



TWIN RIVERS  
A GRACE MGMT COMMUNITY

# NOVEMBER 2022

1720 North Plano Road  
Richardson, Texas 75081  
972-979-4333 | License: 106770  
[www.twinriversassistedliving.com](http://www.twinriversassistedliving.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>I</b> - Intergenerational <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual</p>	<p><b>Birthdays</b> 11/5 - Barbara Christiansen</p>	<p><b>1</b> <b>PY</b> 10:00 Daily Chronicles <b>I</b> 10:30 Table and Board Games <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>PY</b> 3:00 Chair volleyball <b>CR</b> 3:30 Puzzles &amp; Coloring <b>E</b> 6:00 Classical Music</p>	<p><b>2</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Chair Exercise <b>E</b> 11:00 Sing Along Music (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:00 Snack &amp; Chat <b>CC</b> 3:30 Brain Teasers &amp; Trivia (iN2L) <b>SO</b> 6:00 Movie Matinee</p>	<p><b>3</b> <b>PY</b> 10:00 Daily Chronicles <b>I</b> 10:30 Game of choice (iN2L) <b>SP</b> 1:00 Catholic Communion <b>SP</b> 1:15 Rosary Circle W/Ken Brown <b>SO</b> 2:30 Snack &amp; Chat <b>I</b> 3:30 Table Game &amp; Dominoes <b>E</b> 6:00 Classical Music</p>	<p><b>4</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Sit &amp; Be Fit <b>E</b> 11:00 Sing with Susie Q (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>CC</b> 3:00 BINGO <b>SO</b> 6:00 Movie Matinee</p>	<p><b>5</b> <b>SO</b> 10:30 Coffee &amp; Donuts Social <b>SO</b> 2:30 Snack and Chat <b>PR</b> 3:00 Afternoon Stretch <b>CC</b> 3:30 Puzzle &amp; Coloring <b>E</b> 6:00 Classical Music</p>
<p><b>6</b> Daylight Saving Ends</p> <p><b>SP</b> 10:00 Non- Denomination Worship Service <b>SP</b> 11:00 <b>Sing Along and Bible Reading</b> <b>SO</b> 2:00 Snack and Chat <b>SO</b> 2:30 Bingo <b>I</b> 3:00 Dominoes <b>SO</b> 4:00 Sunday Movie</p>	<p><b>7</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Sit &amp; Be Fit <b>E</b> 11:00 Sing W/Mary Sue (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>CC</b> 3:00 BINGO <b>SO</b> 6:00 Movie Matinee</p>	<p><b>8</b> Election Day</p> <p><b>PY</b> 10:00 Daily Chronicles <b>PR</b> 10:30 Bean Bag Twister <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>PY</b> 3:00 Chair volleyball <b>SO</b> 3:00 <b>Entertainment w/ Krystal Rodriguez</b> <b>CR</b> 3:30 Puzzles &amp; Coloring <b>E</b> 6:00 Classical Music</p>	<p><b>9</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Chair Exercise <b>E</b> 11:00 Sing Along Music (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:00 Snack &amp; Chat <b>CC</b> 3:30 Brain Teasers &amp; Trivia (iN2L) <b>SO</b> 6:00 Movie Matinee</p>	<p><b>10</b> <b>PY</b> 10:00 Daily Chronicles <b>I</b> 10:30 Game of choice (iN2L) <b>SE</b> 10:30 <b>Music Therapy W/Ivor</b> <b>SP</b> 1:00 Catholic Communion <b>SP</b> 1:15 Rosary Circle W/Ken Brown <b>SO</b> 2:30 Snack &amp; Chat <b>I</b> 3:30 Puzzles &amp; Dominoes <b>E</b> 6:00 Classical Music</p>	<p><b>11</b> Veterans Day</p> <p><b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Sit &amp; Be Fit <b>E</b> 11:00 Sing with Susie Q (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:00 Baking With Residents <b>CC</b> 3:00 BINGO <b>SO</b> 6:00 Movie Matinee</p>	<p><b>12</b> <b>SO</b> 10:30 Coffee &amp; Donuts Social <b>SO</b> 2:30 Snack and Chat <b>PR</b> 3:00 Afternoon Stretch <b>CC</b> 3:30 Puzzle &amp; Coloring <b>E</b> 6:00 Classical Music</p>
<p><b>13</b> <b>SP</b> 10:00 Non- Denomination Worship Service <b>SP</b> 11:00 <b>Sing Along and Bible Reading</b> <b>SO</b> 2:00 Snack and Chat <b>SO</b> 2:30 Bingo <b>I</b> 3:00 Dominoes <b>SO</b> 4:00 Sunday Movie</p>	<p><b>14</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Sit &amp; Be Fit <b>E</b> 11:00 Sing W/Mary Sue (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>CC</b> 3:00 BINGO <b>SO</b> 6:00 Movie Matinee</p>	<p><b>15</b> <b>PY</b> 10:00 Daily Chronicles <b>I</b> 10:30 Table and Board Games <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>PY</b> 3:00 Chair volleyball <b>CR</b> 3:30 Puzzles &amp; Coloring <b>E</b> 6:00 Classical Music</p>	<p><b>16</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Chair Exercise <b>E</b> 11:00 Sing Along Music (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:00 Snack &amp; Chat <b>CC</b> 3:30 Brain Teasers &amp; Trivia (iN2L) <b>SO</b> 6:00 Movie Matinee</p>	<p><b>17</b> <b>PY</b> 10:00 Daily Chronicles <b>I</b> 10:30 Game of choice (iN2L) <b>SP</b> 1:00 Catholic Communion <b>SP</b> 1:15 Rosary Circle W/Ken Brown <b>SO</b> 2:30 Snack &amp; Chat <b>I</b> 3:30 Puzzles &amp; Dominoes <b>E</b> 6:00 Classical Music</p>	<p><b>18</b> <b>PY</b> 10:00 Daily Chronicles <b>PY</b> 10:30 Sit &amp; Be Fit <b>E</b> 11:00 Sing with Susie Q (iN2L) <b>SE</b> 1:00 Daily Calm Meditation <b>SO</b> 2:30 Snack &amp; Chat <b>CC</b> 3:00 BINGO <b>SO</b> 3:30 <b>Entertainment w/ Bill Cobb</b> <b>SO</b> 6:00 Movie Matinee</p>	<p><b>19</b> <b>SO</b> 10:30 Coffee &amp; Donuts Social <b>SO</b> 2:30 Snack and Chat <b>PR</b> 3:00 Afternoon Stretch <b>CC</b> 3:30 Puzzle &amp; Coloring <b>E</b> 6:00 Classical Music</p>

