

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living	 CELEBRATIONS ACTIVITIES & EVENTS	10 Reach & Stretch 1 10:30 Name the Author 11 Mr. & Mrs. Right 1:30 Group Crossword 2:30 Manicures, Music & Hand Massages 4 Native American Heritage Month: A Tribute to Tribal Legacies	10 Easy Cardio Exercise 2 10:30 Tea & Trivia 11 History Decoded 1:30 Art Expression: Watercolor Painting 2:30 Coin Hole Toss 4 The Life & Times of Stephen King: Master of Mayhem 6 Game Night (resident led)	10 RC Racers (front porch) 3 10:30 Activity Planning Mtg. 11 Resident Council Meeting 1:30 Scenic Drive & Donuts (Sign up by 9 am on 2 nd fl theatre) 2 Sudoku Puzzlers 3:30 Building Better Balance	10 Sit & Get Fit 4 10:30 Top Ten 11 Spotlight on: Nat King Cole 1:30 The Beauty & History of Covered Bridges (theatre) 2:30 Wine & Cheese Social (café) 4 Mexican Train Dominoes (resident led)	10:30 Exercise 5 11 Sport's Fan's Facts & Trivia Fun 1:30 East or West & November's The Best Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Exercise 6 11 Bible Trivia 11:30 Hymn Sing 1:30 Migrating Birds & Words in A Word Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre) Daylight Saving Time Ends: Fall Back	10 Exercise 7 10:30 Over and Under 11 Garden Box Fall Clean Out (back patio) 1:30 Bingo 3 Music Trivia & Tidbits 4 Armchair Cruise to Buenos Aires & Beyond (theatre)	10 Sit & Get Fit 8 10:30 Politically Speaking 11 The Sentinel 1:30 Making Veteran's Thank You Cards 2:30 Manicures, Music & Hand Massages 3:30 <i>Your Pace or Mine</i> Indoor or Outdoor Walking Challenge (meet in lobby) Election Day	10 Easy Cardio Exercise 9 10:30 Cool Beans Gourmet Coffee & Convo 11 Wordle With A Twist 1:30 Air Clay Creations: Custom Pendant Necklaces 2:30 Wii Bowling (theatre) 4 Strange but True 6 Game Night (resident led)	10 Bible Study w/ Penny 10 (1 st fl lounge) 10:30 Champions of The Wild in West Africa (theatre) 11 Out to Lunch: Chinese (Sign up by 8 am on 2 nd fl theatre) 1:30 Mandalas & Mood Music 2:30 Sing Along Songs 4 Bocce Ball Game 6 Bucks County 4H Carrot Crunchers Pet Vi	10 Morning Stretch 11 10:30 That's It! 11 Relax & Rejuvenate: Guided Imagery (theatre) 1:30 Veteran's Recognition & Wall of Honor Dedication (1 st fl lounge) 2:30 November Birthday Social (3 rd fl. dining room) 4 Mexican Train Dominoes (resident led) Veteran's Day	10:30 Chair Tai Chi 12 11 Password & Arnold Palmers 1:30 Grace Kelly and her Fab Fur & Eminent New Englanders Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Chair Yoga 13 11 Gizmos & Gadgets Guessing Game 11:30 Contemporary Christian Favorites 1:30 Crosswords & Cryptograms Coming to You (1 st , 2 nd & 3 rd fls) 2 Bible Baptist Church Service (1 st fl. lounge) 6 Movie Night (theatre) Bible Study Sunday	10 Exercise 14 10:30 Daffy Definitions: Guess the Answer 11 Flint Corn: Facts & Fun 1:30 Bingo 3 Darts Challenge (1 st fl. lounge) 4 St. Agnes Mass (1 st fl lounge)	10 Reach & Stretch 15 10:30 Survival of The Fittest 11 That's Debatable 1:30 Manicures, Music & Hand Massages 2:30 Mocktails & Macaroons (cafe) 4 Soundscapes Relaxation Music Therapy (theatre)	10 Easy Cardio Exercise 16 10:30 Coffee Club & Chronicles 11 Experimental Science Facts & Fun 1:30 