

Celebrate Birthdays & Anniversaries!

Doreen 90 22
 Kathy - 62 - 23
 Gary - 87 - 25th
Staff Birthdays
 Josh Care staff 19th
 Daisy Housekeeping 24th
 Kasey Coniceirge 25
 Stephanie Diningroom Staff 26
 Art Maintenance 27

Vitality Theme: Gratitude Month

" Gratitude is like a magnet; the more grateful you are, the more you will receive to be grateful for." -Iyanla Vanzant

Location Guide

B-B Wing
A-A Wing
SN-Snoozlyn Room
AP-A Patio
BP- B Patio
WLV-Wheatland Village

BS-Beauty Salon
TH -Movie Theater
LIB -Library
CH - Chapel
DR - Dining Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Wellness Types	Key	Meal Times	1	2	3	4	
Leisure	Fruit Boost	Breakfast Served 6:00-10:00 Lunch Served at 11:30 Dinner Served at 4:30	9:30 Exercise	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise (CH)	
Wellness	Hydration & Fresh Fruit		Fruit Boost	9:30 Exercise	Fruit Boost	Fruit Boost	Fruit Boost
Cognitive	Brain Games		Puzzles, Word Games, & other Cognitive games Rise & Refuel Wake up call, hydration, & snack Room Visit 1-on-1 time with staff Tidbit Tuesday Activites & Games from Tidbits	Fancy Nails	Fruit Boost	Brain Games	10:30 Village Church (CH)
Social				12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie
Physical				2:00 Rise & Refuel	12:00 Matinee Movie	1:00 Shadow Box Crafts	1:00 BINGO
			3:00 Puzzles with Carestaff	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:00 Rise & Refuel	
			5:00 Evening Movie	2:00 Birthday Party	2:30 Scenic Drive	3:00 Hot Cider, Snacks & Chat	
				3:00 Thanksgiving Crafts	3:40 Hydration in Dining room	4:00 Evening Activity	
				4:00 Evening Activity	4:00 Evening Activity	5:00 Evening Movie	
				5:00 Evening Movie	5:00 Evening Movie		
5	6	7	8	9	10	11	
9:30 Exercise (CH)	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise (CH)	
Fruit Boost	9:30 Exercise	Apple Slices	Fruit Boost	9:30 Exercise	Fruit Boost	Fruit Boost	
Spiritual Eldercare (CH)	Hallway Walks	Brain Games	Salon time	Fruit Boost	Brain Games	10:30 Village Church (CH)	
12:00 Matinee Movie	Fruit Boost	12:00 Matinee Movie	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie	
1:00 What I'm thankful for Crafts	Fancy Nails	1:00 Tidbit Tuesday	1:00 Coffee, Cocoa, Tea & Chat	12:00 Matinee Movie	1:00 Shadow Box Crafts	1:00 BINGO	
2:00 Rise & Refuel: Popcorn	12:00 Matinee Movie	2:00 Rise & Refuel	2:00 Rise & Refuel	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:00 Rise & Refuel	
3:00 Small Group Crocheting	1:00 Room Visits/ 1 on 1 Visits	3:00 Making Tuesday Treats	2:30 Scenic Drive	2:00 New Resident Social	2:30 Scenic Drive	3:00 Hot Cider, Snacks & Chat	
5:00 Evening Movie	2:00 Donuts & Coffee	Cinnamon Raisin Bread	3:40 Hydration in Dining room	3:00 Thanksgiving Crafts	3:40 Hydration in Dining room	4:00 Evening Activity	
	3:00 Adult Coloring / Puzzles	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie Party	4:00 Evening Activity	5:00 Evening Movie	
	5:00 Evening Movie			Snacks and drinks Movie: Rudy	5:00 Evening Movie		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 What I'm thankful for Crafts 2:00 Rise & Refuel: Popcorn 3:00 Small Group Crocheting 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise Hallway Walks Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Donuts & Coffee 3:00 Adult Coloring / Puzzles 5:00 Evening Movie	9:30 Exercise Apple Slices Brain Games 12:00 Pianist Carolyn @WLV 12:00 Matinee Movie 1:00 Tidbit Tuesday 2:00 Rise & Refuel 3:00 Making Tuesday Treats Pumpkin Pie in a bag 5:00 Evening Movie	9:30 Exercise Fruit Boost Salon time 12:00 Matinee Movie 1:00 Coffee, Cocoa, Tea & Chat 2:00 Rise & Refuel 2:30 Scenic Drive 3:40 Hydration in Dining room 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise Fruit Boost 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Veterans Social 3:00 Thanksgiving Crafts 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise Fruit Boost Brain Games 12:00 Matinee Movie 1:00 Shadow Box Crafts 2:00 Rise & Refuel 2:30 Scenic Drive 3:40 Hydration in Dining room 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise (CH) Fruit Boost 10:30 Village Church (CH) 12:00 Matinee Movie 1:00 BINGO 2:00 Rise & Refuel 3:00 Hot Cider, Snacks & Chat 4:00 Evening Activity 5:00 Evening Movie
19	20	21	22	23	24	25
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 What I'm thankful for Crafts 2:00 Rise & Refuel: Popcorn 3:00 Small Group Crocheting 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise Hallway Walks Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Donuts & Coffee 3:00 Adult Coloring / Puzzles 5:00 Evening Movie	9:30 Exercise Apple Slices Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday 2:00 Rise & Refuel 3:00 Making Tuesday Treats Banana Bread 5:00 Evening Movie	9:30 Exercise Fruit Boost Salon time 12:00 Matinee Movie 1:00 Coffee, Cocoa, Tea & Chat 2:00 Rise & Refuel 2:30 Scenic Drive 3:40 Hydration in Dining room 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise Fruit Boost 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Thanksgiving Snacks 3:00 Thanksgiving Crafts Thanksgiving Day	9:30 Exercise Fruit Boost Brain Games 12:00 Matinee Movie 1:00 Shadow Box Crafts 2:00 Rise & Refuel 2:30 Scenic Drive 3:40 Hydration in Dining room 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise (CH) Fruit Boost 10:30 Village Church (CH) 12:00 Matinee Movie 1:00 BINGO 2:00 Rise & Refuel 3:00 Hot Cider, Snacks & Chat 4:00 Evening Activity 5:00 Evening Movie
26	27	28	29	30		
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 What I'm thankful for Crafts 2:00 Rise & Refuel: Popcorn 3:00 Small Group Crocheting 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise Hallway Walks Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Donuts & Coffee 3:00 Adult Coloring / Puzzles 5:00 Evening Movie	9:30 Exercise Apple Slices Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday 2:00 Rise & Refuel 3:00 Making Tuesday Treats Carrot Cake 5:00 Evening Movie	9:30 Exercise Fruit Boost Salon time 12:00 Matinee Movie 1:00 Coffee, Cocoa, Tea & Chat 2:00 Rise & Refuel 2:30 Scenic Drive 3:40 Hydration in Dining room 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise Fruit Boost 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Sports Social (A) 3:00 Thanksgiving Crafts 4:00 Evening Activity 5:00 Evening Movie		



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