## November 2024 - Assisted Living and Memory

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Landmark of Fridley A Lifespoik Community	CH Chapel DR Dining room MR Mississippi Room SA Sandee's Room WR Wellness Room	Happy Birthday to 11/5 Luella Freund 11/10 Patricia Klimek 11/23 Marlen "Mike" Miller 11/24 Claudia Kulhanek			9:00 Daily News 1 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Really Big Show (DR) 2:00 Bingo [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 5:30 Movie Night (CH) 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 2 10:00 Worship/Music/ Devotion 10:00 Landmark Singers! (CH) 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:30 Pick a Game (SA) 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage
9:00 Daily News 3 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 2:00 Bingo Hosted by Patty [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 4 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Manicures (SA) 1:30 Women's Social hour [SR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	Election Day 5 9:00 Daily News 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 10:30 Journeying [CH] 11:15 Exercise 1:00 Spark Challange [WR] 2:00 Walk/Wheel 2:30 Church Service with Chaplin Kent [CH] 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 6 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Spark Challange (WR) 2:00 Dollar Store outing *sign up required 2:00 Walk/Wheel 3:00 Trivia [SA] 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 7 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Resident council (CH) 2:00 Walk/Wheel 3:00 Social hour [SA] 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 8 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Really Big Show (DR) 2:00 Bingo [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 5:30 Movie Night (CH) 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 9 10:00 Worship/Music/ Devotion 10:00 Landmark Singers! (CH) 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:30 Pick a Game (SA) 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage

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9:00 Daily News 10  10:00 Worship/Music/Devotion  10:15 Devotions [WR]  10:30 Exercise [WR]  11:15 Exercise  2:00 Bingo Hosted by Patty [DR]  2:00 Walk/Wheel  3:00 Create: Art/Music/Game  3:00 Treat from the Kitchen [DR]  4:00 Old Time/Shows/Music  6:30 Jokes/Trivia/Story Time  7:30 Evening Stretching/Massage	9:00 Daily News 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Education [CH] 2:00 Veteran Celebration [SA] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 12 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 10:30 Journeying [CH] 11:15 Exercise 1:00 Chef Chat [DR] 1:00 Spark Challange [WR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 13 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Walmart outing *sign up required 1:00 Spark Challange (WR) 2:00 Walk/Wheel 3:00 Welcome Party [SA] 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 14 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Birthday Party/Live Music *Johntourage [DR] 2:00 Walk/Wheel 3:00 Social hour [SA] 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 15 10:00 Worship/Music/Devotion 10:00 Musical Ministries (CH) 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Really Big Show (DR) 2:00 Bingo [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 5:30 Movie Night (CH) 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 16 10:00 Worship/Music/Devotion 10:00 Landmark Singers! (CH) 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:30 Pick a Game (SA) 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage
9:00 Daily News 17 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 2:00 Bingo Hosted by Patty [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	9:00 Daily News 18 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Manicures (SA) 1:30 Women's Social hour [SR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	9:00 Daily News 19 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 10:30 Journeying [CH] 11:15 Exercise 1:00 Spark Challange [WR] 2:00 Live Music*Graceful Minds [LC] 2:00 Walk/Wheel 2:30 Church Service with Chaplin Kent [CH] 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	9:00 Daily News 20 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Spark Challange (WR) 2:00 Target outing *sign up required 2:00 Walk/Wheel 3:00 Horse Race [SA] 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 21 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Men's Group [SA] 2:00 Walk/Wheel 3:00 Social hour [SA] 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	9:00 Daily News 22 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Really Big Show (DR) 2:00 Bingo [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 5:30 Movie Night (CH) 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	9:00 Daily News 23 10:00 Worship/Music/ Devotion 10:00 Landmark Singers! (CH) 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:30 Pick a Game (SA) 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Daily News 24  10:00 Worship/Music/ Devotion  10:15 Devotions [WR]  10:30 Exercise [WR]  11:15 Exercise  2:00 Bingo Hosted by Patty [DR]  2:00 Walk/Wheel  3:00 Create: Art/Music/Game  3:00 Treat from the Kitchen [DR]  4:00 Old Time/Shows/Music  6:30 Jokes/Trivia/Story Time  7:30 Evening Stretching/ Massage	9:00 Daily News 25 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Manicures (SA) 1:30 Women's Social hour [SR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 26 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 10:30 Journeying [CH] 11:15 Exercise 1:00 Spark Challange [WR] 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 4:00 Light Stretching [WR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	9:00 Daily News 27 10:00 Worship/Music/Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Spark Challange (WR) 2:00 Walk/Wheel 3:00 Pie Social [SA] 3:00 Create: Art/Music/Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage	Thanksgiving Day 28 9:00 Daily News 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 2:00 Walk/Wheel 3:00 Create: Art/Music/ Game 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	Day after Thanksgiving 29 Day  9:00 Daily News 10:00 Worship/Music/ Devotion 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:00 Really Big Show (DR) 2:00 Bingo [DR] 2:00 Walk/Wheel 3:00 Create: Art/Music/ Game 4:00 Old Time/Shows/Music 5:30 Movie Night (CH) 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/ Massage	9:00 Daily News 30 10:00 Worship/Music/Devotion 10:00 Landmark Singers! (CH) 10:15 Devotions [WR] 10:30 Exercise [WR] 11:15 Exercise 1:30 Pick a Game (SA) 2:00 Walk/Wheel 3:00 Create: Art/Music/Game 3:00 Treat from the Kitchen [DR] 4:00 Old Time/Shows/Music 6:30 Jokes/Trivia/Story Time 7:30 Evening Stretching/Massage