



# Legacy Ridge



# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Tom H.            Nov 2 Mary Frances    Nov 17 Casmira L.        Nov 17 Alberta T.        Nov 24 Sylvia W.         Nov 24		1 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:30 pm T-Zone: <b>Sing Out!</b> 4:30 pm Dinner 6:00 pm Movie	2 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone: 2:00 pm Stim Station 3:00pm T-Zone 4:00 pm Dinner 6:00 pm Movie	3 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00 pm T-Zone: <b>Happy Hour</b> 4:00 pm Dinner 6:00 pm Movie	4 Today: 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 1:30 pm <b>Joy Ride</b> /Stim Station 3:00pm T-Zone 4:00 pm Dinner 6:00 pm Movie	5 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00 pm T-Zone: <b>BINGO</b> 4:00 pm Dinner 6:00 pm Movie
6 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00 pm T-Zone 4:00 pm Dinner 6:00 pm Movie	7 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00 pm T-Zone 4:00 pm Dinner 6:00 pm Movie	8 Today: <b>AUDIOLOGY CLINIC</b> 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:30 pm T-Zone: <b>Sing Out!</b> 4:30 pm Dinner 6:00 pm Movie	9 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00pm T-Zone 4:00 pm Dinner 6:00 pm Movie	10 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00 pm T-Zone: <b>Happy Hour</b> 4:00 pm Dinner 6:00 pm Movie	11 Today: 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am T-Zone 11:30 am Lunch 1:30 pm <b>Joy Ride</b> /Stim Station 3:00pm T-Zone 4:00 pm Dinner 6:00 pm Movie	12 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 11:00 am Stim Station 11:30 am Lunch 1:00 pm T-Zone 2:00 pm Stim Station 3:00 pm T-Zone: <b>Bingo</b> 4:00 pm Dinner 6:00 pm Movie

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>13 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>14 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:30 pm <b>RUMMAGE WAGON</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>15 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm <b>ROY WILEY, MUSIC</b></p> <p>3:30 pm T-Zone: <b>Sing Out!</b></p> <p>4:30 pm Dinner</p> <p>6:00 pm Movie</p>	<p>16 Today: <b>FOOT CLINIC</b></p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00pm T-Zone: <b>Root Beer Floats</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>17 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone: <b>Happy Hour</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>18 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>10:30 am T-Zone</p> <p>11:30 am Lunch</p> <p>1:30 pm <b>Joy Ride</b>/Stim Station</p> <p>3:00pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>19 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone: <b>Bingo</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>
<p>20 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>21 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>22 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:30 pm <b>CHRIS WELLS, TRAVEL</b></p> <p>3:30 pm T-Zone: <b>Sing Out!</b></p> <p>4:30 pm Dinner</p> <p>6:00 pm Movie</p>	<p>23 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00pm T-Zone: <b>Ice Cream Sundaes</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>24 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone: <b>Happy Hour</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>25 Today:</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>10:30 am T-Zone</p> <p>11:30 am Lunch</p> <p>1:30 pm <b>Joy Ride</b>/Stim Station</p> <p>3:00pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>26 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone: <b>Bingo</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>
<p>27 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>28 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:30 pm <b>SONG CIRCLE</b></p> <p>2:00 pm Stim Station</p> <p>3:00 pm T-Zone</p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>	<p>29 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:30 pm T-Zone: <b>Sing Out!</b></p> <p>4:30 pm Dinner</p> <p>6:00 pm Movie</p>	<p>30 Today:</p> <p>7:30 am Breakfast</p> <p>9:30 am Daily Chronicle/Chat</p> <p>10:00 am Exercise</p> <p>11:00 am Stim Station</p> <p>11:30 am Lunch</p> <p>1:00 pm T-Zone</p> <p>2:00 pm Stim Station</p> <p>3:00pm T-Zone <b>Root Beer Floats</b></p> <p>4:00 pm Dinner</p> <p>6:00 pm Movie</p>		<p>T-Zone is our nickname for Thrive Zone. T-Zone is a group activity that stimulates mind, body, and spirit. Our Activity Assistants will use their vast knowledge of the residents to select appropriate, stimulating daily T-Zone activities.</p> <p>Stimulation Stations are meaningful activity stations using the Montessori approach: <i>finding individual strengths, supporting those strengths, and building on those strengths.</i></p> <p><b>All activities and times subject to change based on our residents needs.</b></p>	