MM 9:00 SENIOR MEMORIES S 9:30 RESIDENT COUNCIL V 9:30 BALANCE IN ACTION A 10:00 PUMPKIN BLING K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE S 12:00 MEN'S GROUP L 2:00 PUMPKIN ROLL K 6:00 CINDY'S CORNER</p>	<p>2 O 10:00 COUNTRY RIDE K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE A 2:00 LEAF JARS</p>	<p>3 MM 9:00 SENIOR MEMORIES V 9:30 FITNESS ZONE K 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:30 RON JACKSON M 3:00 HAPPY HOUR</p>	<p>4 K 10:00 JACKPOT K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE L 2:00 PRICE IS RIGHT</p>
<p>5 Daylight Savings Ends</p> <p>I 9:00 DEVOTIONS K 10:00 BLACK JACK S 11:00 SUNDAY BRUNCH K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 MEIGS CHURCH OF CHRIST</p>	<p>6 MM 9:00 SENIOR MEMORIES V 9:15 MUSIC IN MOTION L 9:30 CHEF CIRCLE V 10:00 AIM FOR THE HEART K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE K 2:00 FARM JINGO</p>	<p>7 Election Day</p> <p>K 7:00 CURRENT EVENTS O 10:00 TUESDAY CRUISE K 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP K 2:00 WHEEL OF FORTUNE</p>	<p>8 MM 9:00 SENIOR MEMORIES V 9:30 BALANCE IN ACTION A 10:00 SNOW JARS K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE M 2:00 DENVER LEE K 6:00 CINDY'S CORNER</p>	<p>9 O 9:00 WALMART A 10:00 ANNA'S CRAFT K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE I 6:30 H.O. CHURCH & BIBLE STUDY</p>	<p>10 MM 9:00 SENIOR MEMORIES V 9:30 FITNESS ZONE K 10:00 BINGO S 11:00 VETERAN'S DAY BRUNCH K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE V 2:30 DICE AND GRAB M 3:00 HAPPY HOUR</p>	<p>11 Veterans Day</p> <p>S 10:00 VETERAN'S PARADE K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE K 2:00 JINGO</p>
<p>12 I 9:00 DEVOTIONS K 10:00 ALL BOXED IN K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 NEELYSVILLE CHURCH OF CHRIST</p>	<p>13 MM 9:00 SENIOR MEMORIES V 9:15 MUSIC IN MOTION L 9:30 CHEF CIRCLE V 10:00 NOODLE BALL K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE L 2:00 PRICE IS RIGHT</p>	<p>14 K 7:00 CURRENT EVENTS K 10:00 BINGO O 11:00 POPEYE'S CHICKEN K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP A 2:00 SPRINKLE ORDAMENTS</p>	<p>15 MM 9:00 SENIOR MEMORIES V 9:30 BALANCE IN ACTION L 10:00 THANKFUL TREE K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE K 2:00 LET'S MAKE A DEAL K 6:00 CINDY'S CORNER</p>	<p>16 O 10:00 AUTUMN RIDE K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE S 2:00 HAPPY HOUR</p>	<p>17 MM 9:00 SENIOR MEMORIES V 9:30 FITNESS ZONE S 10:00 SHOPPING AT THE OAKS K 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:00 SHOPPING @THE OAKS</p>	<p>18 V 10:00 TARGET GOLF K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE K 2:00 ALL BOXED IN</p>
<p>19 I 9:00 DEVOTIONS V 10:00 RACING K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 MORGAN BAPTIST CHURCH</p>	<p>20 MM 9:00 SENIOR MEMORIES V 9:15 MUSIC IN MOTION L 9:30 CHEF CIRCLE K 10:00 JINGO K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE M 2:00 BRIAN & JUDY</p>	<p>21 K 7:00 CURRENT EVENTS O 9:00 FIVE AND BELOW K 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP M 6:30 BILL & BARB</p>	<p>22 MM 9:00 SENIOR MEMORIES V 9:30 BALANCE IN ACTION K 10:00 ALL BOXED IN K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE A 2:00 CAKE WITH KATHERINE K 6:00 CINDY'S CORNER</p>	<p>23 Thanksgiving</p> <p>K 10:00 TURKEY TAIL BINGO K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE L 2:00 CAKE AND CHAT</p>	<p>24 MM 9:00 SENIOR MEMORIES V 9:30 FITNESS ZONE K 10:00 BINGO S 11:00 TAYLORS TASTE OF THE TOWN K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 3:00 HAPPY HOUR S 5:00 CHRISTMAS PARADE</p>	<p>25 V 10:00 CAR RACING K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE K 2:00 MEMORY GAME</p>
