

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans  <b>CC</b> - Community Connections  <b>CC</b> - Creative Cooking  <b>G</b> - Gathering of Friends  <b>GC</b> - Group Games  <b>I</b> - Inspirations  <b>K</b> - Keeping it Sharp/Reminisce  <b>L</b> - Lifelong Learning  <b>MM</b> - Mindful Moments  <b>M</b> - Music to My Ears  <b>O</b> - Out &amp; About</p>	<p>Locations Key Code            HC= Health Center Living Room            HCD= Health Center Dining Room            AL= Assisted Living Activity Room            ALD= Assisted Living Dining Room            ALF= Assisted Living Fireplace            AR= Activity Room</p>	<p>Ombudsman            John Turner            800-489-1561            812-238-1561</p>	<p>Birthdays!            1-Rosanna G.            12-Evelyn P.            13-Alfred P.            14- Norris R.            18-Charles W.            23-Alice M.            25-Debra L.</p>	<p><b>1</b>  <b>A</b> 9:30 Journal Decoration  <b>I</b> 10:30 Bible Study (AL)  <b>MM</b> 11:30 Mindful Moments  <b>G</b> 1:30 Gratitude Journal  <b>O</b> 2:00 Dairy Queen  <b>GC</b> 3:00 Board Games/Cards</p>	<p><b>2</b>  <b>CC</b> 9:00 Bake Sale Prep (AR)  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Bean Bag Tic Tac Toe (AL)  <b>CC</b> 10:30 Bake Sale  <b>MM</b> 12:00 Healthy Hands(HCD)  <b>K</b> 2:00 Bingo (HCD)  <b>M</b> 3:30 Happy Hour</p>	<p><b>3</b>  <b>K</b> 9:30 LifeShare Games  <b>V</b> 10:00 Noodle Hockey (HC)  <b>12:00</b> Restoratvie Prep  <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)</p>
<p><b>4 Daylight Savings Ends</b></p> <p><b>CC</b> 10:00 Cooking Club (ALD)  <b>I</b> 11:00 Worship (AL)  <b>M</b> 1:30 Music Band  <b>K</b> 2:00 Bingo (AL)</p>	<p><b>5</b>  <b>O</b> 8:00 The Guys Breakfast-Truck Stop  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Sit N Fit  <b>S</b> 10:30 Partners &amp; Planning (AL)  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>L</b> 1:30 Monday Matinee (ALD)  <b>G</b> 2:30 Chef's Comer (HC)</p>	<p><b>6 Election Day</b></p> <p><b>A</b> 9:30 Craft Comer (ALD)  <b>K</b> 10:00 Lifeshare Games  <b>O</b> 11:00 Maybery Cafe  <b>MM</b> 11:00 Mindful Moments  <b>M</b> 1:30 Drum Circle (AL)  <b>K</b> 2:00 Bingo (HCD)  <b>GC</b> 3:30 Euchre Club (AL)</p>	<p><b>7</b>  <b>K</b> 9:30 Daily Chronicle (AL)  <b>V</b> 10:00 Zumba  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>S</b> 2:00 Chef's Comer (ALF)  <b>L</b> 2:30 Brain Fit  <b>GC</b> 4:00 Family Feud  <b>L</b> 6:00 Book Club (AL)</p>	<p><b>8</b>  <b>A</b> 9:30 Craft Comer (ALD)  <b>O</b> 10:00 Pleasure Ride  <b>I</b> 10:30 Bible Study (AL)  <b>MM</b> 11:30 Mindfull Moments  <b>S</b> 12:00 Taste of Town  <b>G</b> 1:30 Gratitude Journal  <b>M</b> 2:00 Sing Fit  <b>GC</b> 3:00 Board Games/Cards</p>	<p><b>9</b>  <b>CC</b> 9:00 Bake Sale Prep (AR)  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Stretching  <b>CC</b> 10:30 Bake Sale  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>K</b> 2:00 Bingo (HCD)  <b>S</b> 3:30 Happy Hour with Traveling Troubadours (ALF)</p>	<p><b>10</b>  <b>K</b> 9:30 Cranium Crunches  <b>V</b> 10:00 Bowling (AL)  <b>12:00</b> Restoratvie Prep  <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)</p>
