



November 2022

- Spiritual
- Physical
- Entertainment
- Intellectual
- Outing
- !!** Food
- 🎨** Craft
- ♪** Music
- 🐕** Dog Therapy
- 🚶** Outing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:00 ■ Bingo 11:00 Zen Sand 1:00 Word Search 3:00 Craft Time 🎨 6:00 ■ Wii Bowling	9:00 ■ Hand exercise and strength training 10:00 ■ Walmart 🚶 1:00 ■ Skee Ball 3:00 ■ Coloring 6:30 ■ Terry Helstrom: Organ ♪	9:00 ■ Dart Guns 10:00 ■ Rachel Willis 11:00 Bean Bag Toss 1:00 Manicure by Gloria 1:00 Thirsty Thursday !! 3:00 Shape Shifting	9:00 ■ Bingo 11:00 ■ Exercise with Tanner-Drumming 1:00 FUN FOOD FRIDAY !! 3:00 Memory Games	10:00 ■ Bingo 11:00 Nails by Nicole 1:30 ■ Popcorn and Movie 3:00 Community Coloring 🎨
6	7	8	9	10	11	12
9:30 ■ Music and the Spoken Word 10:00 ■ LDS Services	9:00 ■ Strength Training- A new way to Move 10:30 Cooking Demo 1:00 ■ Resident Choice Games 7:00 ■ Family Home Evening	9:00 ■ Bingo 10:00 ■ Music Therapy 11:00 Massage by Brett 11:00 Zen Sand 1:00 Word Search 3:00 Craft Time 🎨 6:00 ■ Wii Bowling	9:00 ■ Hand exercise and strength training 10:00 ■ Scenic Drive 1:00 ■ Skee Ball 3:00 ■ Coloring	9:00 ■ Dart Guns 10:00 Let's Travel to Mexico 1:00 Manicure by Gloria 1:00 Thirsty Thursday !! 1:00 Willow the therapy Dog 🐕 3:00 Shape Shifting	Veterans Day 9:00 ■ Bingo 11:00 ■ Exercise with Tanner-Drumming 1:00 FUN FOOD FRIDAY !! 3:00 Memory Games	10:00 ■ Bingo 11:00 Nails by Nicole 1:30 ■ Popcorn and Movie 3:00 Community Coloring 🎨
13	14	15	16	17	18	19
9:30 ■ Music and the Spoken Word 10:00 ■ LDS Services	9:00 ■ Strength Training- A new way to Move 10:30 ■ Wyldwood ♪ 1:00 ■ Resident Choice Games 7:00 ■ Family Home Evening 2:00 <i>Honey buns</i>	9:00 ■ Bingo 10:00 ■ Rachel Willis 11:00 Massage by Brett 11:00 Zen Sand 1:00 Word Search 3:00 Craft Time 🎨 6:00 ■ Wii Bowling	9:00 ■ Hand exercise and strength training 1:00 ■ Skee Ball 3:00 ■ Coloring 6:30 ■ Terry Helstrom: Organ ♪	9:00 ■ Dart Guns 10:00 ■ Stampede 11:00 Bean Bag Toss 1:00 Manicure by Gloria 1:00 Thirsty Thursday !! 3:00 Shape Shifting	9:00 ■ Bingo 11:00 ■ Exercise with Tanner-Drumming 1:00 FUN FOOD FRIDAY !! 3:00 Memory Games 2:00 <i>Resident meeting</i>	10:00 ■ Bingo 11:00 Nails by Nicole 1:30 ■ Popcorn and Movie 3:00 Community Coloring 🎨
20	21	22	23	24	25	26
Linda's Birthday 9:30 ■ Music and the Spoken Word 10:00 ■ LDS Services	9:00 ■ Strength Training- A new way to Move 10:30 Cooking Demo 1:00 ■ Resident Choice Games 7:00 ■ Family Home Evening	9:00 ■ Bingo 10:00 ■ Music Therapy 11:00 Zen Sand 1:00 Word Search 3:00 Craft Time 🎨 6:00 ■ Wii Bowling	9:00 ■ Hand exercise and strength training 9:00 ■ Water Rockets 1:00 ■ Skee Ball 3:00 ■ Coloring	Thanksgiving 9:00 ■ Dart Guns 11:00 Bean Bag Toss 1:00 Manicure by Gloria 1:00 Thirsty Thursday !! 1:00 Willow the therapy Dog 🐕 3:00 Shape Shifting	9:00 ■ Bingo 11:00 ■ Exercise with Tanner-Drumming 1:00 FUN FOOD FRIDAY !! 3:00 Memory Games 2:00 <i>Bowler Boys</i>	10:00 ■ Bingo 11:00 Nails by Nicole 1:30 ■ Popcorn and Movie 3:00 Community Coloring 🎨
27	28	29	30			
9:30 ■ Music and the Spoken Word 10:00 ■ LDS Services	9:00 ■ Strength Training- A new way to Move 10:30 ■ Wyldwood ♪ 1:00 ■ Resident Choice Games 7:00 ■ Family Home Evening	9:00 ■ Bingo 11:00 Zen Sand 1:00 Word Search 3:00 Craft Time 🎨 6:00 ■ Wii Bowling	9:00 ■ Hand exercise and strength training 11:00 Resident Party 1:00 ■ Skee Ball 3:00 ■ Coloring			



Apple Tree

Assisted Living

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November 2022

A Tribute to Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.

Courage Makes a Hero

"Being a hero doesn't mean you're invincible. It just means that you're brave enough to stand up and do what's needed." —Rick Riordan

Newsworthy Milestone

The longest-running show on television turns 75 this month. Created and originally hosted by journalist Martha Rountree, "Meet the Press" debuted on Nov. 6, 1947. The program's political commentary, panel discussions and exclusive interviews made it a staple of Sunday morning news in many households.

Giving Tuesday

Since its creation in 2012, the mission of Giving Tuesday is to encourage generosity during the shopping season. Through volunteering, food drives and charitable donations, millions of people worldwide have participated in the event, now held annually on the Tuesday after Thanksgiving.

Checkout Double-Check

After making a purchase, take a minute to scan your receipt before leaving the store. If you find a mistake, you can stop at customer service to have it corrected, saving you another trip.



A Harvest Gem

Bundles of dried corn cobs with colorful kernels are a familiar sight in fall displays. Called flint corn, this kind of corn is not eaten off the cob like sweet corn, but can be ground into cornmeal, made into hominy or sometimes popped. An heirloom variety of flint corn, called Glass Gem corn, has become a seasonal star due to its glistening rows of rainbow-colored kernels.

Brainteaser

Question: What word is six letters long, but when you remove one letter, you're left with 12?

Answer: Dozens.

Protect Your Sweaters

When hanging sweaters in a closet, choose wide, wooden hangers for heavier knits and slim, velvet hangers for lightweight cardigans. These will help prevent fabrics from stretching or slipping.