<p>26 I 9:00 DEVOTIONS A 10:00 BEAD CRAFTING K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 TABOR RIDGE CHURCH OF CHRIST</p>	<p>27 MM 9:00 SENIOR MEMORIES V 9:15 MUSIC IN MOTION L 9:30 CHEF CIRCLE V 10:00 TREE DECORATING K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE V 2:00 TREE DECORATING</p>	<p>28 K 7:00 CURRENT EVENTS O 10:00 FAMILY DOLLAR IN BEVERLY K 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP</p>	<p>29 MM 9:00 SENIOR MEMORIES V 9:30 BALANCE IN ACTION V 10:00 TREE DECORATING K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE V 2:00 TREE DECORATING K 6:00 CINDY'S CORNER</p>	<p>30 O 10:00 COUNTRY RIDE K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE V 2:00 TREE DECORATING</p>		

**Highland Oaks Daily Rhythm
November**



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp M - Music to My Ears S - Signature Events V - Vitality</p>	<p>Every morning (approx. times) 9:30 Vitality 10:00 Keeping it Sharp 10:15 Morning Refreshers 10:30 Housekeeping 10:45 Creative Cooking 11:30 Lunch Prep</p>	<p>Every afternoon: 12:45 Relax and Recharge 1:30 Connection:Reminisce 2:00 Artisan 3:00 Musical Celebration 3:30 Afternoon Refreshers 4:00 Connection: Group Games 4:30 Dinner Prep 4:45 Keeping it Sharp</p>	<p>1 V BallFit K Autumn Leaves CC Basil Garlic Bread Rest & Recharge A Fall Sensory Collage M Social Dancing C Reading Roundtable K Finishing Words K Five Card Flip</p>	<p>2 V DanceFit K Spell It! CC Pumpkin Streusel Muffins Rest & Recharge A Colorful Fall Sponge Art M School Days C Enchanting Signs of Autumn K Deviled Egg Day Humor K Fall Spelling Bee</p>	<p>3 V Jogging in the Jungle K Autumn Word Poems CC Navy Bean Vegetable Soup Rest & Recharge A Rolling Pin Printmaking M Happy Hour-"Welcome to Fall" C Celebrations! K Mad Libs C LifeShare Games</p>	<p>4 V 1,2,3,4.. Try Again K Plate Up Some Words CC Banana Berry Muffins Rest & Recharge A Shaving Cream Marbling M Name That Croon C Fall Sensory Basket K Apple Pie for Thought C LifeShare Games</p>
<p>5 Daylight Savings Ends</p> <p>V Celebration of Life K Daylight Savings! CC Apple Walnut Broccoli Salad Rest & Recharge A Colorful Fall Sponge Art M Alive & Inspired C Animals & Puppets K Finishing Lines C LifeShare Games!</p>	<p>6</p> <p>V Mindful Movements K Turn Over CC Apple Streusel Bread Rest & Recharge A Oil Pastel Resist M Fun Time Band C Monday Moments K Soup for Thought C Roll The Dice & Break The Ice</p>	<p>7 Election Day</p> <p>V Turkey Dance K Unpack a Winter Bag CC Dad's Chocolate Chip Cookies Rest & Recharge A Personal Collage M Tambourine Tuesday C I Hear Memories! K Funny Bones I Shake Loose A Memory</p>	<p>8</p> <p>V BallFit K Autumn Leaves CC Amish Sugar Cookies Rest & Recharge A Sensory Discovery Bottles M Social Dancing C Reading Roundtable K Finishing Words K Five Card Flip</p>	<p>9</p> <p>V DanceFit K Spell It! CC Pumpkin Spice Cupcakes Rest & Recharge A Rain Stick M School Days C Enchanting Signs of Autumn K Pizza for Thought K Fall Spelling Bee</p>	<p>10</p> <p>V Jogging in the Jungle K Autumn Word Poems CC Savory Beef Soup Rest & Recharge A Rain Stick S Happy Hour-"Veteran's Day" C Celebrations! K Mad Libs C LifeShare Games</p>	<p>11 Veterans Day</p> <p>V 1,2,3,4.. Try Again K Plate Up Some Words CC Bacon Blueberry Scones Rest & Recharge A Vegetable Printmaking M Name That Croon C Fall Sensory Basket K Apple Pie for Thought C LifeShare Games</p>