<p><b>11 Veterans Day</b></p> <p><b>CC</b> 9:00 Cooking Club (ALD)  <b>I</b> 10:00 Worship (ALF)  <b>S</b> 11:00 Sunday Brunch  <b>K</b> 2:00 Bingo (AL)</p>	<p><b>12</b>  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Walk fo the Heart  <b>S</b> 10:30 Just The Guys- Bocce Ball  <b>K</b> 11:00 Creative Concepts (ALD)  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>L</b> 1:30 Monday Matinee (ALD)  <b>G</b> 2:30 Chef's Comer (HC)</p>	<p><b>13</b>  <b>A</b> 9:30 Craft Comer  <b>O</b> 10:00 Pleasure Ride- Cataract Falls  <b>K</b> 10:00 Cranium Crunches  <b>MM</b> 11:00 Mindful Moments  <b>M</b> 1:30 Music Band (HC)  <b>K</b> 2:00 Bingo (HCD)  <b>GC</b> 3:30 Euchre Club (AL)  <b>S</b> 5:00 Thanksgiving Dinner</p>	<p><b>14</b>  <b>K</b> 9:30 Daily Chronicle (AL)  <b>M</b> 10:00 Music With Tad R (ALF)  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>A</b> 1:00 DJ Creation (AR)  <b>S</b> 2:00 Chef's Comer (AR)  <b>L</b> 2:30 Brain Fit  <b>GC</b> 4:00 UNO  <b>L</b> 6:00 Book Club (AL)</p>	<p><b>15</b>  <b>A</b> 9:30 Craft Circle  <b>O</b> 10:00 Putnam County Museum  <b>I</b> 10:30 Bible Study (AL)  <b>MM</b> 11:30 Mindful Moments  <b>G</b> 1:30 Gratitude Journal  <b>CC</b> 2:00 Cooking Club  <b>GC</b> 3:00 Board Games/Cards  <b>S</b> 5:00 Thanksgiving Dinner</p>	<p><b>16</b>  <b>CC</b> 9:00 Bake Sale Prep (AR)  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Noodle Hockey  <b>CC</b> 10:30 Bake Sale  <b>S</b> 12:00 Therapy Lunch  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>K</b> 2:00 Bingo (HCD)  <b>S</b> 3:30 Happy Hour with Roger (ALF)</p>	<p><b>17</b>  <b>K</b> 9:30 LifeShare Games  <b>V</b> 10:00 Sit N Fit  <b>12:00</b> Restoratvie Prep  <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)</p>
<p><b>18</b></p> <p><b>CC</b> 10:00 Cooking Club (ALD)  <b>I</b> 11:00 Worship (AL)  <b>M</b> 1:30 Drum Circle  <b>K</b> 2:00 Bingo (AL)</p>	<p><b>19</b>  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Bocce Ball  <b>O</b> 10:00 Walmart  <b>K</b> 11:00 Creative Concepts (ALD)  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>L</b> 1:30 Monday Matinee (ALD)  <b>G</b> 2:30 Chef's Comer (HC)  <b>GC</b> 3:00 Board Games/Cards</p>	<p><b>20</b>  <b>A</b> 9:30 Craft Circle  <b>K</b> 10:00 Lifeshare Games  <b>MM</b> 11:00 Mindful Moments  <b>M</b> 1:30 Name That Tune (AL)  <b>K</b> 2:00 Bingo (HCD)  <b>GC</b> 3:30 Euchre Club (AL)</p>	<p><b>21</b>  <b>K</b> 9:30 Daily Chronicle (AL)  <b>V</b> 10:00 Walk for the Heart  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>S</b> 2:00 Chef's Comer (AR)  <b>L</b> 2:30 Brain Fit  <b>GC</b> 4:00 Dominoes  <b>L</b> 6:00 Book Club (AL)</p>	<p><b>22 Thanksgiving</b></p> <p><b>A</b> 