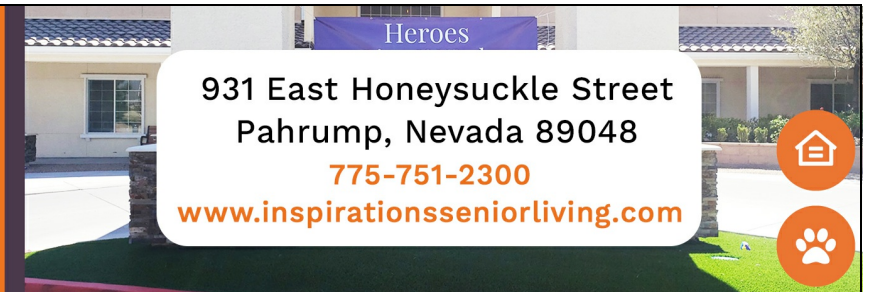




INSPIRATIONS
SENIOR LIVING
A GRACE MGMT COMMUNITY

NOVEMBER 2021

INSPIRATIONS Senior Living-MC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative PY - Physical PR - Purposeful SO - Social SP - Spiritual</p> <p>1</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>2 Election Day</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>3</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>4</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>5</p> <p>SP 7:30 Music Time PY 10:00 Apples Away PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>6</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	
<p>7 Daylight Saving Ends</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>8</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>9</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>10</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>11 Veterans Day</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>12</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>13</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>14</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>15</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>16</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>17</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>18</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>19</p> <p>SP 7:30 Music Time PY 10:00 Apples Away PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>20</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>21</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>22</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>23</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>24</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>25 Thanksgiving</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>26 Black Friday</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>27</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>28</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>29 Hanukkah Begins</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>30</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>		<p>Happy Birthday!! Arlene B. 11/5 Robert P. 11/13 Connie M. 11/15 Dianna R. 11/19</p>		

Events are Subject to Change.