

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2018 Personal Care

Theme of the Month: "Cabin Fever"

<p>9:30 St. Paul Cathedral Shuttle 10:00 Fitness w/Mark (3) <b>1:00 Steelers vs. Ravens (4)</b> <b>1:30 Symphony Trip</b> 3:00 Table games (ck)</p>	<p>10:00 Fitness w/ Ed (3) 11:00 Nail painting (2) <b>1:00 Giant Eagle Trip</b> 2:00 Dynamic Ball toss with music (ck) <b>3:00 Hot Chocolate and Board games Oakland Catholic (ck)</b></p>	<p><b>9:30 Voting at Moorhead Towers</b> 10:00 Lean and Limber w/Susannah (3) <b>2:00 Voting at Moorhead Towers</b> 3:00 Meet the Candidates (ck) 6:00 Prize Bingo (ck)</p>	<p><b>6 National Railroad Day</b> 9:30 Daily Chronicle (3) 10:00 Sit n' stretch w/Ed (3) 1:00 Uno card game (ck) <b>2:00 World news w/Joel (ck)</b> 3:15 Railroads across America (ck)</p>	<p>9:30 November IQ Quiz (3) 10:00 Strengthening w/Ed (3) <b>10-2 Flu shot Clinic</b> 1:30 Better Choices, Better Health (4) 2:00 Bingo (ck) 3:30 5-Card Poker (ck)</p>	<p><b>10:00 Communion and Confessions (4)</b> 10:00 Chair exercise w/Ed (3) 1:00 Wikipedia game (ck) 2:00 Happy Hour w/Gary Stewart (dr) 3:30 Shabbat Service (ck) <b>5:45 Animal Friends (3)</b></p>	<p>10:30 Sitterise (3) <b>10-2 Avon Sale (ck)</b> 2:30 Prize Bingo (ck) 3:30 Challenging Crossword puzzles (ck)</p>
<p>9:30 St. Paul Cathedral Shuttle 10:00 Fitness w/Mark (3) <b>1:00 Steelers vs. Ravens (4)</b> <b>1:30 Symphony Trip</b> 3:00 Table games (ck)</p> <p><small>Daylight Saving Time Ends</small></p>	<p>10:00 Fitness w/ Ed (3) 11:00 Nail painting (2) <b>1:00 Giant Eagle Trip</b> 2:00 Dynamic Ball toss with music (ck) <b>3:00 Hot Chocolate and Board games Oakland Catholic (ck)</b></p>	<p><b>9:30 Voting at Moorhead Towers</b> 10:00 Lean and Limber w/Susannah (3) <b>2:00 Voting at Moorhead Towers</b> 3:00 Meet the Candidates (ck) 6:00 Prize Bingo (ck)</p>	<p><b>6 National Railroad Day</b> 9:30 Daily Chronicle (3) 10:00 Sit n' stretch w/Ed (3) 1:00 Uno card game (ck) <b>2:00 World news w/Joel (ck)</b> 3:15 Railroads across America (ck)</p>	<p>9:30 Meditation (3) 10:00 Strengthening w/Ed (3) 1:30 Better Choices, Better Health (4) 2:00 Bingo (ck) 3:30 Clue Game (ck) <b>8:20 Steelers vs. Panthers (4)</b></p>	<p><b>10:00 Communion (4)</b> 10:00 Chair exercise w/Ed (3) <b>1:00 Resident Entertainment Committee (ck)</b> 2:00 Happy Hour w/Brian Mahan (dr) 3:30 Shabbat Service (ck)</p>	<p>10:30 Sitterise (3) 11:00 Juice Bar (3) 1:00 Cranium Crunches (ck) 2:30 Prize Bingo (ck) 3:30 Card games (ck)</p>
<p>9:30 St. Paul Cathedral Shuttle 10:00 Sit. N' stretch (3) <b>11:30 Veterans Day Luncheon (dr)</b> 1:30 Salute to our Veterans (dr) 2:00 Patriotic Show (dr) <small>Veterans Day (US) Remembrance Day (Canada)</small></p>	<p>9:30 Nov. IQ Quiz (3) 10:00 Fitness w/Ed (3) <b>1:00 Giant Eagle Trip</b> 2:00 Making Hot Toddy w/Meet your neighbor (ck) <b>3:00 Appalachian Trails (ck)</b></p>	<p>9:30-3:30 Election of Resident Council Officers (ck) 10:00 Lean and Limber w/Susannah (3) <b>1:30 Art workshop: cinnamon-scented pine cones (4)</b> 2:30 Wii: wheel of fortune (4) 6:00 Prize Bingo (ck)</p>	<p><b>14 American Teddy Bear Day</b> 9:30 Bulletin Board trivia (3) 10:00 Sit n' stretch w/Ed (3) <b>1:30 Cooking club: Turkey Appetizer Platter (ck)</b> 3:00 Teddy Bear Day (ck)</p>	<p>9:30 Hand Massages (3) 10:00 Strengthening w/Ed (3) 1:30 Better Choices, Better Health (4) 2:00 Bingo (ck) 3:30 Life and Times of Georgia O'Keefe (ck) <b>6:00 Night at the Races (4)</b></p>	<p><b>10:00 Communion (4)</b> 10:00 Chair exercise w/Ed (3) <b>1:00 Shabbat Service (ck)</b> 2:00 Happy Hour w/John Parrendo (dr) 3:30 Magnetic dart board (ck)</p>	<p>10:30 Sitterise (3) 11:00 Refreshing Drinks (3) 1:00 Brain games (ck) 2:30 Prize Bingo (ck) 3:30 Rummikub (ck)</p>
<p>9:30 St. Paul Cathedral Shuttle 10:00 Fitness w/Mark (3) 2:00 Ken Burns "National Parks" (4) 3:30 Travel vessels <b>8:20 Steelers vs. Jaguars (ck)</b></p>	<p>9:30 Nov. Gazette (3) 10:00 Fitness w/Ed (3) <b>1:00 Giant Eagle Trip</b> 1:30 Cooking Club: Pumpkin Chocolate Chip Cookies (ck) 3:00 Autumn Art with Oakland Catholic Students (ck)</p>	<p>9:30 Coffee Social (3) 10:00 Lean and Limber w/Susannah (3) <b>2:00 The Speez Acts (dr)</b> 3:30 Spelling Bee (ck) 6:00 Prize Bingo (ck)</p>	<p>9:30 Hand Massages (3) 10:00 Sit n' stretch w/Ed (3) <b>12:30 Mystery Trip</b> 1:00 Table games (ck) <b>2:00 World new w/Joel (ck)</b> 3:30 Wii Bowling (ck)</p>	<p>9:30 Thanksgiving Day Parade (4) <b>11:30 Thanksgiving Day Lunch (dr)</b> <b>2:00 Movie at the Gardens: Pieces of April (4)</b> 3:00 Uno Card game (ck)</p> <p><small>Thanksgiving Day (US)</small></p>	<p><b>10:00 Communion (4)</b> 10:00 Chair exercise w/Ed (3) 1:00 Who am I? (ck) 2:00 Happy Hour w/Steve Tori (dr) 3:30 Shabbat Service (ck)</p>	<p>10:30 Sitterise (3) 11:00 Rejuvenation Bar (3) 1:00 Word search games (ck) 2:30 Prize Bingo (ck) 3:30 Shut the box (ck)</p>
<p>9:30 St. Paul Cathedral Shuttle 10:00 Sit. n' stretch (3) 1:30 Famous Expeditions (ck) <b>3:00 Apples to Apples (ck)</b> <b>4:30 Steelers vs. Broncos (4)</b></p>	<p>9:30 Uplifting news stories (3) 10:00 Fitness w/Ed (3) <b>1:00 Giant Eagle Trip</b> <b>2:00 Animal Antics-Zoomobile (ck)</b> 3:30 Line Dancing demonstration (dr)</p>	<p>9:30 The Year was... (3) 10:00 Lean and Limber w/Susannah (3) <b>2:00 Resident Council (dr)</b> 3:30 Wii: Bowling (ck) 6:00 Prize Bingo (ck)</p>	<p>9:30 Reminiscing Corner (3) 10:00 Sit n' stretch w/Ed (3) <b>12:30 Trip to Kavic Winery</b> 2:00 Scrabble (ck) <b>3:30 Jeopardy (ck)</b></p>	<p>9:30 Nov./ Birthday Quiz (3) 10:00 Strengthening w/Ed (3) 1:30 Better Choices, Better Health (4) 2:00 Bingo (ck) 4:30 Dinner trip to Cracker Barrell</p>	<p><b>10:00 Communion (4)</b> 10:00 Chair exercise w/Ed (3) 1:00 Daily Chronicles (ck) 2:00 Happy Hour w/Paul Eisert (dr) 3:30 Shabbat Service (ck)</p>	<p>10:30 Sitterise (3) 11:00 Coffee Social (3) 1:00 Brain teasers (ck) 2:30 Prize Bingo (ck) 3:30 Skip-Bo Card game (ck)</p>