9:30 Craft Circle  <b>I</b> 10:30 Bible Study (AL)  <b>MM</b> 11:30 Mindful Moments  <b>G</b> 1:30 Gratitude Journal  <b>CC</b> 2:00 Cooking Club  <b>GC</b> 3:00 Board Games/Cards  <b>K</b> 6:15 Lions Club Bingo (ALD)</p>	<p><b>23</b>  <b>CC</b> 9:00 Bake Sale Prep (AR)  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Bowling  <b>CC</b> 10:30 Bake Sale  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>K</b> 2:00 Bingo (HCD)  <b>S</b> 3:30 Happy Hour with Gill Miller (ALF)</p>	<p><b>24</b>  <b>K</b> 9:30 Cranium Crunches  <b>V</b> 10:00 Stretching  <b>12:00</b> Restoratvie Prep  <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)</p>
<p><b>25</b></p> <p><b>CC</b> 10:00 Cooking Club  <b>I</b> 11:00 Worship (AL)  <b>M</b> 1:30 Music Band  <b>K</b> 2:00 Bingo (AL)</p>	<p><b>26</b>  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Bean Bag Tic Tac Toe  <b>K</b> 11:00 Creative Concepts (ALD)  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>L</b> 1:30 Monday Matinee (ALD)  <b>G</b> 2:30 Chef's Comer (HC)  <b>GC</b> 3:00 Board Games/Cards (ALD)</p>	<p><b>27</b>  <b>A</b> 9:30 Craft Circle  <b>O</b> 10:00 Pleasure Ride  <b>K</b> 10:00 Cranium Crunches  <b>MM</b> 11:00 Mindful Moments  <b>M</b> 1:30 Drum Circle (AL)  <b>K</b> 2:00 Bingo (HCD)  <b>GC</b> 3:30 Euchre Club (AL)</p>	<p><b>28</b>  <b>CC</b> 8:45 Interviews  <b>K</b> 9:30 Daily Chronicle  <b>V</b> 10:00 Stretching  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>S</b> 2:00 Chef's Comer (AR)  <b>L</b> 2:30 Brain Fit  <b>GC</b> 4:00 Family Feud  <b>L</b> 6:00 Book Club (AL)</p>	<p><b>29</b>  <b>A</b> 9:30 Craft Circle  <b>O</b> 10:00 Goodwill  <b>I</b> 10:30 Bible Study (AL)  <b>MM</b> 11:30 Mindful Moments  <b>G</b> 1:30 Gratitude Journal  <b>CC</b> 2:00 Cooking Club  <b>GC</b> 3:00 Games/Cards</p>	<p><b>30</b>  <b>CC</b> 9:00 Bake Sale Prep (AR)  <b>K</b> 9:30 Current Events  <b>V</b> 10:00 Walk fo the Heart  <b>CC</b> 10:30 Bake Sale  <b>MM</b> 12:00 Healthy Hands (HCD)  <b>K</b> 2:00 Bingo (HCD)  <b>M</b> 3:30 Happy Hour</p>	<p>All activities are subject to change in time, date, or location: you will be informed via Lifeshare.</p>

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>G</b> - Gathering of Friends <b>GC</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out & About	Locations Key Code HC= Health Center Living Room HCD= Health Center Dining Room AL= Assisted Living Activity Room ALD= Assisted Living Dining Room ALF= Assisted Living	Ombudsman John Turner 800-489-1561 812-238-1561	Birthdays! 2- Audra C. 2- Frances C. 4- Betty M. 4- Helen G. 9- Charlene G. 11- Tracy D. 11- Donald K. 17- Robert A. 22- Bonita H.	<b>1</b> <b>A</b> 9:30 Journal Decoration <b>I</b> 10:30 Bible Study (AL) <b>MM</b> 11:30 Mindful Moments <b>G</b> 1:30 Gratitude Journal <b>O</b> 2:00 Dairy Queen <b>GC</b> 3:00 Board Games/Cards	<b>2</b> <b>CC</b> 9:00 Bake Sale Prep (AR) <b>K</b> 9:30 Current Events <b>V</b> 10:00 Bean Bag Tic Tac Toe (AL) <b>CC</b> 10:30 Bake Sale <b>MM</b> 12:00 Healthy Hands(HCD) <b>K</b> 2:00 Bingo (HCD) <b>M</b> 3:30 Happy Hour	<b>3</b> <b>K</b> 9:30 LifeShare Games <b>V</b> 10:00 Noodle Hockey (HC) <b>12:00</b> Restoratvie Prep <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)
