

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2019

## Village Program



COURTYARDS  
AT BERNE VILLAGE  
A GRACE MGMT COMMUNITY

2701 Amhurst Blvd.  
New Bern, NC 28562  
(252) 633-1779

www.courtyardsbernevillage.com

|                                                                                                                                                                                        |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>11-12 Hymns Sing Along -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Parachute -AR<br>3-4 Trivia -AR<br>6-7 Sunday Wrap Up -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Stretch & Flex -AR<br>11-12 Jewelry Designs -AR<br>1-2 Rest & Relaxation<br>2-3 Sundaes on Monday's -AR<br>3-4 Brain Games -AR<br>6-7 Reminiscing -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Morning Stretch -AR<br>11-12 Scenic Ride -O<br>1-2 Rest & Relaxation -AR<br>2-3 Junk Drawer Detective -AR<br>3:30-4:30 Pretty Nails -AR<br>6-7 Hand Massages -AR                        | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Range & Motion -AR<br>11-12 Tag Tom the Turkey -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Mocktail Hour -AR<br>3-4 Furry Friends -AR<br>6-7 Wed. Night Devotional -AR                | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Jazzercise -AR<br>11-12 Looming -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Music Therapy -AR<br>3-4 Pretty Nails -AR<br>4-4:30 Sensory Interactions -AR<br>6-7 Timeslips -AR                                   | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Friday Fitness -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Friday Fun Festivities -AR<br>3:30-4:30 A-Z Trivia -AR<br>6-7 Movie & Popcorn -AR                            | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11:30 Walking Group -CY<br>1-2 Rest & Relaxation -AR<br>2-3 Karaoke -AR<br>3:30-4:30 Pretty Nails -AR<br>6-8 Sat. Night Movie -AR          |
| 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>11-12 Hymns Sing Along -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Parachute -AR<br>3-4 Trivia -AR<br>6-7 Sunday Wrap Up -AR | 10-2 Men's Haircut & Shave -SL<br>9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Stretch & Flex -AR<br>11-12 Bowling -AR<br>1-2 Rest & Relaxation<br>2-3 Sundaes on Monday's -AR<br>3-4 Karaoke Sing Along -AR<br>6-7 Reminiscing -AR   | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Morning Stretch -AR<br>11-12 Sweet Treats -O<br>1-2 Rest & Relaxation -AR<br>2-3 Baked Goods -AR<br>3:30-4:30 Pretty Nails -AR<br>6-7 Hand Massages -AR                                 | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Range & Motion -AR<br>11-12 Craft 'n' Creations -AR<br>1-1:45 Rest & Relaxation -AR<br>1:45-2:30 Southern Gentlemen -AR<br>3-4 Furry Friends -AR<br>6-7 Wed. Night Devotional -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Jazzercise -AR<br>11-12 Golf Cart Riding -CY<br>1-2 Rest & Relaxation -AR<br>1-2 Family Social MTG -DR<br>2-3 Chair Volleyball -AR<br>3-4 Pretty Nails -AR<br>4-4:30 Matching Game -AR<br>6-7 Timeslips -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Painting w/Amber -AR<br>11-12 Show & Tell -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Friday Fun Festivities -AR<br>3:30-4:30 A-Z Trivia -AR<br>6-7 Movie & Popcorn -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11:30 Walking Group -CY<br>1-2 Rest & Relaxation -AR<br>2-3 Chair Volleyball -AR<br>3:30-4:30 Pretty Nails -AR<br>6-8 Sat. Night Movie -AR |
| 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>11-12 Hymns Sing Along -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Parachute -AR<br>3-4 Trivia -AR<br>6-7 Sunday Wrap Up -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Stretch & Flex -AR<br>11-12 Chair Volleyball -AR<br>1-2 Rest & Relaxation<br>2-3 Sundaes on Monday's -AR<br>3-4 Brain Games -AR<br>6-7 Reminiscing -AR                                   | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Morning Stretch -AR<br>11-12 Scenic Ride -O<br>1-2 Rest & Relaxation -AR<br>2-3 Ladies High Tea -DR<br>2-3 Men's Coffee Chat -AR<br>3:30-4:30 Pretty Nails -AR<br>6-7 Hand Massages -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Range & Motion -AR<br>11-12 Bowling -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Mocktail Hour -AR<br>3-4 Furry Friends -AR<br>6-7 Wed. Night Devotional -AR                           | Happy Birthday Ruth!<br>9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Jazzercise -AR<br>11-12 Stuff the Turkey -AR<br>2-3 Music Therapy -AR<br>3-4 Scotti Strings -AR<br>4-4:30 Pretty Nails -AR<br>6-7 Timeslips -AR                                     | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Friday Fitness -AR<br>11-12 Ball Toss -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Friday Fun Festivities -AR<br>3:30-4:30 A-Z Trivia -AR<br>6-7 Movie & Popcorn -AR                                        | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11:30 Walking Group -CY<br>1-2 Rest & Relaxation -AR<br>2-3 Chair Volleyball -AR<br>3:30-4:30 Pretty Nails -AR<br>6-8 Sat. Night Movie -AR |
| 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>11-12 Hymns Sing Along -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Parachute -AR<br>3-4 Trivia -AR<br>6-7 Sunday Wrap Up -AR | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Stretch & Flex -AR<br>11-12 Chair Volleyball -AR<br>1-2 Rest & Relaxation<br>2-3 Sundaes on Monday's -AR<br>3-4 Karaoke Sing Along -AR<br>6-7 Reminiscing -AR                            | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Morning Stretch -AR<br>11-12 Out to Lunch -O<br>1-2 Rest & Relaxation -AR<br>2-3 Baked Goods -DR<br>3:30-4:30 Pretty Nails -AR<br>6-7 Hand Massages -AR                                 | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Range & Motion -AR<br>11-12 Craft 'n' Creations -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Birthday Bash -AR<br>3-4 Furry Friends -AR<br>6-7 Wed. Night Devotional -AR               | 12p-2p Thanksgiving Lunch<br>9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Jazzercise -AR<br>11-12 Golf Cart Riding -CY<br>2-3 Color My World -AR<br>3:30-4:30 Pretty Nails -AR<br>6-7 Timeslips -AR                                                      | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11 Friday Fitness -AR<br>11-12 Bowling -AR<br>1-2 Rest & Relaxation -AR<br>2-3 Friday Fun Festivities -AR<br>3:30-4:30 A-Z Trivia -AR<br>6-7 Movie & Popcorn -AR                                          | 9-10 Primp & Pamper -AR<br>10-10:30 Snack & Chronicles -AR<br>10:30-11:30 Walking Group -CY<br>1-2 Rest & Relaxation -AR<br>2-3 Chair Volleyball -AR<br>3:30-4:30 Pretty Nails -AR<br>6-8 Sat. Night Movie -AR |

Thanksgiving Day (US)

Activities are Subject to Change Location: AR- Activity Room; MB- Main Building; CY- Courtyard; SL- Salon; DR- Dining Room; O- Outing Life Skill Creative Social Cognitive Supportive Spiritual Exercise