

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

November 2023

Assisted Living

Happy Birthday

11.01 Tom Hatchett. 11.03 Walter McConathy
 11.06 Joseph Cahoon. 11.12 Robert Black
 11.14 Peggy White. 11.17 Virginia Johnson.
 11.22 Annie Schneider. 11.28 Martha Black

9:30 Daily News - Café ¹
 11:00 Functional Fitness -
 Fitness Center
1:30 Activity Committee
Meeting-Dining Room
 3:30 Wine Wednesday-
 Lounge

Beauty Salon Open ²
 9:30 Daily News - Café
 11:00 Exercise with
 Enhabit Home Health -
 Fitness Center
1:00 Bible Study:
The Book of Proverbs-Library
 3:30 Thirsty Thursday:
 Vodka Cranberry & Lime
 -Lounge
6:00 Bridge Club - Cafe

8:30 Morning Walking ³
 Club - Lobby
 9:30 Daily News - Café
 11:00 Chair Exercise -
 Fitness Center
1:30 Bingo - Theater
 3:30 Happy Hour: Weekend
 Pregame - Lounge

LSU at Alabama ⁴
Auburn at Vanderbilt
 8:30 Morning Walking
 Club - Lobby
 9:30 Daily News - Café
 11:00 Sit to be Fit - Fitness
 Center

Daylight Saving Time Ends ⁵
 8:30 Morning Walking Club -
 Lobby
 9:30 Sunday School:
 Brookwood - Theater
 11:00 Worship: Brookwood -
 Theater
 11:00 Exercise -Fitness Center
1:30 Bingo - Theater

8:30 Morning Walking ⁶
 Club - Lobby
 9:30 Daily News - Café
11:00 Moving to Music
with Jackie-Fitness
Center
 1:30 Tech Support:Bring
 Your Devices-Cafe
 3:30 Happy Hour - Lounge

8:30 Morning Walking ⁷
 Club - Lobby
11:00 Exercise with
Enhabit Home Health -
Fitness Center
 1:30 "The Way We Were" -
 Theater
3:30 Trivia Tuesday - Lounge
 3:30 Happy Hour - Lounge

9:30 Daily News - Café ⁸
9:30 Outing to Walmart -
Sign Up with Concierge
 11:00 Functional Fitness -
 Fitness Center
 1:30 "Casablanca" -
 Theater
 3:30 Wine Wednesday-
 Lounge

Beauty Salon Open ⁹
 9:30 Daily News - Café
 11:00 Exercise with
 Enhabit Home Health -
 Fitness Center
1:00 Bible Study:
The Book of Proverbs-Library
 1:30 "The Man Who Knew Too
 Much" - Theater
 3:30 Thirsty Thursday:
 Bloody Mary's - Lounge

8:30 Morning Walking ¹⁰
 Club - Lobby
 9:30 Daily News - Café
 11:00 Chair Exercise - Fitness Center
 12:00 Veteran's Day Appreciation
 Ceremony - Dining Room
2:00 Kevin Atkin's Patriotic Show -
Theater
 3:30 Happy Hour: Weekend
 Lounge
 6:30 Dominoes - Art Studio

Veterans Day ¹¹
Auburn at Arkansas
Alabama at Kentucky
 8:30 Morning Walking Club -
 Lobby
 11:00 Sit to be Fit - Fitness
 Center
 7:00 Cornhole - Side Patio

8:30 Morning Walking ¹²
 Club - Lobby
 9:30 Sunday School:
 Brookwood - Theater
 11:00 Worship: Brookwood -
 Theater
 10:30 Exercise - Fitness Center
1:30 Bingo - Theater

8:30 Morning Walking ¹³
 Club - Lobby
 9:30 Daily News - Café
 11:00 Exercise - Fitness
 Center
 1:30 Tech Support: Bring
 Your Devices - Café
 3:30 Happy Hour- Lounge

8:30 Morning Walking ¹⁴
 Club - Lobby
 9:30 Daily News - Café
 11:00 Exercise with
 Enhabit Home Health -Fitness
 Center
 1:30 "The Breakfast Club" -
 Theater
 3:30 Trivia Tuesday - Lounge
 3:30 Happy Hour - Lounge

8:30 Morning Walk - ¹⁵
 Lobby
 9:30 Daily News - Café
 11:00 Functional Fitness -
 Fitness Center
1:30 Resident Council -
Dining Room
 3:30 Wine Wednesday-Lounge

Beauty Salon Open ¹⁶
 11:00 Exercise with
 Enhabit Home Health -
 Fitness Center
1:00 Bible Study:
The Book of Proverbs-Library
 1:30 "Titanic" - Theater
 3:30 Thirsty Thursday:
 Vodka Tonic with Lime -
 Lounge