<b>4</b> Daylight Savings Ends	<b>5</b>	<b>6</b> Election Day	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>CC</b> 10:00 Cooking Club (ALD) <b>I</b> 11:00 Worship (AL) <b>MM</b> 12:00 Healthy Hands (HCD) <b>M</b> 1:30 Music Band <b>K</b> 2:00 Bingo (AL)	<b>O</b> 8:00 The Guys Breakfast-Truck Stop <b>K</b> 9:30 Current Events <b>V</b> 10:00 Sit N Fit <b>S</b> 10:30 Partners & Planning (AL) <b>MM</b> 12:00 Healthy Hands (HCD) <b>L</b> 1:30 Monday Matinee (ALD) <b>CC</b> 2:00 Silver Linings	<b>A</b> 9:30 Craft Comer (ALD) <b>K</b> 10:00 Lifeshare Games <b>O</b> 11:00 Maybery Cafe <b>MM</b> 11:00 Mindful Moments <b>M</b> 1:30 Drum Circle (AL) <b>K</b> 2:00 Bingo (HCD) <b>GC</b> 3:30 Euchre Club (AL)	<b>K</b> 9:30 Daily Chronicle (AL) <b>V</b> 10:00 Zumba <b>MM</b> 12:00 Healthy Hands (HCD) <b>S</b> 2:00 Chef's Comer (ALF) <b>L</b> 2:30 Brain Fit <b>GC</b> 4:00 Family Feud <b>L</b> 6:00 Book Club (AL)	<b>A</b> 9:30 Craft Comer (ALD) <b>O</b> 10:00 Pleasure Ride <b>I</b> 10:30 Bible Study (AL) <b>MM</b> 11:30 Mindful Moments <b>S</b> 12:00 Taste of Town <b>G</b> 1:30 Gratitude Journal <b>M</b> 2:00 Sing Fit <b>GC</b> 3:00 Board Games/Cards	<b>CC</b> 9:00 Bake Sale Prep (AR) <b>K</b> 9:30 Current Events <b>V</b> 10:00 Stretching <b>CC</b> 10:30 Bake Sale <b>MM</b> 12:00 Healthy Hands (HCD) <b>K</b> 2:00 Bingo (HCD) <b>S</b> 3:30 Happy Hour with Traveling Troubadours (ALF)	<b>K</b> 9:30 Cranium Crunches <b>V</b> 10:00 Bowling (AL) <b>12:00</b> Restoratvie Prep <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)
<b>11</b> Veterans Day	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>CC</b> 9:00 Cooking Club (ALD) <b>I</b> 10:00 Worship (ALF) <b>S</b> 11:00 Sunday Brunch <b>K</b> 2:00 Bingo (AL)	<b>K</b> 9:30 Current Events <b>V</b> 10:00 Walk fo the Heart <b>S</b> 10:30 Just The Guys- Bocce Ball <b>K</b> 11:00 Creative Concepts (ALD) <b>MM</b> 12:00 Healthy Hands (HCD) <b>L</b> 1:30 Monday Matinee (ALD) <b>G</b> 2:30 Chef's Comer (HC)	<b>A</b> 9:30 Craft Comer <b>O</b> 10:00 Pleasure Ride- Cataract Falls <b>K</b> 10:00 Cranium Crunches <b>MM</b> 11:00 Mindful Moments <b>M</b> 1:30 Music Band (HC) <b>K</b> 2:00 Bingo (HCD) <b>GC</b> 3:30 Euchre Club (AL) <b>S</b> 5:00 Thanksgiving Dinner	<b>K</b> 9:30 Daily Chronicle (AL) <b>M</b> 10:00 Music With Tad R (ALF) <b>MM</b> 12:00 Healthy Hands (HCD) <b>A</b> 1:00 DJ Creation (AR) <b>S</b> 2:00 Chef's Comer (AR) <b>L</b> 2:30 Brain Fit <b>GC</b> 4:00 UNO <b>L</b> 6:00 Book Club (AL)	<b>A</b> 9:30 Craft Circle <b>O</b> 10:00 Putnam County Museum <b>I</b> 10:30 Bible Study (AL) <b>MM</b> 11:30 Mindful Moments <b>G</b> 1:30 Gratitude