

SUNDAY <i>World Kindness Month</i> 	MONDAY	TUESDAY ELECTION DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY											
DAYLIGHT SAVINGS TIME 10:00 am Communion (EC) 1:30 pm Game time: Mexican Train and a variety of Card Games (EC) 5:30 pm Movie Night (GH)	AVON 9:15 am Devotions (GH) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 11:30 am SCRABBLE (L) 1:00 pm Book Club (L) 1:00 pm Dominoes (RD) 2:00 pm OM:NI (BR) 3:00 pm Choir Practice (GH)	MARY KAY 9:15 am Devotions (GH) 10:00 am Make a Difference Paint Rocks 11:00 am Walking- The Mall (EC) 1:00 pm Penny Bingo (RD) 1:30 pm Balanced Body (EC) 2:00 pm Food for Thought (EC) 6:00 pm Phase 10 (EC)	STRONG LIFE FINANCIAL 9:15 am Devotions (GH) 9:30 am Breakfast Club (RD) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 1:00 pm Mexican Train (EC) 2:30 pm World Kindness Around the World (GH) 2:00 pm Bridge (EC) 6:00 pm Movie Night (GH)	 VETERANS DAY ★ HONORING ALL WHO SERVED ★ 9:15 am Devotions (GH) 11:00 am Boxing for Balance (EC) 11:00 am Veteran's Day Parade 1:30 pm Balanced Body (EC) 2:00 pm Hand Maidens (CL) 3:15 pm Bible Study (EC) 6:30 pm Resident-led Bingo (EC)	9:15 am Devotions (GH) 9:30 am Breakfast Club (RD) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 1:00 pm Mexican Train (EC) 3:00 pm Happy Hour Music with John Southern	9:15 am Devotions (GH) 9:30 am Oklahoma Aquarium Trip 2:00 pm Card Games/Bridge (EC)											
10:00 am Devotional (EC) 1:30 pm Game time: Mexican Train and a variety of Card Games (EC) 5:30 pm Movie Night (GH)	9:15 am Devotions (GH) 9:30 am CoreFIT 10:15 am Chair Exercise (EC) 11:00 am Just Move 11:30 am SCRABBLE (L) 1:00 pm Dominoes (L) 2:00 pm OM:NI (BR)	PAM'S JEWELRY 9:15 am Devotions (GH) 10:30 am Lunch Out – Chedders 11:00 am Boxing for Balance (EC) 1:00 pm Penny Bingo (RD) 1:30 pm Balanced Body (EC) 6:00 pm Phase 10 (EC)	9:15 am Devotions (GH) 9:30 am Breakfast Club (RD) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 1:00 pm Mexican Train (EC) 1:30 pm Collect Pine Cones for Wreath (GH) 2:00 pm Bridge (EC) 6:00 pm Movie Night (GH)	9:15 am Devotions (GH) 10:00 am Community Craft-Blankets (RD) 11:00 am Boxing for Balance (EC) 1:00 pm RC Council (2nd FL Sunroom) 1:30 pm Balanced Body (EC) 2:00 pm Hand Maidens (CL) 3:15 pm Bible Study (EC) 5:00 pm Cottage Social (CCH) 6:30 pm Resident-led Bingo (EC)	9:15 am Devotions (GH) 9:30 am Breakfast Club (RD) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 1:00 pm Mexican Train (EC) 3:00 pm Happy Hour Music with All That Jazz	9:15 am Devotions (GH) 10:30 am Jewish Museum Holocaust Exhibit Lunch: First Watch 2:00 pm Card Games/Bridge (EC)											
10:00 am Devotional (EC) 1:30 pm Game time: Mexican Train and a variety of Card Games (EC) 5:30 pm Movie Night (GH)	9:15 am Devotions (GH) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 11:30 am SCRABBLE (L) 1:00 pm Dominoes (L) 2:00 pm OM:NI (BR) 3:00 pm Choir Practice (GH)	9:15 am Devotions (GH) 11:00 am Walking – at the Mall 1:00 pm Penny Bingo (RD) 1:30 pm Balanced Body (EC) 6:00 pm Phase 10 (EC)	9:15 am Devotions (GH) 9:30 am Breakfast Club (RD) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 1:00 pm Birthday Party (GR) Music by Barbara Barger 1:00 pm Mexican Train (EC) 2:00 pm Bridge (EC) 6:00 pm Movie Night (GH)	THANKSGIVING DAY 9:15 am Devotions (GH) 	9:15 am Devotions (GH) 9:30 am Breakfast Club (RD) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 1:00 pm Mexican Train (EC) 3:00 pm Happy Hour Music with Joe Johnston	BEDLAM PARTY – TBA 9:15 am Devotions (GH) 2:00 pm Card Games/Bridge (EC) 											
10:00 am Devotions (GH) 1:30 pm Game time: Mexican Train and a variety of Card Games (EC) 5:30 pm Movie Night (GH)	9:15 am Devotions (GH) 9:30 am CoreFit (EC) 10:15 am Chair Exercise (EC) 11:00 am Just Move (EC) 11:30 am SCRABBLE (L) 1:00 pm Dominoes (L) 2:00 pm OM:NI (BR)	9:15 am Devotions (GH) 10:30 am Lunch Out – Panera 11:00 am Boxing for Balance (EC) 1:00 pm Penny Bingo (RD) 1:30 pm Balanced Body (EC) 2:00 pm Donating of Blankets 6:00 pm Phase 10 (GH)	YOUR KEY TO ALL OUR ACTIVITIES <table border="0"> <tr> <td>FIRST FLOOR</td> <td>SECOND FLOOR & COTTAGES</td> </tr> <tr> <td>(GH) Great Hall</td> <td>(EC) Entertainment Center</td> </tr> <tr> <td>(GR) Gathering Room</td> <td>(L) Library</td> </tr> <tr> <td>(C) Chapel</td> <td>(CL) Cozy Lounge</td> </tr> <tr> <td>(BR) Billiards Room</td> <td>(RD) Dining Room</td> </tr> <tr> <td></td> <td>(CCH) Cottage Club House</td> </tr> </table> <p><i>ALL activities are subject to change due to availability, weather and/or Covid restrictions.</i></p>		FIRST FLOOR	SECOND FLOOR & COTTAGES	(GH) Great Hall	(EC) Entertainment Center	(GR) Gathering Room	(L) Library	(C) Chapel	(CL) Cozy Lounge	(BR) Billiards Room	(RD) Dining Room		(CCH) Cottage Club House	
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HAPPY Thanksgiving

