

**The Willows at Citation
Life Enrichment Calendar/PERSONAL CARE**

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections G - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>The Beauty Salon is open on Mondays at 9:00</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.</p>	<p>Follow us on Facebook and Twitter!</p> <p>Ask a Life Enrichment Associate about Lifeshare!</p> <p>"All activities subject to change, you will be informed via Lifeshare"</p>	<p>Activity Locations: HCAR=Health Care Activity Room PCAR=Personal Care Activity Room HCDR=Health Care Dining Room CC=Charismatic Café IR=In Residents Room PCLR=Personal Care Living Room</p>	<p>1</p> <p>L 10:30 Book Club "Love Story"- Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) A 1:30 Gary Bertram Art Class (PCAR) CC 2:00 Chef's Circle w/Kelly (HCAR)</p>	<p>2</p> <p>V 9:30 Trilogy-Fit (400 LR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) G 1:30 Show and Tell (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>3</p> <p>G 10:30 Coffee & Donuts (PCLR) K 11:00 Current Events (PCLR) O 1:30 Scenic Drive (Lobby) G 3:30 Quarter BINGO (HCAR)</p>
<p>4 Daylight Savings Ends</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) G 2:00 Movie & Popcom (PCLR)</p>	<p>5</p> <p>V 9:30 Trilogy-Fit (400 LR) L 10:30 Book Club "Love Story" Discussion (500 Hall) O 1:30 Walmart Outing GG 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations w/Larry (PCLR)</p>	<p>6 Election Day</p> <p>V 10:30 Walking Club (PCLR) L 11:00 Destination Exploration (HCAR) V 1:30 Bingocize (HCAR) S 2:30 Birthday Celebration (HCAR) A 3:30 Fall Leaves Black Glue Watercolor (HCAR)</p>	<p>7</p> <p>V 10:30 Moving To Music (HCAR) K 11:00 Lifelong Learning (PCLR) O 11:30 Men's Club Outing (Mi Casita Mexican) K 2:30 Resident's Right Bingo (HCAR) K 6:15 BINGO "Branson, MO": (HCAR)</p>	<p>8</p> <p>L 10:30 Book Club "Love Story"- Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) CC 2:00 Chef's Circle w/Kelly (HCAR) A 3:00 No Sew Burlap Pumpkins (HCAR)</p>	<p>9</p> <p>V 9:30 Trilogy-Fit (400 LR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) M 1:30 Gary Bertram Music Performance (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>10</p> <p>GG 10:30 Coffee & Muffins (PCLR) K 11:00 Current Events (PCLR) L 2:00 Destination Exploration (HCAR) G 3:30 Quarter BINGO (HCAR)</p>
<p>11 Veterans Day</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) S 12:00 VETERAN'S DAY SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) G 2:00 Movie & Popcom (PCLR)</p>	<p>12</p> <p>V 9:30 Trilogy-Fit (400 LR) L 10:30 Book Club "Love Story" Discussion (500 Hall) O 1:30 Kroger Outing GG 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations (PCLR)</p>	<p>13</p> <p>V 10:30 Walking Club (PCLR) L 11:00 Destination Exploration (HCAR) V 1:30 Bingocize (HCAR) S 2:45 Calendar Planning (HCAR) A 3:15 Fall Burlap Banner (HCAR) S 4:00 Men's Club (Poker and</p>	<p>14</p> <p>V 10:30 Moving To Music (HCAR) K 11:00 Lifelong Learning (PCLR) O 1:15 Old State Capital Guided Tour GG 4:00 Card Games (HCAR) K 6:15 BINGO "Royalty (Prince Charles B-day)" (HCAR)</p>	<p>15</p> <p>L 10:30 Book Club "Love Story"- Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) CC 2:00 Chef's Circle w/Kelly (HCAR) V 3:30 Balloon Tennis (HCAR) S 5:00 FAMILY NIGHT HOLIDAY DINNER</p>	<p>16</p> <p>V 9:30 Trilogy-Fit (400 LR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) A 1:30 Twine Pumpkins (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>17</p> <p>GG 10:30 Coffee & Monkeybread (PCLR) K 11:00 Current Events (PCLR) O 1:30 Scenic Drive (Lobby) G 3:30 Quarter BINGO (HCAR)</p>
