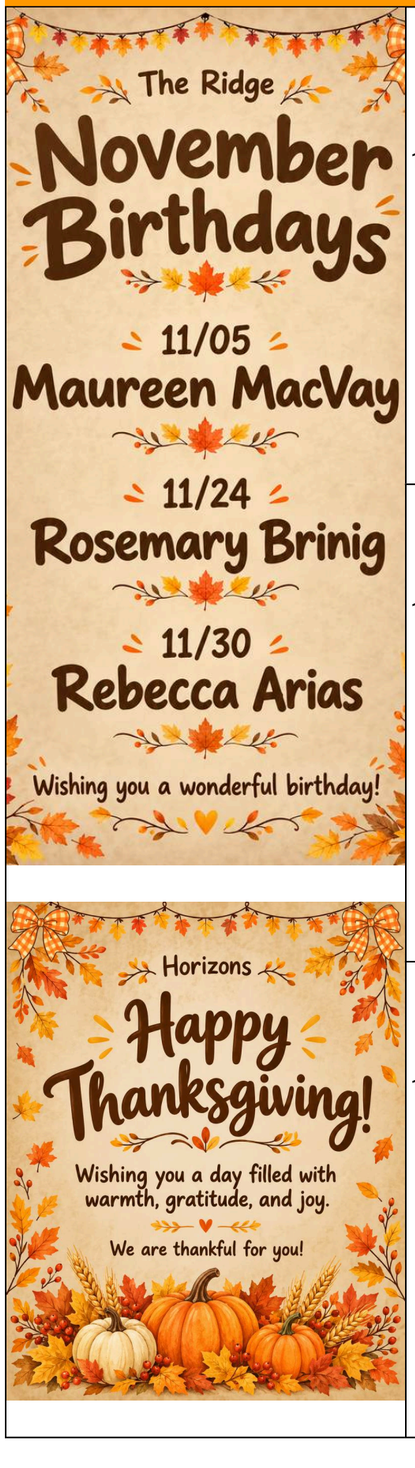
November Horizons at The Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 1 **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *YouTube Yoga* 1:30 *Color Me Calm* 2:00 *Snacks & Reminiscing* 2:45 *Ukulele Sing Along with Bob Arii* 3:30 Fall Leaves & Fancy Nails 4:30 ***Sports on T.V.***	**Day Of The Dead** 2 **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Trivia Game* 10:30 *Morning Stretches & Exercise* 1:30 *Seasonal Sensory* 2:30 *Baking Memories Together* 3:30 Hoop There It Is 4:30 ***Sports on T.V.***	**Election Day** 3 **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Seated Yoga Stretch* 10:30 Cool Down & Beverages 1:30 *Let's Get Crafty!* 2:00 *Snacks & Reminiscing* 2:30 *Bingo* 3:30 *Happy Hour w/ Sunshine Gang* 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 4 *Spirit Wednesday "Flannels & Plaid"* 9:30 Daily Chronicle & Good News Chat 10:00 *Cycle Through Nature* 10:30 *Cool Down & Beverages* 1:30 *What do you see?* 3:00 *Memories in the Making* 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 5 9:30 Daily Chronicle & Good News Chat 10:00 *Balloon Volleyball* 10:30 *Trivia Time* 1:30 *Afternoon Hymns w/ Steve & Diane* 2:00 Snacks 2:30 *Scenic Drives* 2:30 Virtual Field Trip: Egypt 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 6 9:30 Daily Chronicle & Good News Chat 10:00 *Cornhole* 10:30 Snacks & Finish the Phrase 1:30 *Oldies but Goodies* 3:30 *Remember When Social* 4:30 *Piano Music with "TREVOR GIBSON"* 4:30 ***Sports on T.V.*** 5:30 ***Creative Handz :***	**Relaxing & Essential Oils** 7 9:30 Daily Chronicle & Good News Chat 10:00 ***Balloon Tennis*** 10:30 *Color Me Calm* 1:00 *Puzzle Mania* 2:00 *Snack & Reminiscing* 3:00 Saturday Bingo 4:30 ***Sports on T.V.***
Relaxing & Essential Oils 8 9:30 Daily Chronicle & Good News Chat 10:00 *YouTube Yoga* 1:30 *Color Me Calm* 2:00 *Snacks & Reminiscing* 2:45 *Ukulele Sing Along with Bob Arii* 3:30 Splish - Splash 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 9 9:30 Daily Chronicle & Good News Chat 10:00 *Trivia Game* 10:30 *Morning Stretches & Exercise* 1:30 *Seasonal Sensory* 2:30 *Baking Memories Together* 3:30 Hoop There It Is 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 10 9:30 Daily Chronicle & Good News Chat 10:00 *Seated Yoga Stretch* 10:30 Cool Down & Beverages 1:30 *Let's Get Crafty!* 2:00 *Snacks & Reminiscing* 2:30 *Bingo* 3:30 *Happy Hour w/ "First String Band"* 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 11 *Spirit Wednesday "Flannels & Plaid Day"* Veterans Day 9:30 Daily Chronicle & Good News Chat 10:00 *Cycle Through Nature* 10:30 *Cool Down & Beverages* 1:30 *What do you see?* 3:00 *Memories in the Making* 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 12 9:30 Daily Chronicle & Good News Chat 10:00 *Balloon Volleyball* 10:30 *Trivia Time* 1:30 *Wheel Of Fortune* 2:00 Snacks 2:30 *Scenic Drives* 2:30 Virtual Field Trip: Norway 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 13 **World Kindness Day** 9:30 Daily Chronicle & Good News Chat 10:00 *Cornhole* 10:30 Snacks & Finish the Phrase 1:30 *Oldies but Goodies* 3:30 *Remember When Social* 4:30 *Piano Music with "TREVOR GIBSON"* 4:30 ***Sports on T.V.*** 5:30 ***Creative Handz :***	**Relaxing & Essential Oils** 14 9:30 Daily Chronicle & Good News Chat 10:00 ***Balloon Tennis*** 10:30 *Color Me Calm* 1:00 *Puzzle Mania* 2:00 *Snack & Reminiscing* 3:00 Saturday Bingo 4:30 ***Sports on T.V.***