8:30 Morning Walking ¹⁷
 Club - Lobby
 9:30 Daily News - Café
 11:00 Chair Exercise - Fitness
 Center
11:30 Outing to Perry's
Steakhouse - Sign Up with
Concierge
1:30 Bingo - Theater
 3:30 Happy Hour: Weekend
 Pregame - Lounge

UT Chattanooga at ¹⁸
Alabama
New Mexico State at
Auburn
 8:30 Morning Walking
 Club - Lobby
 11:00 Sit to be Fit -
 Fitness Center

9:30 Sunday School: ¹⁹
 Brookwood - Theater
 10:30 Worship: Brookwood
 - Theater
 11:00 Exercise - Fitness
 Center
1:30 Bingo - Theater

8:30 Morning Walking ²⁰
 Club - Lobby
 9:30 Daily News - Café
11:00 Moving to Music with
Jackie-Fitness Center
 1:30 Tech Support:Bring Your
 Devices-Cafe
 3:30 Happy Hour - Lounge

8:30 Morning Walking ²¹
 Club - Lobby
 9:30 Daily News - Café
 11:00 Exercise with
 Enhabit Home Health -Fitness
 Center
 1:30 "The Great Gatsby" -
 Theater -Theater
 3:30 Trivia Tuesday - Lounge
 3:30 Happy Hour - Lounge

9:30 Daily News - Café ²²
 11:00 Functional Fitness -
 Fitness Center
 1:30 "A Charlie Brown
 Thanksgiving" - Theater
 3:30 Wine Wednesday-
 Lounge

Thanksgiving Day ²³
 8:30 Morning Walking
 Club - Lobby
 9:00 Macy's Day Parade-
 Theater
 11:30 Thanksgiving
 Lunch
6:00 Bridge Club - Cafe

8:30 Morning Walking ²⁴
 Club - Lobby
 9:30 Daily News - Café
 11:00 Chair Exercise -
 Fitness Center
2:00 Bingo Store Open-
Cafe
 3:30 Happy Hour: Weekend
 Pregame - Lounge

Alabama at Auburn ²⁵
 8:30 Morning Walk-Lobby
 11:00 Exercise - Fitness
 Center
Iron Bowl Tailgate-
Theater/Art Studio

8:30 Morning Walking ²⁶
 Club - Lobby
 9:30 Sunday School:
 Brookwood - Theater
 10:30 Worship: Brookwood
 - Theater
 11:00 Exercise - Fitness
 Center
1:30 Bingo - Theater

8:30 Morning Walking ²⁷
 Club - Lobby
 9:30 Daily News - Café
 11:00 Exercise -Fitness
 Center
2:00 Kara Pure Music
-Theater
 3:30 Happy Hour - Lounge

9:30 Daily News - Café ²⁸
 11:00 Exercise with
 Enhabit Home Health -
 Fitness Center
 1:30 "Roman Holiday"-
 Theater
3:30 Trivia Tuesday - Lounge
3:30 Happy Hour - Lounge

9:30 Daily News - Café ²⁹
9:30 Outing to Lovelady -
Sign Up with Concierge
 11:00 Functional Fitness -
 Fitness Center
1:30 Chef Chat
-Dining Room
 3:30 Wine Wednesday-
 Lounge

Beauty Salon Open ³⁰
 8:30 Morning Walking
 Club - Lobby
 9:30 Daily News - Café
 11:00 Exercise with
 Enhabit Home Health -
 Fitness Center
 1:30 "Eat Pray Love"-Theater
 3:30 Thirsty Thursday: Mimosas
 - Lounge
6:00 Bridge Club - Cafe

All activities and events are subject to change

Questions?
 Contact Allie at
 awalker@longleaflibertypark.com




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SATURDAY

November 2023

Memory Care

Beauty Salon Open 1

9:30 Sittercise - Activity Room
10:00 Table Top Games - Activity Room
11:00 Walking Club - Courtyard Room
2:00 Nail Polishing & Smooth Jazz - Activity Room
3:30 Relaxation Coloring - Activity Room

9:30 Chair Exercise - Activity Room 2

10:00 Thanksgiving Craft - Activity Room
2:00 Guess the Tune - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

9:30 Chair Aerobics - Activity Room 3

0:00 Dominoes - Activity Room
2:00 Friday Matinee: The Sound of Music - Activity Room
3:30 Fresh Baked Cookies - Activity Room

9:30 Exercise - Activity Room 4

10:30 Balloon Ball- Activity Room
11:00 Relaxing Tunes - Activity Room

*LSU at Alabama
Auburn at Vanderbilt*

Daylight Saving Time Ends 5

9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Afternoon Matinee - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

9:30 Morning Stretch -Activity Room 6

10:30 Relaxation Coloring -ctivity Roomm
2:00 Guess the Tune - Activity Room
3:30 Fresh Baked Cookies - Activity Room