Art Expression: Sketch, Doodle & Draw 2:30 Frisbee Can Slam 4 Name That Tune 6 Game Night (resident led)	10 Bible Study w/ Penny 17 (1 st fl lounge) 10:30 Word Search Challenge & Cowboy Music 11 Roll & Stroll (meet in lobby) 1:30 Scenic Ride: Back Roads of Bucks County (Sign up by 9 am on 2 nd fl theatre) 2 Mosaic Sticker Designs 3:30 Building Better Balance	10 Exercise 18 10:30 Smithsonian Institute: You Be the Expert 11 Finish the List 1:30 Finding Peace & Gratitude in Poetry 2:30 Chef's Demo & Sample Social (3 rd fl. dining room) 4 Mexican Train Dominoes (resident led)	10:30 Sit & Get Fit 19 11 Magnificent Muffins & Marveling Mythbusters 1:30 Treasures Under the Sea & Who Could It Be? Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Exercise 20 11 Bible Outburst 11:30 Hymn Sing 1:30 Seek & Find Photo Fun & Rebus Puzzles by The Ton Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 21 10:30 Game of Scruples: What Would You Do 11 Mum's the Word: All About the Autumn Daisy 1:30 Bingo 3 Rebound Shuffleboard 4 Pray the Rosary (theatre)	10 Sit & Get Fit 22 10:30 You Be the Judge 11 Remembering Songs About Gratitude 1:30 You Tube Review (theatre) 2:30 Manicures, Music & Hand Massages 3:30 <i>Take it In Stride</i> Indoor or Outdoor Walking Challenge (meet in lobby)	10 Beginner Pilates 23 10:30 Cool Beans Gourmet Coffee & Convo 11 Nonsense Songs 1:30 Story Behind the Artists 2:30 Bean Bag Bullseye 4 Turkey Bandit Scavenger Hunt (meet in lobby) 6 Game Night (resident led)	9 Tune into The Macy's Thanksgiving Day Parade (NBC) 24 10:30 Easy Cardio Exercise 11 Indoor Turkey Shoot Holiday Meal served at Lunch 11:30 A Thankful Garden 1 An Old-Fashioned Thanksgiving (theatre) 1:30 Distribution of Blessing Treat Bags (1 st , 2 nd & 3 rd fls.) 4:30 NFL Giants vs Dallas (FOX) Happy Thanksgiving	10 Exercise 25 10:30 Morning Devotion 11 Thirty Ball Express Bingo 1:30 Relax & Rejuvenate: Guided Imagery (theatre) 2:30 Musical Entertainment by Rob Ballonoff 4 Mexican Train Dominoes (resident led)	10:30 Chair Yoga 26 11 Creative Crafting: Holiday Door Décor 1:30 King Tut's Tomb & Tina Turner's Tune Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Chair Tai Chi 27 11 Bible Lessons of Gratitude & Thankfulness 11:30 Hymn Sing 1:30 Aviation Month: History of Planes & The Numbers Game Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 28 10:30 Snakes Game 11 Farmer's Almanac Folklore & Predictions 1:30 Bingo 3 Table Top Ring Toss 4 The Swinging 1960's In Review (theatre)	10 Reach & Stretch 29 10:30 Make Your Point 11 Stories to Uplift Your Spirit 1:30 Where in The World: Guess the Mystery Destination (theatre) 2:30 Manicures, Music & Hand Massages 4 What's in The Box	10 Easy Cardio Exercise 30 10:30 Tea & Trivia 11 Technology Tips for Seniors 1:30 Art Expression: Watercolor Painting 2:30 Tomahawk Toss 4 Karaoke Open Mic (theatre) 6 Game Night (resident led)	 <div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">November 2022</h2> <p style="margin: 0;">A month filled with gratitude & thanks</p> </div>		

Please note: activities are weather permitting and calendar is subject to change.

Dawn Mason, Director of Celebrations, Recreation & Events (215) 257-6701 Ext. 114