Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Highland SENIOR LIVING A Unauth Community	C Chapel CH Chapel CS Coffee Shop DR Dinning Room GR Great Room MC Memory Care WR Wellness Room				8:30 Morning Meditation on TV in DR [MC] 8:40 Rosary [CH] 9:00 Communion & Devotion [CH] 9:45 Journaling Club [GR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Exercise [WR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:00 Relaxation Time/ Nap [MC] 2:00 Socialization & Snack in DR [MC] 3:00 Puzzle, Wordsearch, & Cards in GR with Staff [MC] 4:00 Vocational Stations/Linked Senior Activities with Nursing Staff [MC] 5:00 Oshibori-DR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 9:15 Exercise [WR] 10:00 Prize Bingo [GR] 12:00 Oshibori-DR [MC] 1:00 Shut the Box [MC] 2:00 Visiting Each Other [MC] 3:00 Music Sing Along on TV in DR [MC] 4:00 Afternoon Stretchewith Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 6:00 Garden boxes in GF in Cupboards with nursing staff [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]
8:30 Morning Meditation on TV in DR [MC] 9:00 Donuts with Laurie [CS] 10:00 Shut the Box in back room [MC] 10:15 Exercise [WR] 11:00 Walk The Halls with a Buddy [MC] 12:00 Oshibori-DR [MC] 1:00 Relaxation Time/ Nap [MC] 2:30 Catholic Mass on TV in Chapel or on Your Own TV in Room (CH 180) [CH] 3:00 Music Sing Along on TV in DR [MC] 4:00 Afternoon Stretches with Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 5:00 Oshibori-DR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 8:40 Residents Lead Rosary [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Exercise [WR] 11:00 Shut the Box in Back Room [MC] 12:00 Oshibori-DR [MC] 1:00 Relaxation Time/ Nap [MC] 1:30 Bowling [MC] 2:30 Prize Bingo [GR] 4:00 Adult Journaling/ Coloring Group in GR with Staff [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	Election Day 8:30 Morning Meditation on TV in DR [MC] 9:00 Rosary [CH] 9:30 Catholic Mass [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Weight Exercise [WR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:00 Ball Toss or Bounce the Ball with Patty [MC] 2:15 Nail Care [MC] 3:00 Looking at Baking & Cooking Recipes in GR [MC] 4:00 Relaxation Time/ Nap [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 8:40 Rosary [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Exercise [WR] 11:00 Shut the Box in Back Room [MC] 12:00 Oshibori-DR [MC] 1:30 Relaxation Time [MC] 2:00 Ping Pong Shoot in the Bucket [GR] 3:00 Treat Bingo [GR] 4:00 Adult Journaling/ Coloring Group in GR with Staff [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 9:15 Exercise [WR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Quarter Bingo [GR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:00 Ball Toss or Bounce the Ball in GR with Patty [MC] 2:15 Book Club with Lil [MC] 3:30 Pastor Mark Johnson Faith Lutheran Chapel Service [C] 4:00 Looking at Baking & Cooking Recipes in GR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 8:40 Rosary [CH] 9:45 Journaling Club [GR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Exercise [WR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 2:00 Happy Hour [GR] 3:00 Puzzle, Wordsearch, & Cards in GR with Staff [MC] 4:00 Vocational Stations/Linked Senior Activities with Nursing Staff [MC] 5:00 Oshibori-DR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 9:15 Exercise [WR] 10:00 Quarter Bingo [GR] 12:00 Oshibori-DR [MC] 3:00 Music Sing Along on TV in DR [MC] 4:00 Afternoon Stretches with Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 6:00 Garden boxes in GR in Cupboards with nursing staff [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]
8:30 Morning Meditation on TV in DR [MC] 9:15 Seasons of Change Support Group [CS] 10:00 Adult coloring group in GR [MC] 11:00 Gentle Dancing in Chairs in GR with Staff [MC] 12:00 Oshibori-DR [MC] 2:30 Catholic Mass on TV in Chapel or on Your Own TV in Room (CH 180) [CH] 3:00 Music Sing Along on TV in DR [MC] 4:00 Afternoon Stretches with Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 5:00 Oshibori-DR [MC] 6:00 Trivia in GR with nursing staff [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	Veterans Day 8:30 Morning Meditation on TV in DR [MC] 8:40 Rosary [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Exercise [WR] 11:00 Shut the Box in Back Room [MC] 12:00 Oshibori-DR [MC] 1:30 Jerry & Joyce's Band [DR] 3:00 Prize Bingo [GR] 4:00 Adult Journaling/ Coloring Group in GR with Staff [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 9:00 Rosary [CH] 9:30 Catholic Mass [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Weight Exercise [WR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:00 Looking at Baking & Cooking Recipes in GR [MC] 2:15 Book Club with Lil [GR] 3:00 Ball Toss or Bounce the Ball in GR with Patty [MC] 4:00 Relaxation Time/ Nap [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 8:40 Rosary [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Exercise [WR] 11:00 Shut the Box in Back Room [MC] 12:00 Oshibori-DR [MC] 1:00 Relaxation Time [MC] 1:00 Relaxation Time [MC] 2:30 Adult Journaling/Coloring Group in GR with Staff [MC] 4:00 Relaxation Time/Nap [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 9:15 Exercise [WR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Quarter Bingo [GR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:30 Jim Anderson Music [DR] 2:30 Ball Toss or Bounce the Ball in GR with Patty [MC] 3:30 Chapel Service [C] 4:00 Looking at Baking & Cooking Recipes in GR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR	8:30 Morning Meditation on TV in DR [MC] 8:40 Rosary [CH] 9:45 Journaling Club [GR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Exercise [WR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 2:00 Socialization & Snack in DR [MC] 3:00 Puzzle, Wordsearch, & Cards in GR with Staff [MC] 4:00 Vocational Stations/Linked Senior Activities with Nursing Staff [MC] 5:00 Oshibori-DR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	8:30 Morning Meditation on TV in DR [MC] 9:15 Exercise [WR] 10:00 Prize Bingo [GR] 12:00 Oshibori-DR [MC] 1:00 Shut the Box [MC] 2:00 Visiting Each Other [MC] 3:00 Music Sing Along on TV in DR [MC] 4:00 Afternoon Stretches with Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 6:00 Garden boxes in GR in Cupboards with nursing staff [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Morning Meditation on TV in DR	8:30 Morning Meditation on TV in DR [MC]	8:30 Morning 19 Meditation on TV in DR [MC]	8:30 Morning Meditation on TV in DR [MC]	8:30 Morning Meditation on TV in DR [MC]	8:30 Morning Meditation on TV in DR	8:30 Morning Meditation on TV in DR
		TV in DR [MC] 9:00 Rosary [CH] 9:30 Catholic Mass [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Weight Exercise [WR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:00 Ball Toss or Bounce the Ball in GR with Patty [MC] 2:00 Foam Hockey [GR] 3:00 Nail Care [MC] 4:00 Relaxation Time/ Nap [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time		TV in DR [MC] 9:15 Exercise [WR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Quarter Bingo [GR] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 1:00 Robin Thull Music [MC] 2:00 Music Sing Along & Dancing [GR] 3:00 Ball Toss or Bounce the Ball in GR with Patty [MC] 4:00 Looking at Baking & Cooking Recipes in GR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind		
Down/Snack time with Staff in GR	Down/Snack time with Staff in GR	with Staff in GR		Down/Snack time with Staff in GR [MC]	7:30 Evening Wind Down/Snack time with Staff in GR [MC]	
8:30 Morning Meditation on TV in DR	8:30 Morning Meditation on TV in DR [MC]	8:30 Morning 26 Meditation on TV in DR [MC]	8:30 Morning 27 Meditation on TV in DR	Thanksgiving Day 28 8:30 Morning Meditation	Day after Thanksgiving Day 8:30 Morning	Great Room Reserved 30
[MC] 9:15 Seasons of Change Support Group [CS] 10:00 Adult coloring group in GR [MC] 11:00 Gentle Dancing in	8:40 Rosary [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Exercise [WR] 11:00 Shut the Box in Back Room [MC]	9:00 Rosary [CH] 9:30 Catholic Mass [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:30 Weight Exercise [WR]	[MC] 8:40 Rosary [CH] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 10:15 Exercise [WR]	on TV in DR [MC] 9:15 Exercise [WR] 10:00 Gary Gylsen Music [GR]	Meditation on TV in DR [MC] 8:40 Resident's Lead Rosary [CH]	Meditation on TV in DR [MC] 9:15 Exercise [WR] 10:00 Prize Bingo [GR]
Chairs in GR with Staff [MC] 12:00 Oshibori-DR [MC] 2:30 Catholic Mass on TV in Chapel or on Your Own TV in Room (CH 180) [CH] 3:00 Music Sing Along on TV in DR [MC] 3:15 Bounce The Orange Ball with Staff [MC] 4:00 Afternoon Stretches with Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 5:00 Trivia in GR with nursing staff [MC] 7:30 Evening Wind	12:00 Oshibori-DR [MC] 1:00 Bowling [MC] 2:15 Prize Bingo [GR] 3:00 Sing Along [MC] 4:00 Adult Journaling/ Coloring Group in GR with Staff [MC] 5:00 Oshibori-DR [MC] 6:00 Evening Craft with Girl Scouts [GR] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 3:00 Ball Toss or Bounce the Ball in GR with Patty [MC] 4:00 Looking at Baking & Cooking Recipes in GR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	11:00 Shut the Box in Back Room [MC] 12:00 Oshibori-DR [MC] 1:30 Birthday Celebration with Cake, Icecream, & Coffee [GR] 3:00 Treat Bingo [GR] 4:00 Adult Journaling/ Coloring Group in GR with Staff [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]	10:00 Price is Right on TV in GR (Staff Turn On) [MC] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 12:45 Prize Bingo [GR] 1:00 Relaxation Time/ Nap [MC] 3:00 Ball Toss or Bounce the Ball in GR with nursing staff [MC] 4:00 Looking at Baking & Cooking Recipes in GR [MC] 5:00 Oshibori-DR [MC] 6:30 Wheel of Fortune on TV in GR [MC] 7:30 Evening Wind Down/Snack time	9:30 Exercise [WR] 10:00 Marion Grossman Piano Music [GR] 10:00 Price is Right on TV in GR (Staff Turn On) [MC] 11:00 Music Sing Along on TV in DR [MC] 12:00 Oshibori-DR [MC] 2:00 Happy Hour (2-3pm) [GR] 3:00 Puzzle, Wordsearch, & Cards in GR with Staff [MC] 4:00 Vocational Stations/Linked Senior Activities with Nursing Staff [MC] 5:00 Oshibori-DR [MC]	12:00 Oshibori-DR [MC] 1:00 Shut the Box [MC] 2:00 Visiting Each Other [MC] 3:00 Music Sing Along on TV in DR [MC] 4:00 Afternoon Stretches with Nursing Staff in GR [MC] 5:00 Oshibori-DR [MC] 6:00 Garden boxes in GR in Cupboards with nursing staff [MC] 7:30 Evening Wind Down/Snack time with Staff in GR [MC]