

November 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
9:00 Virt. Catholic Mass (YT)	10:30 Brain Games	10:30 Brain Games	10:30 Brain Games	10:30 Brain Games	10:30 Brain Games	11:15 Exercise Group
10:15 Communion w/ OLM						
11:15 Exercise Group	11:00 Exercise	11:00 Exercise	11:00 Exercise	11:00 Exercise w/ Jill	11:00 Exercise: Seated Yoga w/ Linda	1:30 Classic Series (Hulu) Cheers
1:30 Balloon Bash	1:30 Quarter Bingo	1:30 Afternoon Stretch w/ Connie	1:30 Quarter Bingo	1:15 Nail Care & 1:30 Blood Pressure Clinic	1:30 Quarter Bingo	1:30 Nail Care
2:30 High/Low	2:45 Name That Tune	2:00 Tuesday Matinee (Hulu) <i>All Roads Lead to Rome</i> (2015 1:30)	2:45 Word Games		2:15-3:30 SCENIC RIDE	2:45 Word Games
3:45 Trivia	3:45 Rolling Happy Hour	3:30 Book Club	3:45 Rolling Popcorn Pub	2:30 Music w/ Chris Monte	3:30 Happy Hour	3:45 Sing-Along
6:00 Evening News (Ch. 10)	6:00 Evening News (Ch. 10)	6:00 Evening News (Ch. 10)	6:00 Evening News (Ch. 10)	3:45 Balloon Batting Practice	6:00 Evening News (Ch. 10)	6:00 POKENO
7:00 Wheel of Fortune/ Jeopardy (Ch. 12)	7:00 Wheel of Fortune/ Jeopardy (Ch. 12)	7:00 Wheel of Fortune/ Jeopardy (Ch. 12)	6:30 Mid-week Movie (Hulu) <i>Rudy</i> (1993 1:48)	6:00 Evening News (Ch. 10)	6:30 Comedy Show (Hulu) <i>Only Murders in the Building</i> (S1:E1)	6:00 Evening News (Ch. 10)
			6:30 Historical Drama (Max) Gilded Age (S1:E2)	6:30 Historical Drama (Max) Gilded Age (S1:E2)		7:00 Game Shows (GSN)

Activities are Subject to Change—Please refer to Daily Hand-outs

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The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	THANKSGIVING 23	24	25
<p>9:00 Virt. Catholic Mass (YT)</p> <p>11:00 Live Music w/ Kalifornia Karl</p> <p>1:45 Balloon Bash</p> <p>3:00 Protestant Service w/ Rev. Cheryl</p> <p>4:00 Hymnal Sing-Along</p> <p>6:00 Word Games & Evening News (Ch. 10)</p> <p>7:00 Game Shows (GSN)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:15 Act of Contrition</p> <p>1:30 Catholic Service w/ Fr. Mahoney</p> <p>2:45 Quarter Bingo</p> <p>3:30 Rolling Popcorn Pub</p> <p>6:00 Evening News (Ch. 10)</p> <p>7:00 Wheel of Fortune/ Jeopardy (Ch. 12)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:30 Crafting With Connie</p> <p>3:30 Music w/ Rock'n Rob</p> <p>6:00 Evening News (Ch. 10)</p> <p>6:15 Bridge Club (Resident Lead)</p> <p>7:00 Wheel of Fortune/ Jeopardy (Ch. 12)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:30 Quarter Bingo</p> <p>3:30 Rolling Happy Hour</p> <p>6:00 Evening News (Ch. 10)</p> <p>6:30 Mid-week Movie (Hulu) <i>Bride Wars</i> (2009 1:29)</p>	<p>9:00 Macy's Thanksgiving Day Parade</p> <p>Variety of Independent activities available in the Community Room</p> <p> Card Games</p> <p> Board Games</p> <p> Brain Teasers</p> <p> Word Games</p> <p>2:00 Holiday Matinee (AP) <i>It's a Wonderful Life</i> (1947 2:10)</p> <p>6:30 Thanksgiving Night Movie (AP) <i>Miracle on 34th Street</i> (1947 1:45)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:30 Quarter Bingo</p> <p>2:30-3:30 Scenic Ride w/ Jane</p> <p>4:00 Music w/ Bob Trembley</p> <p>6:00 Evening News (Ch. 10)</p> <p>6:30 Comedy Sitcom (AP) <i>Everybody Loves Raymond</i></p>	<p>10:00 Coffee & Chat (Independent)</p> <p>11:15 Exercise Group</p> <p>1:30 Classic Series (Hulu) <i>Cheers</i></p> <p>1:45 Putting Practice</p> <p>2:45 Word Games</p> <p>3:45 Sing-Along</p> <p>6:00 Holiday Trivia w/ April</p> <p>7:00 Game Shows (GSN)</p>

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December 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
<p>9:00 Virt. Catholic Mass (YT)</p> <p>10:15 Communion w/ OLM</p> <p>11:15 Exercise Group</p> <p>1:00 NFL GAME (Fox) Patriots vs. Giants</p> <p>1:45 Balloon Bash</p> <p>3:00 Word Games</p> <p>4:00 Pool Bocce</p> <p>6:00 Nickel/Dime Black Jack & Evening News (Ch. 10)</p> <p>7:00 Wheel of Fortune/ Jeopardy (Ch. 12)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:45 Quarter Bingo</p> <p>3:30 Happy Hour</p> <p>6:00 Evening News (Ch. 10)</p> <p>7:00 Wheel of Fortune/ Jeopardy (Ch. 12)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:30 Cooking With Connie</p> <p>3:15 Chaplain Chat</p> <p>3:30 Book Club</p> <p>6:15 Ambassador Movie Night (AP) <i>National Velvet</i></p>	<p>10:30 Brain Games</p> <p>11:00 Exercise</p> <p>1:30 Quarter Bingo</p> <p>3:30 Happy Hour</p> <p>6:00 Evening News (Ch. 10)</p> <p>6:30 Mid-week Movie (Max) <i>Serendipity</i> (2001 1:31)</p>	<p>10:30 Brain Games</p> <p>11:00 Exercise w/ Jill</p> <p>1:15 Nail Care & 1:30 Blood Pressure Clinic</p> <p>2:30 Miniature Bowling</p> <p>3:30 Music w/ Luke Jackson</p> <p>6:00 Evening News (Ch. 10)</p> <p>7:00 Wheel of Fortune/ Jeopardy (Ch. 12)</p>	<p>ANNUAL TREE LIGHTING</p> <p>10:30 Brain Games</p> <p>11:00 Exercise: w/ Linda</p> <p>12:00-1:30 Special Lunch & Music by Chris Monti</p> <p>2:00 Crafting: Greeting Cards</p> <p>3:30 Tree-Lighting Cocktail hour</p> <p>4:30ish Lighting of the Tree w/ Victorian Carolers</p> <p>Evening Light Meal is Delivered to Your Apartment</p> <p>6:00 Evening News (Ch. 10)</p> <p>6:30 Holiday Movie-TBD</p>	<p>10:00 Coffee & Chat (Independent)</p> <p>11:15 Exercise Group</p> <p>1:30 Classic Series (Hulu) <i>Cheers</i></p> <p>1:45 Ring Toss</p> <p>2:45 Word Games</p> <p>3:45 Sing-Along</p> <p>6:00 Evening News (Ch. 10) & 6:00 Trivia Night w/ April</p> <p>7:00 Game Shows (GSN)</p>

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