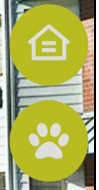




HERITAGE OAKS
A GRACE MGMT COMMUNITY

NOVEMBER 2022

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Richmond, Virginia 23225
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative I - Intergenerational PY - Physical PR - Purposeful SO - Social SP - Spiritual</p> <p>Location Keys Activity Room -AR Chapel -C Atrium -A Cafe-C Jefferson Room-JR Outside-O Library-L Theater Room-T</p>		<p>1</p> <p>PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) CO 1:30 Pressed Flowers Note cards Workshops -AR SO 3:00 Wine Tuesday [A]</p>	<p>2</p> <p>SO 9:00 Early Voting -O SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 1:30 Mobile OT Wellness Hand Therapy Information Session -A SP 2:30 Church Hymnal Sing along -CH</p>	<p>3</p> <p>SO 10:00 Booster Clinic- AR SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 1:00 Medicare Resource Center w/ Trina -C CO 3:00 Hangman - A</p>	<p>4</p> <p>SO 9:00 Walmart (O) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 11:00 Lunch at Cracker Barrel -O SO 3:00 Happy Hour [AR]</p>	<p>5</p> <p>SP 10:30 Communion [CH] SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>6 Daylight Saving Ends</p> <p>CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>7</p> <p>PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) CO 1:30 Pokeno -AR CO 3:00 Arts and Crafts/ Holiday flower Arrangement w/ Legacy</p>	<p>8 Election Day</p> <p>PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 1:30 Art Performance by Phil Mckenney -A CO 3:00 5 Cent Bingo -AR</p>	<p>9</p> <p>SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 12:00 Shopping Trip to Dollar Tree-O SP 2:30 Devotions [C] SO 3:30 Wine Wednesday w/ Joe Loschaivo [A]</p>	<p>10</p> <p>PY 10:00 Exercise w/ Legacy (A) PY 10:45 Wii Bowling (AR) SO 1:00 Medicare Resource Center w/ Trina -C SO 1:30 Kevin Sings the Classics -A SO 3:00 National Vanilla Cupcake Day -C</p>	<p>11 Veterans Day</p> <p>SO 9:00 Walmart (O) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 1:30 Veterans Day Social -A</p>	<p>12</p> <p>SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>13</p> <p>CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>14</p> <p>PY 10:00 Moving to the Beat -A SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 1:30 Craig Anders -A SO 3:00 Corn Hole -A</p>	<p>15</p> <p>PY 10:00 Moving to the Beat -A SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 1:30 Boccee Ball-A SO 3:00 Drive Thru Movie-A</p>	<p>16</p> <p>SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 12:00 Shopping Trip to Publix -O SP 2:30 Devotions [C] SO 3:30 Wine Wednesday [A]</p>	<p>17</p> <p>PY 10:00 Exercise w/ Legacy (A) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) PR 1:00 Medicare Resource Center w/ Trina -C PR 3:00 Blood Pressure Clinic-A</p>	<p>18</p> <p>SO 9:00 Walmart (O) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) PR 12:00 Lunch at Red Robin SO 3:00 Happy Hour [AR]</p>	<p>19</p> <p>SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>20</p> <p>CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>21</p> <p>PY 10:00 Moving to the Beat -A SO 10:30 Coffee Chat -C PY 10:45 Wii Bowling-AR 1:30 National Gingerbread Cookie Day Social -A CO 3:00 Arts and Crafts: Create your Own Tree of Thanks -AR</p>	<p>22</p> <p>SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) PR 1:30 Residents Monthly Meeting (A) SO 3:00 Residents Birthday Celebration-A</p>	<p>23</p> <p>SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 12:00 Shopping Trip to Walmart-O SP 2:30 Devotions [C] SO 3:30 Wine Wednesday w/ Debra and Patrick [A]</p>	<p>24 Thanksgiving</p> <p>SO 10:30 Coffee Chat -AR PY 10:45 Wii Bowling (AR) CO 1:30 Grab Bag Craft -AR</p>	<p>25</p> <p>SO 10:30 Coffee Chat -AR PY 10:45 Wii Bowling (AR) 1:30 Independent Card Games-AR</p>	<p>26</p> <p>SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>27</p> <p>CR 1:00 Cards [L] CR 1:00 Easy Listening [A] SO 1:00 Ice Cream Social -A</p>	<p>28</p> <p>PY 9:30 Jammin with Jillson (A) SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) PY 1:30 Boccee Ball -A CO 3:00 5 Cent Bingo-AR</p>	<p>29</p> <p>PY 10:00 Moving to the Beat -A SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) CO 1:30 Hangman -AR I 3:00 Pokeno -AR</p>	<p>30</p> <p>SO 10:30 Coffee Chat (C) PY 10:45 Wii Bowling (AR) SO 12:00 Shopping Trip to Chesterfield Towne Center-O SP 2:30 Devotions [C] SO 3:30 Wine Wednesday [A]</p>	<p>Happy Birthday!! Rebecca Kearney 11/6 Lorrie Karnes 11/9 Bobbie Avery 11/12 Wilbur Miller 11/12</p>	<p>Majorie Hunter 11/13 Joanne Williams 11/13 Paul McGinnis 11/21</p>	<p>*** Booster Shot Clinic on 11/3 will be from 10:00 am - 12:00 pm in the Activity Room.</p>

Events are Subject to Change.