Journal <b>CC</b> 2:00 Cooking Club <b>GC</b> 3:00 Board Games/Cards <b>S</b> 5:00 Thanksgiving Dinner	<b>CC</b> 9:00 Bake Sale Prep (AR) <b>K</b> 9:30 Current Events <b>V</b> 10:00 Noodle Hockey <b>CC</b> 10:30 Bake Sale <b>S</b> 12:00 Therapy Lunch <b>MM</b> 12:00 Healthy Hands (HCD) <b>K</b> 2:00 Bingo (HCD) <b>S</b> 3:30 Happy Hour with Roger (ALF)	<b>K</b> 9:30 LifeShare Games <b>V</b> 10:00 Sit N Fit <b>12:00</b> Restoratvie Prep <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Thanksgiving	<b>23</b>	<b>24</b>
<b>CC</b> 10:00 Cooking Club (ALD) <b>I</b> 11:00 Worship (AL) <b>MM</b> 12:00 Healthy Hands (HCD) <b>M</b> 1:30 Drum Circle <b>K</b> 2:00 Bingo (AL)	<b>K</b> 9:30 Current Events <b>V</b> 10:00 Bocce Ball <b>O</b> 10:00 Walmart <b>K</b> 11:00 Creative Concepts (ALD) <b>MM</b> 12:00 Healthy Hands (HCD) <b>L</b> 1:30 Monday Matinee (ALD) <b>G</b> 2:30 Chef's Comer (HC) <b>GC</b> 3:00 Board Games/Cards	<b>A</b> 9:30 Craft Circle <b>K</b> 10:00 Lifeshare Games <b>MM</b> 11:00 Mindful Moments <b>M</b> 1:30 Name That Tune (AL) <b>K</b> 2:00 Bingo (HCD) <b>GC</b> 3:30 Euchre Club (AL)	<b>K</b> 9:30 Daily Chronicle (AL) <b>V</b> 10:00 Walk for the Heart <b>MM</b> 12:00 Healthy Hands (HCD) <b>S</b> 2:00 Chef's Comer (AR) <b>L</b> 2:30 Brain Fit <b>GC</b> 4:00 Dominoes <b>L</b> 6:00 Book Club (AL)	<b>A</b> 9:30 Craft Circle <b>I</b> 10:30 Bible Study (AL) <b>MM</b> 11:30 Mindful Moments <b>G</b> 1:30 Gratitude Journal <b>CC</b> 2:00 Cooking Club <b>GC</b> 3:00 Board Games/Cards <b>K</b> 6:15 Lions Club Bingo (ALD)	<b>CC</b> 9:00 Bake Sale Prep (AR) <b>K</b> 9:30 Current Events <b>V</b> 10:00 Bowling <b>CC</b> 10:30 Bake Sale <b>MM</b> 12:00 Healthy Hands (HCD) <b>K</b> 2:00 Bingo (HCD) <b>S</b> 3:30 Happy Hour with Gill Miller (ALF)	<b>K</b> 9:30 Cranium Crunches <b>V</b> 10:00 Stretching <b>12:00</b> Restoratvie Prep <b>L</b> 1:30 Come Relax With Us And Watch A Movie (ALD)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>CC</b> 10:00 Cooking Club <b>I</b> 11:00 Worship (AL) <b>MM</b> 12:00 Healthy Hands (HCD) <b>M</b> 1:30 Music Band <b>K</b> 2:00 Bingo (AL)	<b>K</b> 9:30 Current Events <b>V</b> 10:00 Bean Bag Tic Tac Toe <b>K</b> 11:00 Creative Concepts (ALD) <b>MM</b> 12:00 Healthy Hands (HCD) <b>L</b> 1:30 Monday Matinee (ALD) <b>G</b> 2:30 Chef's Comer (HC) <b>GC</b> 3:00 Board Games/Cards (ALD)	<b>A</b> 9:30 Craft Circle <b>O</b> 10:00 Pleasure Ride <b>K</b> 10:00 Cranium Crunches <b>MM</b> 11:00 Mindful Moments <b>M</b> 1:30 Drum Circle (AL) <b>K</b> 2:00 Bingo (HCD) <b>GC</b> 3:30 Euchre Club (AL)	<b>CC</b> 8:45 Interviews <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:00 Stretching <b>MM</b> 12:00 Healthy Hands (HCD) <b>S</b> 2:00 Chef's Comer (AR) <b>L</b> 2:30 Brain Fit <b>GC</b> 4:00 Family Feud <b>L</b> 6:00 Book Club (AL)	<b>A</b> 9:30 Craft Circle <b>O</b> 10:00 Goodwill <b>I</b> 10:30 Bible Study (AL) <b>MM</b> 11:30 Mindful Moments <b>G</b> 1:30 Gratitude Journal <b>CC</b> 2:00 Cooking Club <b>CC</b> 2:30 Reading with Kathy & Connie <b>GC</b> 3:30 Games/Cards	<b>CC</b> 9:00 Bake Sale Prep (AR) <b>K</b> 9:30 Current Events <b>V</b> 10:00 Walk fo the Heart <b>CC</b> 10:30 Bake Sale <b>MM</b> 12:00 Healthy Hands (HCD) <b>K</b> 2:00 Bingo (HCD) <b>M</b> 3:30 Happy Hour	