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**The Willows at Citation
Life Enrichment Calendar/HEALTH CARE**

November 2018

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<p>A - Artisans CC - Community Connections G - Gathering of Friends GG - 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>Look out for upcoming changes for the Beauty Salon</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.</p>	<p>Follow us on Facebook and Twitter!</p> <p>Ask a Life Enrichment Associate about Lifeshare!</p> <p>"All activities subject to change, you will be informed via Lifeshare"</p>	<p>Activity Locations: HCAR = Health Care Activity Room PCAR = Personal Care Activity Room HCDR = Health Care Dining Room CC = Charismatic Cafe IR = In Resident Rooms PCLR = Personal Care Living Room</p>	<p>1</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Walking Club (PCLR) K 11:00 Daily Chronicles (PCLR) A 1:30 Gary Bertram Art Class (PCAR) CC 2:00 Chef's Circle w/Kelly (HCAR)</p>	<p>2</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) G 1:30 Show and Tell (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>3</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) G 10:30 Coffee & Donuts K 11:00 Current Events (PCLR) O 1:30 Scenic Drive (Lobby) G 3:30 Quarter BINGO (HCAR)</p>
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November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Looking to volunteer? We would love to have you! Please contact Trish Hall, Life Enrichment Director for more details on how you can help out.	Every Morning (times are approximate) 9:00 Vitality 9:30 Keeping it sharp 10:00 Morning Refresher 10:30 Housekeeping 11:00 Artisans 11:30 Lunch Preparation	Every Afternoon (times are approximate) Relax and Recharge (following lunch) 2:30 Creative Cooking 3:00 Music to my ears 4:00 Group Games		1 A Walk to Grandmother's House Autumn Word Poem Basil Garlic Bread Relax & Recharge Fall Sensory Collage Float With Me Name 3 Toss & Catch Healthy Hands A Time For Tea	2 Parachute Games Hang the Great Pumpkin Pumpkin Streusel Muffins Relax & Recharge Colorful Sponge Art A Taste of Autumn Happy Hour What's in the Bag Healthy Hands LifeShare Games	3 A Flex-Kick Saturday Football Frenzy Navy Bean Vegetable Soup Relax & Recharge Rolling Pin Printmaking Game Day Image Snap Healthy Hands Inspirational Coloring
4 Daylight Savings Ends	5	6 Election Day	7	8	9	10
The Scientific 7 Workout Turn Over Banana Berry Muffins Relax & Recharge Personal Collage Up In The Air Turkey Toss Healthy Hands Evening Inspirations	Basketball Create a Caption Apple Walnut Broccoli Salad Relax & Recharge Cloth Tie Wreath Workin' Songs Roll the Dice & Break the Ice Healthy Hands Charades	Foam BallFit Sentence Story Apple Streusel Bread Relax & Recharge Cloth Tie Wreath Let's Dance Lollipop Paddle Healthy Hands Mathematic Mavens	Balloon Battle Fall's Common Place Chocolate Chip Cookies Relax & Recharge Fly Swatter Collaborative Painting Pass the Beat Animal Bingo Healthy Hands Fireside Chats	A Walk to Grandmother's House Autumn Word Poem Amish Sugar Cookies Relax & Recharge Bookmaking Float With Me Name 3 Toss & Catch Healthy Hands A Time For Tea	Parachute Games Hang the Great Pumpkin Pumpkin Spice Cupcakes Relax & Recharge Bookmaking A Taste of Autumn Happy Hour What's in the Bag Healthy Hands LifeShare Games	A Flex-Kick Saturday Football Frenzy Savory Beef Soup Relax & Recharge Color Collage Game Day Image Snap Healthy Hands Inspirational Coloring