9:30 Get Moving - Activity Room 7

10:30 Finish the Phrase-Activity Room
11:00 Walker Wright's Drum Circle
2:00 50's Rock n Roll- Activity Room
3:30 Happy Hour-Activity Room

Beauty Salon Open 8

9:30 Sittercise - Activity Room
10:30 Grocery Game - Activity Room
11:00 Walking Club - Courtyard Room
2:00 Nail Polishing - Activity Room
3:30 Relaxation Coloring - Activity Room

9:30 Chair Exercise - Activity Room 9

10:00 Canvas Painting - Activity Room
2:00 Finish the Phrase-Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

9:30 Chair Aerobics - Activity Room 10

10:00 Name the Tune-Activity Room
12:00 Veteran's Day Appreciation Ceremony-Dining Room
2:00 Kevin Atkin's Patriotic Show - Theater
3:30 Fresh Baked Cookies - Activity Room

Veterans Day 11

9:30 Exercise - Activity Room
10:30 Finish the Phrase-Activity Room
11:00 Relaxing Tunes - Activity Room

*Auburn at Arkansas
Alabama at Kentucky*

12

9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Hymns - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

9:30 Morning Stretch - Activity Room 13

11:00 Moving to Music with Jackie - Activity Room
2:00 Grocery Game - Activity Room
3:30 Fresh Baked Cookies - Activity Room

9:30 Get Moving - Activity Room 14

10:30 Abstract Painting - Activity Room
2:00 Pictionary-Activity Room
3:30 Happy Hour - Activity Room

Beauty Salon Open 15

9:30 Sittercise- Activity Room
10:00 Outing to Krispy Kreme
11:00 Walking Club - Courtyard
2:00 Nail Polishing - Activity Room
3:30 Fresh Baked Cookies - Activity Room

9:30 Chair Exercise - Activity Room 16

10:30 Thankful Tree -Activity Room
11:00 Balloon Tennis - Activity Room
2:00 Puzzles - Activity Room
3:30 Happy Hour - Activity Room

9:30 Rise & Shine-Activity Room 17

10:00 Fall Foliage Bus Tour
2:00 Friday Matinee & Popcorn- Activity Room
3:30 Men's Social- Dining Room

9:30 Exercise - Activity Room 18

10:30 Mind Joggers - Activity Room
11:00 Balloon Ball- Activity Room

*UT Chattanooga at Alabama
New Mexico State at Auburn*

19

9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Hymns - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

9:30 Morning Stretch - Activity Room 20

10:30 Relaxation Coloring & Word Search-Activity Room
2:00 Table Top Games-Activity Room
3:30 Fresh Baked Cookies - Activity Room

9:30 Get Moving - Activity Room 21

10:30 Arts & Crafts- Activity Room
2:00 Grocery Game - Activity Room
6:30 Relaxation Coloring - Activity Room

Beauty Salon Open 22

9:30 Chair Exercise - Activity Room
10:30 Finish the Phrase - Activity Room
11:00 Balloon Tennis - Activity Room
1:30 "A Charlie Brown Thanksgiving" - Activity Room
2:00 Nail Polishing - Activity Room
3:30 Fresh Baked Cookies - Activity Room

Thanksgiving Day 23

9:30 Chair Exercise - Activity Room
10:30 Conversation Starters - Activity Room
2:00 Finish the Phrase-Activity Room
3:30 Happy Hour - Activity Room
6:30 Table Top Games - Activity Room

9:30 Sit and Be Fit-Activity Room 24

10:00 Easy Listening - Activity Room
11:00 Puzzles - Activity Room
2:00 Friday Matinee & Popcorn-Activity Room
3:30 Men's Social - Dining Room

Iron Bowl Tailgate 25

9:30 Exercise - Activity Room
10:30 Relaxation Coloring-Activity Room
11:00 Walking Club- Courtyard

Alabama at Auburn

26

9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Hymns - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

9:30 Morning Stretch - Activity Room 27

11:00 Moving to Music with Jackie - Activity Room
2:00 Kara Pure Music Studio -Theater
3:30 Fresh Baked Cookies - Activity Room

9:30 Get Moving - Activity Room 28

10:30 Arts & Crafts - Activity Room
2:00 Pictionary - Activity Room
3:30 Happy Hour - Activity Room
6:30 Table Top Games - Activity Room

Beauty Salon Open 29

9:30 Chair Exercise - Activity Room
10:30 Finish the Phrase - Activity Room
11:00 Balloon Tennis - Activity Room
2:00 Nail Polishing - Activity Room
3:30 Fresh Baked Cookies - Activity Room

9:30 Chair Exercise - Activity Room 30

10:00 Canvas Painting - Activity Room
2:00 Finish the Phrase-Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

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