O E G F P S Q U A S H A Q V N P Z
 E G Y K R U U D L C O P C R O G M
 I N L M W W M Y R B S O S U I L V
 P I I P T I X P L G R A V Y T I G
 N F M Z U R G L K N X R A Q I S J
 A F A F R U T R B I Q J G A D M J
 C U F S K A Q R E E N Q N V A I T
 E T K E E W E A M E T P R A R R Y
 P S W O Y A G P H L N I I J T G A
 S R B T D M R P A O K B V E M L H
 I C B A U A A L R R N H E W O I I
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 H K I O B Y E P E S V B O Y N H F
 I L H P V F F I S S G F L L A S E
 W P C G G O U E T A I D L P Z M A
 C R X Q C M L K L C V W S S O B S
 S R C R A N B E R R Y N B A P S T

- | | | | |
|-----------|-----------|-------------|-------------|
| Turkey | Cranberry | Potatoes | Gravy |
| Stuffing | Rolls | Green beans | Pumpkin pie |
| Grateful | Pecan pie | Family | Harvest |
| Tradition | Feast | Casserole | Applepie |
| Pilgrims | Squash | Yams | Cornbread |



MEET OUR TEAM

Sabrina Davidson
Executive Director

Kerri Turner
Residence Service Director

Amy Huntley
Lifestyle Counselor

Jennifer Lombard
Lifestyle Counselor

Rosie Franco
Business Manager

Robert Almaraz
Executive Chef

Pam Reynolds
Director of Celebrations

Junior Bolen
Maintenance Supervisor

Carmen Nunez
Housekeeping Supervisor

Jennifer White
FitCamp Coach



Residents' Birthdays

Patsy Himes	11/01
Lowell Scheppmann	11/03
Guy Nelson	11/04
Jim Horn	11/15
Judy Kampf	11/15
Roma Eaton	11/18
Marie Garrison	11/18
Joan Schrader	11/18
Martha Campbell	11/20
Carroll Gatlin	11/21
Judy Holtz	11/23
Nancy Wadlow	11/23
Richard Myer	11/24
Elaine Hughes	11/28
Dean Lewis	11/28

Team Members' Birthdays

Miatta Rugh Massaley	11/01
Manuela Amparan	11/16
Helga Amalia Jamison	11/23
Pam Reynolds	11/25
Alaina O'neil	11/26
Fernando Botello	11/26

*If we have missed your birthday,
please let the front desk know.*

Exceptional Lifestyle Programs

