


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>**Do you have a special interest or hobby? Contact Shelli in the Activities Dept. to find out how we can incorporate your interests into our program! **</p>		<p>1 10:30 Fun Fitness w/Sandy-AR 11:00 Devotions w/David-AR 2:00 Music w/Danny – DR 3:00 Chili Fundraising Dinner with Alzheimer’s Tennessee – DR 7:00 Game Shows - DR</p>	<p>2 10:30 Catholic Service – AR 11:00 Sit Fit w/Bob with UT Home Health – AR 2:00 Games in the AR – Residents Choice – AR 6:30 Nightly News - DR</p>	<p>3 10:30 Sittercise w/Johnny w/Intrepid Home Health - AR 11:00 Devotions w/A.D. with Smoky Mountain Hospice-AR 2:00 Bingo w/Ronda with Westmoreland – AR 3:30 Chicken Foot - AR 7:00 Game Shows – DR</p>	<p>4 9:30 Bus Trip to the Jewelry Show – FE 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA</p>	<p>5 9:00 Morning News – DR 10:30 Walking Club - IA 2:00 Games in the AR – IA 3:30 Puzzles – IA 7:00 Billiards – IA</p>	
<p>6 10:30 Coffee & Chat with Friends – IA 2:00 Temple Baptist Church Service – AR 3:00 Games in the AR – IA 7:00 60 Minutes – DR</p> <p><small>Daylight Saving Time Ends</small></p>	<p>7 10:30 Movin & Groovin’ Fitness – AR 11:00 Devotions w/Nate with Smoky Mountain Hospice-AR 1:30 Music w/The Golden Heirs Choir – DR 3:00 Bingo – AR 6:30 Nightly News - DR</p>	<p>8 10:30 Fun Fitness w/Sandy-AR 11:00 Devotions - AR 2:00 Thanksgiving Crafts w/Phyllis – AR 6:30 Nightly News – DR 7:00 Game Shows – DR</p>	<p>9 10:30 Catholic Service – AR 11:00 Sit Fit w/Bob with UT Home Health – AR 2:00 Garden Crafts w/UT Gardens – AR 3:30 Ticket Roll – AR 6:30 Nightly News - AR</p>	<p>10 10:30 Sittercise w/Johnny w/Intrepid Home Health - AR 11:00 Devotions w/A.D. with Smoky Mountain Hospice-AR 2:00 Veteran’s Presentation by Mark w/Amedisys – AR 3:30 Bingo – AR 7:00 Game Shows – DR</p>	<p>11 10:30 Veteran’s Day Program by Frank - AR 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>12 9:00 Morning News – DR 10:30 Walking Club - IA 2:00 Games in the AR – IA 3:30 Puzzles – IA 7:00 Billiards – IA</p>	
<p>13 10:30 Coffee & Chat with Friends – IA 2:00 Temple Baptist Church Service – AR 3:00 Games in the AR – IA 7:00 60 Minutes – DR</p>	<p>14 10:30 Balloon Volleyball – AR 1:45 Movie Matinee – AR 2:00 Shopping Bus Trip to Food City/Dollar Tree – FE 6:30 Nightly News - DR</p>	<p>15 10:30 Fun Fitness w/Sandy-AR 11:00 Devotions - AR 2:00 Cocoa & Cookies w/Mark w/Amedisys Hospice – DR 3:30 Thankful Quilt – AR 7:00 Game Shows - DR</p>	<p>16 10:30 Catholic Service – AR 11:00 Sit Fit w/Bob with UT Home Health – AR 1:15 Resident Council & Food Committee – AR 2:30 Music w/The Tennessee Jewels – DR 6:30 Nightly News - DR</p>	<p>17 10:30 Sittercise w/Johnny w/Intrepid Home Health - AR 11:00 Devotions w/A.D. with Smoky Mountain Hospice-AR 2:00 Monthly Birthday Party for All Nov. B-Day’s – DR 3:30 Bingo – AR 7:00 Game Shows – DR</p>	<p>BIRTHDAY – Bill. S. 18 10:30 Lunch Around Town at Texas Road House - FE 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA</p>	<p>19 9:00 Morning News – DR 10:30 Walking Club - IA 2:00 Games in the AR – IA 3:30 Puzzles – IA 7:00 Billiards – IA</p>	
<p>BIRTHDAY – Tom. S. 20 10:30 Coffee & Chat with Friends – IA 2:00 Temple Baptist Church Service – AR 3:00 Games in the AR – IA 7:00 60 Minutes – DR</p>	<p>BIRTHDAY – Gin E. 21 10:30 Zumba w/Kim – AR 11:00 Devotions - AR 2:00 Music with Marc Beecher - DR 3:30 Thanksgiving Bingo-AR 6:30 Nightly News - DR</p>	<p>22 10:30 Fun Fitness w/Sandy-AR 11:00 Turkey Day Family Feud - AR 2:00 Crafts w/Kimberly w/Caris Hospice – AR 3:30 Turkey Toss – AR 7:00 Game Shows - DR</p>	<p>23 10:30 Catholic Service – AR 11:00 Sit Fit w/Bob with UT Home Health – AR 1:30 Bus Trip to Fantasy of Tree’s by East TN Children’s Hospital – FE 6:30 Nightly News - DR</p>	<p>BIRTHDAY – Betty L. 24</p>  <p><small>Thanksgiving Day (US)</small></p>	<p>25 10:30 Fun w/Brandie with Mac’s Pharmacy - AR 1:30 Christmas Kick Off Movie Matinee - AR 6:30 Poker Night – IA</p>	<p>26 9:00 Morning News – DR 10:30 Walking Club - IA 2:00 Games in the AR – IA 3:30 Puzzles – IA 7:00 Billiards – IA</p>	
<p>27 10:30 Coffee & Chat with Friends – IA 2:00 Temple Baptist Church Service – AR 3:00 Games in the AR – IA 7:00 60 Minutes – DR</p>	<p>BIRTHDAY – Marnie P. 28 10:30 Devotions w/Amanda with Caris Hospice – AR 11:00 Balloon Volleyball - AR 2:00 Bobby’s Southern Chocolate Balls – AR 6:30 Nightly News – DR</p>	<p>29 9:00 Foot Clinic, Day 1 – AR 2:00 Music w/Frank & Friends – DR 3:00 Christmas Tree Decorating – DR 7:00 Game Shows - DR</p>	<p>30 9:00 Foot Clinic, Day 2 - AR 10:30 Catholic Service – PDR 2:00 Rhythm Band w/Rise Tucker – AR 6:30 Nightly News – DR 7:00 Game Shows – DR</p>	<h1>November 2022</h1> <p><i>Northshore Heights Senior Living Assisted Living Activities</i></p>			