


# Legacy Ridge



# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Mary Frances H. Nov 17 Casmira L. Nov 17 Simone P. Nov 21 Elaine S. Nov 22</p>			<p>1 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Singing &amp; Swinging 11:00 am Ball Kick/Toss 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Picture Bingo <b>3:00 pm Root Beer Floats</b> 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>2 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Slap Balloon 11:30 am Lunch <b>1:00 pm Empower Me Group Exercise</b> <b>3:00 pm Happy Hour</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>3 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Walking Group 11:30 am Lunch 12:45 pm Group Game <b>1:30 pm Joyride</b> 1:45 pm Hand &amp; Nails/Word Games/1:1's 3:00 pm Snack 3:30 pm Word Games 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>4 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Corn Hole 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Trivia 2:00 pm Sing A-long <b>3:00 pm Bingo</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>
<p>5 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Worship &amp; Hymn Sing 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games <b>3:00 pm Armchair Travel—TR</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>6 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Sing Along 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Slap Balloon 2:30 pm Word Games 3:30 pm Crafts 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>7 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Rotation Stations 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games <b>2:00 pm Music/Art Appreciation</b> 1:30 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>8 Today: <b>Foot Clinic</b></p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Singing &amp; Swinging 11:00 am Ball Kick/Toss 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Picture Bingo <b>3:00 pm Root Beer Floats</b> 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>9 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Sing A-Long 11:30 am Lunch <b>1:00 pm Empower Me Group Exercise</b> <b>3:00 pm Happy Hour</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>10 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Walking Group 11:30 am Lunch 12:45 pm Group Game <b>1:30 pm Joyride</b> 1:45 pm Hand &amp; Nails/Word Games/1:1's 3:00 pm Snack 3:30 pm Word Games 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>	<p>11 Today:</p> <p>7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Bowling 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Trivia 2:00 pm Sing A-long <b>3:00 pm Bingo</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie</p>

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12 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Worship & Hymn Sing 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games <b>3:00 pm Armchair Travel—TR</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	13 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Sing Along 11:30 am Lunch 12:30 pm Walking Group 1:30 pm Slap Balloon 2:30 pm Word Games 3:30 pm Crafts 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	14 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Rotation Stations 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games <b>2:00 pm Roy Wiley, Music</b> 1:30 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	15 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Singing & Swinging 11:00 am Ball Kick/Toss 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Picture Bingo <b>3:00 pm Root Beer Floats</b> 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	16 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Bowling 11:30 am Lunch <b>1:00 pm Empower Me Group Exercise</b> 2:00 pm Rotation Stations <b>3:00 pm Happy Hour</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	17 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Walking Group 11:30 am Lunch 12:45 pm Group Game <b>1:30 pm Joyride</b> 1:45 pm Hand & Nails/Word Games/1:1's 3:00 pm Snack 3:30 pm Word Games 4:30 pm Dinner 6:00 pm Movie	18 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Slap Balloon 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games 2:00 pm Sing A-long <b>3:00 pm Bingo</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie
19 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Worship & Hymn Sing 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games <b>3:00 pm Armchair Travel—TR</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:20 pm Broncos v. Minnesota	20 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Sing Along 11:30 am Lunch 12:30 pm Walking Group 1:30 pm Corn Hole 2:30 pm Word Games 3:30 pm Crafts 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	21 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Rotation Stations 11:30 am Lunch 12:45 pm Walking Group <b>1:30 pm Chris Wells, Travel</b> 1:30 pm Crafts/1:1's 2:30 pm Trivia 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	22 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Singing & Swinging 11:00 am Ball Kick/Toss 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Picture Bingo <b>3:00 pm Happy Hour</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	23 Today: <b>Thanksgiving</b> 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Bowling 11:30 am Lunch 2:00 pm Rotation Stations 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	24 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Walking Group 11:30 am Lunch 12:45 pm Group Game <b>1:30 pm Joyride</b> 1:45 pm Hand & Nails/Word Games/1:1's 3:00 pm Snack 3:30 pm Word Games 4:30 pm Dinner 6:00 pm Movie	25 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Ax Throwing 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Guess 10 2:00 pm Sing A-long <b>3:00 pm Bingo</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie
26 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Worship & Hymn Sing 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games 2:05 pm Broncos v. Cleveland <b>3:00 pm Armchair Travel—TR</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 6:00 pm Movie	27 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Sing Along 11:30 am Lunch 12:30 pm Walking Group 1:30 pm Bowling 2:30 pm Word Games 3:30 pm Crafts 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	28 Today: 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Rotation Stations 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Word Games <b>2:00 pm Rummage Wagon</b> 3:00 pm Crafts 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	29 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Singing & Swinging 11:00 am Ball Kick/Toss 11:30 am Lunch 12:45 pm Walking Group 1:30 pm Picture Bingo <b>3:00 pm Root Beer Floats</b> 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	30 7:30 am Breakfast 9:30 am Daily Chronicle/Chat 10:00 am Exercise 10:30 am Bowling 11:30 am Lunch <b>1:00 pm Empower Me Group Exercise</b> 2:00 pm Rotation Stations <b>3:00 pm Happy Hour</b> 3:00 pm Crafts/1:1's 4:30 pm Dinner 5:30 pm Meditation 6:00 pm Movie	Please Note: All activities are subject to change based on the needs/wants of our residents.	