**Mill Pond Health Campus  
Daily Rhythms**

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans  <b>CC</b> - Community Connections  <b>C</b> - Creative Cooking  <b>G</b> - Gathering of Friends  <b>GC</b> - Group Games  <b>I</b> - Inspirations  <b>K</b> - Keeping it Sharp/Reminisce  <b>M</b> - Music to My Ears  <b>O</b> - Out &amp; About  <b>S</b> - Signature Events  <b>V</b> - Vitality</p>	<p>Every Morning:            about 9:30 Vitality Heart &amp; Sole Walk            about 10:00 Keeping it Sharp            about 10:45 Creative Cooking            about 11:30 Lunch Prep</p>	<p>Every Afternoon:            about 12:45 Relax &amp; Recharge            about 2:00 Artisans            about 3:00 Music to My Ears            about 3:30 Group Games            about 4:30 Healthy Hands            about 4:45 Dinner Prep</p>	<p>Every Evening:            about 6:00 Group Games            about 7:00 Nighttime Traditions</p> <p>Ombudsman            John Turner            800-489-1561            812-238-1561</p>	<p><b>1</b></p> <p><b>V</b> A Walk to Grandmother's House  <b>K</b> Autumn Word Poem  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Autumn Word Poem  <b>CC</b> Basil Garlic Bread  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>2</b></p> <p><b>V</b> Parachute Games  <b>K</b> Hang the Great Pumpkin  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Hang the Great Pumpkin  <b>CC</b> Pumpkin Streusel Muffins  <b>CC</b> .  <b>O</b> Mayberry Cafe  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>	<p><b>3</b></p> <p><b>V</b> A Flex-Kick Saturday  <b>K</b> Football Frenzy  <b>V</b> A Flex-Kick Saturday  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Grocery Game  <b>CC</b> Navy Bean Vegetable Soup  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>
<p><b>4</b> Daylight Savings Ends</p> <p><b>V</b> The Scientific 7 Workout  <b>K</b> Turn Over  <b>V</b> Heart &amp; Sole Walk  <b>V</b> The Scientific 7 Workout  <b>I</b> Church: Joel Osteen @10 or Charles Stanley @ 11  <b>CC</b> Banana Berry Muffins  <b>CC</b> Rice Krispie Treats  <b>CC</b> .</p>	<p><b>5</b></p> <p><b>V</b> Basketball  <b>K</b> Create a Caption  <b>V</b> Heart &amp; Sole Walk  <b>K</b> October Trivia  <b>CC</b> Apple Walnut Broccoli Salad  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>6</b> Election Day</p> <p><b>V</b> Foam BallFit  <b>K</b> Sentence Story  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Lifeshare Games  <b>K</b> Word Play  <b>CC</b> Apple Streusel Bread  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>	<p><b>7</b></p> <p><b>V</b> Balloon Battle  <b>K</b> Fall's Common Place  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Fall's Common Place  <b>CC</b> Chocolate Chip Cookies  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>8</b></p> <p><b>V</b> A Walk to Grandmother's House  <b>K</b> Autumn Word Poem  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Autumn Word Poem  <b>CC</b> Amish Sugar Cookies  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>9</b></p> <p><b>V</b> Parachute Games  <b>K</b> Hang the Great Pumpkin  <b>V</b> Heart &amp; Sole Walk  <b>O</b> Pleasure Ride- Cataract Falls  <b>K</b> Hang the Great Pumpkin  <b>CC</b> Pumpkin Spice Cupcakes  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>	<p><b>10</b></p> <p><b>V</b> A Flex-Kick Saturday  <b>K</b> Football Frenzy  <b>V</b> A Flex-Kick Saturday  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Grocery Game  <b>CC</b> Savory Beef Soup  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>
<p><b>11</b> Veterans Day</p> <p><b>V</b> The Scientific 7 Workout  <b>K</b> Turn Over  <b>V</b> Heart &amp; Sole Walk  <b>V</b> The Scientific 7 Workout  <b>I</b> Church: Joel Osteen @10 or Charles Stanley @ 11  <b>CC</b> Bacon Blueberry Scones  <b>CC</b> Rice Krispie Treats  <b>CC</b> .</p>	<p><b>12</b></p> <p><b>V</b> Basketball  <b>K</b> Create a Caption  <b>V</b> Heart &amp; Sole Walk  <b>K</b> October Trivia  <b>CC</b> Candy Bar Apple Salad  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>13</b></p> <p><b>V</b> Foam BallFit  <b>K</b> Sentence Story  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Cranium Crunches  <b>K</b> Word Play  <b>CC</b> Apple Pie Oatmeal Dessert  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>	<p><b>14</b></p> <p><b>V</b> Balloon Battle  <b>K</b> Fall's Common Place  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Fall's Common Place  <b>CC</b> Chocolate Dream Cookies  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>15</b></p> <p><b>V</b> A Walk to Grandmother's House  <b>K</b> Autumn Word Poem  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Autumn Word Poem  <b>CC</b> Oatmeal Bread  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>16</b></p> <p><b>V</b> Parachute Games  <b>K</b> Hang the Great Pumpkin  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Hang the Great Pumpkin  <b>CC</b> Pumpkin Spice Bread  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>17</b></p> <p><b>V</b> A Flex-Kick Saturday  <b>K</b> Football Frenzy  <b>V</b> A Flex-Kick Saturday  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Grocery Game  <b>CC</b> Barley Turkey Soup  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>