Relaxing & Essential Oils 15 9:30 Daily Chronicle & Good News Chat 10:00 *YouTube Yoga* 1:30 *Color Me Calm* 2:00 *Snacks & Reminiscing* 2:45 *Ukulele Sing Along with Bob Arii* 3:30 Fall Leaves & Fancy Nails 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 16 9:30 Daily Chronicle & Good News Chat 10:00 *Trivia Game* 10:30 *Morning Stretches & Exercise* 1:30 *Seasonal Sensory* 2:30 *Baking Memories Together* 3:30 Hoop There It Is 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 17 9:30 Daily Chronicle & Good News Chat 10:00 *Seated Yoga Stretch* 10:30 Cool Down & Beverages 1:30 *Let's Get Crafty!* 2:00 *Snacks & Reminiscing* 2:30 *Bingo* 3:30 *Happy Hour w/ Luke Andreen* 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 18 *Spirit Wednesday "Flannels & Plaid Day"* 9:30 Daily Chronicle & Good News Chat 10:00 *Cycle Through Nature* 10:30 *Cool Down & Beverages* 1:30 *What do you see?* 3:00 *Memories in the Making* 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 19 9:30 Daily Chronicle & Good News Chat 10:00 *Balloon Volleyball* 10:30 *Trivia Time* 1:30 *Wheel Of Fortune* 2:00 Snacks 2:30 *Scenic Drives* 2:30 Virtual Field Trip: Greece 2:30 Virtual Field Trip: Morocco 4:30 ***Sports on T.V.***	**Relaxing & Essential Oils** 20 9:30 Daily Chronicle & Good News Chat 10:00 *Cornhole* 10:30 Snacks & Finish the Phrase 1:30 *Oldies but Goodies* 3:30 *Remember When Social* 4:30 *Piano Music with "TREVOR GIBSON"* 4:30 ***Sports on T.V.*** 5:30 ***Creative Handz :***	**Relaxing & Essential Oils** 21 9:30 Daily Chronicle & Good News Chat 10:00 ***Balloon Tennis*** 10:30 *Color Me Calm* 1:30 *Afternoon Hymns w/ Sylvia* 2:00 *Snack & Reminiscing* 3:00 Saturday Bingo 4:30 ***Sports on T.V.***

November Horizons at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**22** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *YouTube Yoga* 1:30 *Color Me Calm* 2:00 *Snacks & Reminiscing* 2:45 *Ukulele Sing Along with Bob Arii* 3:30 Splish - Splash 4:30 ***Sports on T.V.***	**23** **All Staff Meeting: No Doctor Appointments After 12pm** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Turkeys* 10:30 *Morning Stretches & Exercise* 1:30 *Documentary* 3:30 Name That Tune 4:30 ***Sports on T.V.***	**24** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Meditation Class with Mr. Ed* 10:30 Cool Down & Beverages 1:30 *Let's Get Crafty!* 2:00 *Snacks & Reminiscing* 2:30 *Bingo* 3:30 *Happy Hour w/ Sophisticats* 4:30 ***Sports on T.V.***	**25** **Relaxing & Essential Oils** *Spirit Wednesday "Flannels & Plaid Day"* 9:30 Daily Chronicle & Good News Chat 10:00 *Cycle Through Nature* 10:30 *Cool Down & Beverages* 1:30 *What do you see?* 3:00 *Memories in the Making* 4:30 ***Sports on T.V.***	**26** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Balloon Volleyball* 10:30 *Trivia Time* 11:30 Thanksgiving Concert w/ Fireball Xpress 1:00 *Wheel Of Fortune* 2:00 Charlie Brown Special 2:00 Snacks 4:30 ***Sports on T.V.***	**27** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Cornhole* 10:30 Snacks & Finish the Phrase 1:30 *Oldies but Goodies* 3:30 *Remember When Social* 4:30 *Piano Music with "TREVOR GIBSON"* 4:30 ***Sports on T.V.*** 5:30 ***Creative Handz :***	**28** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 ***Balloon Tennis*** 10:30 *Color Me Calm* 1:00 *Puzzle Mania* 2:00 *Snack & Reminiscing* 3:00 Saturday Bingo 4:30 ***Sports on T.V.***
	29 **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *YouTube Yoga* 1:30 *Color Me Calm* 2:00 *Snacks & Reminiscing* 2:45 *Ukulele Sing Along with Bob Arii* 3:30 Fall Leaves & Fancy Nails 4:30 ***Sports on T.V.***	**30** **Relaxing & Essential Oils** 9:30 Daily Chronicle & Good News Chat 10:00 *Trivia Game* 10:30 *Morning Stretches & Exercise* 1:30 *Seasonal Sensory* 2:30 *Baking Memories Together* 3:30 Name That Tune 4:30 ***Sports on T.V.***		