<p>12</p> <p>V Celebration of Life K Winter Grocery List CC Candy Bar Apple Salad Rest & Recharge A Cloth Tie Wreath M Alive & Inspired C Animals & Puppets K Finishing Lines C LifeShare Games!</p>	<p>13</p> <p>V Mindful Movements K Turn Over CC Apple Pie Oatmeal Dessert Rest & Recharge A Cloth Tie Wreath M Fun Time Band C Monday Moments K Soup for Thought C Roll The Dice & Break The Ice</p>	<p>14</p> <p>V Turkey Dance K Unpack a Winter Bag CC Chocolate Lover's Dream Cookies Rest & Recharge A Fly Swatter Collaborative Painting M Tambourine Tuesday C I Hear Memories!</p>	<p>15</p> <p>V BallFit K Autumn Leaves CC Soft Oatmeal Bread Rest & Recharge A Bookmaking M Social Dancing C Reading Roundtable K Finishing Words K Five Card Flip</p>	<p>16</p> <p>V DanceFit K Leaves of Thanks CC Pumpkin Spice Bread Rest & Recharge A Bookmaking M School Days C Enchanting Signs of Autumn K Pizza for Thought K Fall Spelling Bee</p>	<p>17</p> <p>V Jogging in the Jungle K Autumn Word Poems CC Barley Turkey Soup Rest & Recharge A Opposites Collage S Happy Hour-"All About Apples" C Celebrations! K Mad Libs C LifeShare Games</p>	<p>18</p> <p>V 1,2,3,4.. Try Again K Plate Up Some Words CC Pecan Sunrise Coffee Cake Rest & Recharge A Cosmic Sun Catchers M Name That Croon C Fall Sensory Basket K Apple Pie for Thought C LifeShare Games</p>
<p>19</p> <p>V Celebration of Life K Winter Grocery List CC Butterscotch Apple Crisp Rest & Recharge A Marbelized Fall Leaves M Alive & Inspired C Animals & Puppets K Finishing Lines C LifeShare Games!</p>	<p>20</p> <p>V Mindful Movements K Turn Over CC Frosted Apple Cinnamon Cookies Rest & Recharge A Rolling Pin Printmaking M Fun Time Band C Monday Moments K Soup for Thought</p>	<p>21</p> <p>V Turkey Dance K Unpack a Winter Bag CC Oatmeal Kiss Cookies Rest & Recharge A Foil Relief Art M Tambourine Tuesday C I Hear Memories! K Funny Bones I Shake Loose A Memory</p>	<p>22</p> <p>V BallFit K Autumn Leaves CC Golden Wheat Bread Rest & Recharge A Ball Art Abstraction M Social Dancing C Reading Roundtable K Finishing Words K Five Card Flip</p>	<p>23 Thanksgiving</p> <p>V DanceFit K Spell It! CC Pumpkin Pie Pudding Rest & Recharge A Group Quilt M School Days C Enchanting Signs of Autumn K Turkey for Thought K Fall Spelling Bee</p>	<p>24</p> <p>V Jogging in the Jungle K Autumn Word Poems CC Texas Turkey Soup Rest & Recharge A Group Quilt S Happy Hour-"Giving Thanks" C Celebrations! K Mad Libs C LifeShare Games</p>	<p>25</p> <p>V 1,2,3,4.. Try Again K Plate Up Some Words CC Cinnamon Chip Scones Rest & Recharge A Bubblewrap Printmaking M Name That Croon C Fall Sensory Basket K Apple Pie for Thought C LifeShare Games</p>
<p>26</p> <p>V Celebration of Life K Winter Grocery List CC Butterscotch Pecan Bread Pudding Rest & Recharge A Sensory Collage M Alive & Inspired C Animals & Puppets K Finishing Lines</p>	<p>27</p> <p>V Mindful Movements K Turn Over CC Apple Streusel Muffins Rest & Recharge A Printmaking with Scissors M Fun Time Band C Monday Moments K Soup for Thought C Roll The Dice & Break The Ice</p>	<p>28</p> <p>V Turkey Dance K Unpack a Winter Bag CC Peanut Butter Cookies Rest & Recharge A Warm/Cool Pastel Landscapes M Tambourine Tuesday C I Hear Memories! K Funny Bones I Shake Loose A Memory</p>	<p>29</p> <p>V BallFit K Autumn Leaves CC Chocolate Chip Banana Bread Rest & Recharge A Color Collage M Social Dancing C Reading Roundtable K Finishing Words K Five Card Flip</p>	<p>30</p> <p>V DanceFit K Hang Man K Spell It! CC Spice Cookies with Pumpkin Dip Rest & Recharge A Flyswatter Collaborative Painting M School Days C Enchanting Signs of Autumn K Pizza for Thought</p>	<p>6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	