

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

All activities and events are subject to change



Questions?
Contact Allie at
awalker@longleaflibertypark.com