

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:45AM Men's Breakfast Out 9:30AM Exercise 2:00PM Scenic Drive	<b>2</b> 9:30AM Morning Stretches 10:30AM Scarecrow Craft 1:30PM BINGO
<b>3</b> 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	<b>4</b> 9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	<b>5</b> 9:30AM Exercise 1:30PM BINGO 3:00PM Pumpkin Frozen Yogurt	<b>Happy Bday Norma Jean C!</b> <b>6</b> 9:30AM Exercise 2:00PM Rummikub 2:00PM Hydration Cart 3:30PM White Board Games	<b>7</b> 9:30AM Walmart 10:00AM Bible Study 2:00PM All Saints Service 2:00PM Crafting w/Shirley 3:30PM Game Zone	<b>Happy Birthday Pat!</b> <b>8</b> 9:30AM Exercise 2:00PM Pumpkin Social	<b>9</b> 9:30AM Morning Stretches 1:30PM BINGO
<b>10</b> 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	<b>Veteran's Day</b> <b>11</b> 9:30AM Exercise 11:00AM Veteran's Day Lunch at Fleck 3:00PM Uno	<b>12</b> 9:30AM Exercise 10:30AM Acorn Oreo Balls 1:30PM BINGO 3:00PM Finish Acorn Oreo Balls	<b>13</b> 9:30AM Exercise 10:30AM Resident Council 2:00PM Hydration Cart 2:00PM Trivia 3:30PM Balloon Swat	<b>14</b> 10:00AM Bible Study 1:30PM BINGO 3:00PM White Board Games	<b>Happy Birthday Ina!</b> <b>15</b> 9:30AM Exercise 10:45AM Lunch Out 2:00PM Cookie Making	<b>16</b> 9:30AM Morning Stretches 1:30PM BINGO
<b>17</b> 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	<b>18</b> 9:30AM Exercise 2:00PM Bryan Herber 3:30PM Cards	<b>19</b> 9:30AM Exercise 1:30PM BINGO 2:30PM Pumpkin Fudge 3:00PM Remembering Loved Ones	<b>20</b> 9:30AM Exercise 2:00PM Hydration Cart 2:30PM Grace Playing Flute 3:30PM Game Zone	<b>21</b> 10:00AM Bible Study 1:30PM Hymns with Herb 3:00PM BINGO	<b>22</b> 9:30AM Exercise 1:30PM Thanksgiving Trivia 3:00PM Craft Corner	<b>23</b> 9:30AM Morning Stretches 1:30PM BINGO
<b>24</b> 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	<b>25</b> 9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	<b>26</b> 9:30AM Exercise 10:30AM Kindly K9's 1:30PM BINGO 3:00PM Mini Turkey Brownies	<b>Happy Birthday Carol!</b> <b>27</b> 9:30AM Exercise 1:30PM Thanksgiving Eve Service 2:00PM Scrabble 2:00PM Hydration Cart 3:30PM Game Zone		<b>29</b> 9:30AM Exercise 2:00PM Scenic Drive	<b>30</b> 9:30AM Morning Stretches 1:30PM BINGO

## What is Spirit360™?

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging, and well-being so individuals can live as fully as possible.

The seven dimensions include emotional, intellectual, physical, vocational, social, spiritual, and environmental.

## Upcoming Events:

7th - All Saints Memorial Service - 2:00PM

8th - Pumpkin Social - 2:00PM

13th - Resident Council - 10:30AM

18th - Bryan Herber - 2:00PM

20th - Grace Playing the Flute - 2:30PM

21st- Hymns w/ Herb & Joy - 1:30PM

26th - Kindly Canines - 10:30AM

27th - Thanksgiving Eve Service - 1:30PM

## Outings:

1st - Men's Breakfast with RL - 8:45AM

1st - Scenic Drive - 2:00PM

7th - Walmart in Shippensburg - 9:30AM

11th - Veteran's Lunch at Fleck - 11:00AM

15th - Lunch Out at Cracker Barrel - 10:45AM

29th - Scenic Drive - 2:00PM

Happy  
Birthday!

**Norma Jean C.**

**Pat F.**

**Ina S.**

**Carol L.**

## Personal Care Newsletter

**BINGO** every Tuesday & Saturday as well as two Thursdays

**Resident Council** second Wednesday of each month  
10:30AM

**Hydration Cart** Wednesdays 2:00PM

**Manicures** two Mondays at 2:30PM

\* Programs are subject to change \*

## Personal Care Life Enrichment Team

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