11 Veterans Day	12	13	14	15	16	17
The Scientific 7 Workout Turn Over Bacon Blueberry Scones VETERAN'S DAY SUNDAY BRUNCH Relax & Recharge Veterans Day Heart Card A Salute to Veterans Turkey Toss Healthy Hands	Basketball Create a Caption Candy Bar Apple Salad Relax & Recharge Creative Storytelling Workin' Songs Roll the Dice & Break the Ice Healthy Hands Charades	Foam BallFit Sentence Story Apple Pie Oatmeal Dessert Relax & Recharge Orange You Happy For Thanksgiving! Let's Dance Lollipop Paddle Healthy Hands	Balloon Battle Fall's Common Place Chocolate Dream Cookies Relax & Recharge Gourd-geous Craft Pass the Beat Animal Bingo Healthy Hands Fireside Chats	A Walk to Grandmother's House Autumn Word Poem Oatmeal Bread Relax & Recharge Poppy Field Collage Float With Me Name 3 Toss & Catch Healthy Hands FAMILY NIGHT HOLIDAY DINNER	Parachute Games Hang the Great Pumpkin Pumpkin Spice Bread Relax & Recharge Deck of Wit & Wisdom A Taste of Autumn Happy Hour What's in the Bag Healthy Hands LifeShare Games	A Flex-Kick Saturday Football Frenzy Barley Turkey Soup Relax & Recharge Creative Storytelling Game Day Image Snap Healthy Hands Inspirational Coloring
18	19	20	21	22 Thanksgiving	23	24
The Scientific 7 Workout Turn Over Pecan Coffee Cake Relax & Recharge Q-Tip Autumn Tree Painting Up In The Air Turkey Toss Healthy Hands Evening Inspirations	Basketball Create a Caption Butterscotch Apple Crisp Relax & Recharge Thumbprint Dandelion Workin' Songs Roll the Dice & Break the Ice Healthy Hands Charades	Foam BallFit Sentence Story Apple Cinnamon Cookies Relax & Recharge Fall Leaves Prints Let's Dance Lollipop Paddle Healthy Hands Mathematic Mavens	Balloon Battle Fall's Common Place Oatmeal Kiss Cookies Relax & Recharge Fall Trees Canvas Painting Pass the Beat Animal Bingo Healthy Hands Fireside Chats	A Walk to Grandmother's House Autumn Word Poem Golden Wheat Bread Thanksgiving Day Buffet Relax & Recharge Thankful Tree Give Thanks Name 3 Toss & Catch Healthy Hands	Parachute Games Hang the Great Pumpkin Pumpkin Pie Pudding Relax & Recharge Sequin Acorn Magnets A Taste of Autumn Happy Hour What's in the Bag Healthy Hands LifeShare Games	A Flex-Kick Saturday Football Frenzy Texas Turkey Soup Relax & Recharge Button Tree Canvas Game Day Image Snap Healthy Hands Inspirational Coloring
25	26	27	28	29	30	
The Scientific 7 Workout Turn Over Cinnamon Chip Scones Relax & Recharge Sensory Spice Painting Up In The Air Turkey Toss Healthy Hands Evening Inspirations	Basketball Create a Caption Pecan Bread Pudding Relax & Recharge Littlest Big Band Performance (PCLR) Foil Relief Art Workin' Songs Roll the Dice & Break the Ice	Foam BallFit Sentence Story Apple Streusel Muffins Relax & Recharge Oil Pastel Resist Let's Dance Lollipop Paddle Healthy Hands Mathematic Mavens	Balloon Battle Fall's Common Place Peanut Butter Cookies Relax & Recharge Tissue Paper Leaves Pass the Beat Animal Bingo Healthy Hands Fireside Chats	A Walk to Grandmother's House Autumn Word Poem Chocolate Chip Banana Bread Relax & Recharge Colorful Group Mandala Float With Me Name 3 Toss & Catch Healthy Hands A Time For Tea	Parachute Games Hang the Great Pumpkin Spice Cookies Relax & Recharge Ink Dyed Coasters A Taste of Autumn Happy Hour What's in the Bag Healthy Hands LifeShare Games	