Events are Subject to Change.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p><b>SP 10:00</b> Non- Denomination Worship Service</p> <p><b>SP 11:00</b> <b>Sing Along and Bible Reading</b></p> <p><b>SO 2:00</b> Snack and Chat</p> <p><b>SO 2:30</b> Bingo</p> <p><b>I 3:00</b> Dominoes</p> <p><b>SO 4:00</b> Sunday Movie</p>	<p><b>21</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>PY 10:30</b> Sit &amp; Be Fit</p> <p><b>E 11:00</b> Sing W/Mary Sue (iN2L)</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:30</b> Snack &amp; Chat</p> <p><b>CC 3:00</b> BINGO</p> <p><b>SO 6:00</b> Movie Matinee</p>	<p><b>22</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>SO 10:30</b> Bean Bag Twister</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:30</b> Snack &amp; Chat</p> <p><b>PY 3:00</b> Chair volleyball</p> <p><b>CR 3:30</b> Puzzles &amp; Coloring</p> <p><b>E 6:00</b> Classical Music</p>	<p><b>23</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>PY 10:30</b> Chair Exercise</p> <p><b>E 11:00</b> Sing Along Music (iN2L)</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:00</b> Snack &amp; Chat</p> <p><b>CC 3:30</b> Brain Teasers &amp; Trivia (iN2L)</p> <p><b>SO 6:00</b> Movie Matinee</p>	<p><b>24</b> <b>Thanksgiving</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>I 10:30</b> Game of choice( iN2L)</p> <p><b>SP 1:00</b> Catholic Communion</p> <p><b>SP 1:15</b> Rosary Circle W/Ken Brown</p> <p><b>SO 2:30</b> Snack &amp; Chat</p> <p><b>I 3:30</b> Puzzles &amp; Table Game</p> <p><b>E 6:00</b> Classical Music</p>	<p><b>25</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>PY 10:30</b> Sit &amp; Be Fit</p> <p><b>E 11:00</b> Sing with Susie Q (iN2L)</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:30</b> Snack &amp; Chat</p> <p><b>CC 3:00</b> BINGO</p> <p><b>SO 6:00</b> Movie Matinee</p>	<p><b>26</b></p> <p><b>SO 10:30</b> Coffee &amp; Donuts Social</p> <p><b>SO 2:30</b> Snack and Chat</p> <p><b>PR 3:00</b> Afternoon Stretch</p> <p><b>CC 3:30</b> Puzzle &amp; Coloring</p> <p><b>E 6:00</b> Classical Music</p>
<p><b>27</b></p> <p><b>SP 10:00</b> Non- Denomination Worship Service</p> <p><b>SP 11:00</b> <b>Sing Along and Bible Reading</b></p> <p><b>SO 2:00</b> Snack and Chat</p> <p><b>SO 2:30</b> Bingo</p> <p><b>I 3:00</b> Dominoes</p> <p><b>SO 4:00</b> Sunday Movie</p>	<p><b>28</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>PY 10:30</b> Sit &amp; Be Fit</p> <p><b>E 11:00</b> Sing W/Mary Sue (iN2L)</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:30</b> Snack &amp; Chat</p> <p><b>CC 3:00</b> BINGO</p> <p><b>SO 6:00</b> Movie Matinee</p>	<p><b>29</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:30</b> Snack &amp; Chat</p> <p><b>SO 3:00</b> <b>Monthly Birthday Party w/ Marty</b></p> <p><b>CR 3:30</b> Puzzles &amp; Coloring</p> <p><b>E 6:00</b> Classical Music</p>	<p><b>30</b></p> <p><b>PY 10:00</b> Daily Chronicles</p> <p><b>PY 10:30</b> Chair Exercise</p> <p><b>E 11:00</b> Sing Along Music (iN2L)</p> <p><b>SE 1:00</b> Daily Calm Meditation</p> <p><b>SO 2:00</b> Snack &amp; Chat</p> <p><b>CC 3:30</b> Brain Teasers &amp; Trivia (iN2L)</p> <p><b>SO 6:00</b> Movie Matinee</p>			

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