<p><b>18</b></p> <p><b>V</b> The Scientific 7 Workout  <b>K</b> Turn Over  <b>V</b> Heart &amp; Sole Walk  <b>V</b> The Scientific 7 Workout  <b>I</b> Church: Joel Osteen @10 or Charles Stanley @ 11  <b>CC</b> Pecan Coffee Cake  <b>CC</b> Rice Krispie Treats  <b>CC</b> .</p>	<p><b>19</b></p> <p><b>V</b> Basketball  <b>K</b> Create a Caption  <b>V</b> Heart &amp; Sole Walk  <b>K</b> October Trivia  <b>CC</b> Butterscotch Apple Crisp  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>20</b></p> <p><b>V</b> Foam BallFit  <b>K</b> Sentence Story  <b>V</b> Heart &amp; Sole Walk  <b>O</b> Pleasure Ride  <b>K</b> Word Play  <b>K</b> Lifeshare Games  <b>CC</b> Apple Cinnamon Cookies  <b>CC</b> .  <b>K</b> Lunch Prep</p>	<p><b>21</b></p> <p><b>V</b> Balloon Battle  <b>K</b> Fall's Common Place  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Fall's Common Place  <b>CC</b> Oatmeal Kiss Cookies  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>22</b> Thanksgiving</p> <p><b>V</b> A Walk to Grandmother's House  <b>K</b> Autumn Word Poem  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Autumn Word Poem  <b>CC</b> Golden Wheat Bread  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>23</b></p> <p><b>V</b> Parachute Games  <b>K</b> Hang the Great Pumpkin  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Hang the Great Pumpkin  <b>CC</b> Pumpkin Pie Pudding  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>24</b></p> <p><b>V</b> A Flex-Kick Saturday  <b>K</b> Football Frenzy  <b>V</b> A Flex-Kick Saturday  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Grocery Game  <b>CC</b> Texas Turkey Soup  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>
<p><b>25</b></p> <p><b>V</b> The Scientific 7 Workout  <b>K</b> Turn Over  <b>V</b> Heart &amp; Sole Walk  <b>V</b> The Scientific 7 Workout  <b>I</b> Church: Joel Osteen @10 or Charles Stanley @ 11  <b>CC</b> Cinnamon Chip Scones  <b>CC</b> Rice Krispie Treats  <b>CC</b> .</p>	<p><b>26</b></p> <p><b>V</b> Basketball  <b>K</b> Create a Caption  <b>V</b> Heart &amp; Sole Walk  <b>K</b> October Trivia  <b>CC</b> Pecan Bread Pudding  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>27</b></p> <p><b>V</b> Foam BallFit  <b>K</b> Sentence Story  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Cranium Crunches  <b>K</b> Word Play  <b>CC</b> Apple Streusel Muffins  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>	<p><b>28</b></p> <p><b>CC</b> Interviews  <b>K</b> Balloon Battle  <b>K</b> Fall's Common Place  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Fall's Common Place  <b>CC</b> Peanut Butter Cookies  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge</p>	<p><b>29</b></p> <p><b>V</b> A Walk to Grandmother's House  <b>K</b> Autumn Word Poem  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Autumn Word Poem  <b>CC</b> Chocolate Chip Banana Bread  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>K</b> Puzzles</p>	<p><b>30</b></p> <p><b>V</b> Parachute Games  <b>K</b> Hang the Great Pumpkin  <b>V</b> Heart &amp; Sole Walk  <b>K</b> Hang the Great Pumpkin  <b>CC</b> Spice Cookies  <b>CC</b> .  <b>K</b> Lunch Prep            Relax &amp; Recharge  <b>O</b> Dairy Queen</p>	