

THE LEGACY *ACTIVITIES & WELLNESS SERVICES*

NOVEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please sign up at the front desk for all activities marked with **</p>	<p><u>ACTIVITY LOCATION KEY</u> AR - Activity Room FSR - Fireside Room TVR - TV Room DWN -Garden Room GDR- Grand Dining Room MS- Main Street WHR-Whirlpool Room L-Lobby</p>	<p><u>FITNESS CENTER HOURS</u> M-T-TH-F 8:30-11:30am M-W 1:00-3:00</p>				<p>1 10:00 Men's Pool Group (FSR) 10:00 QUARTER BINGO (AR & DWN) 1:30 Ice Cream Sundaes (FSR) 2:00 Movie – "COUNTRY REMEDY" (Ch 10) 7:00 NE vs. Oklahoma(CH 34) GOODWILL PICKUP</p>
<p>2 1:00 Movie – "COUNTRY REMEDY" (Ch 10) 2:00 Chapel (ADR) 3:00 Planning Ahead For All The Right Reasons (DWN) Brunch Buffet 11:00-2:00 (GDR) Daylight Saving Time Ends</p>	<p>3 9:30 VAN RIDE TO FALLBROOK AREA** 9:30 Movement Therapy (AR) 10:15 Stretch & Tone (DWN) 10:30 Sandwich Trivia (AR) 10:30 Men's Pool Group (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) 6:00 Current Issues (FSR)</p>	<p>4 9:00 Bible Study (PDR) 10:30 BINGO (AR & DWN) 1:00 Wellness Hour (DWN) 1:30 Food Forum (PDR) 1:30-3:00 FREE Blood Pressure Checks (AR) 2:00 Patriotic Sing (TVR) 2:30 BOOK CLUB (DWN) 3:00 Music Therapy (AR) 6:00 Ladies' Pool Group (FSR) ELECTION DAY</p>	<p>5 9:00 Shop @ SUNMART** 9:30 Movement Therapy (AR) 10:30 Will Rogers Quotes (AR) 11:00 Stretch & Tone (DWN) 1:30 Music by MAC MCCUNE & DOROTHY APPLEBEE (GDR) 4:00 NEW RESIDENT SOCIAL (FSR) 6:15 Grief & Loss Support Group (FSR)</p>	<p>6 9:00 Podiatry Check (WHR) 10:00 FREE Equipment Checks (FSR) 10:00 Wii Bowling (FSR) 10:00 Ladies' Pool Group (FSR) 1:30 History of Lipizzan Horses (AR) 2:30 Visual Aid Support Group (FSR) 3:00 Catholic Mass (AR) 6:15 Bridge Group (FSR) 7:00 Men's Pool Group (FSR)</p>	<p>7 10:00 Yesterday Year-1940 (AR) 11:00 Stretch & Tone (DWN) 12:00 Travelogue- BLUE PLANET (DWN & VCTV) 2:00 Travelogue- BLUE PLANET (TVR & VCTV) 2:00 Poker Group (FSR)</p>	<p>8 10:00 Men's Pool Group (FSR) 10:00 QUARTER BINGO (AR & DWN) 2:00 Movie– "FOR THE LOVE OF A DOG" (Ch 10) NE vs. Kansas (TBA)</p>
<p>9 1:00 Movie – "FOR THE LOVE OF A DOG" (Ch 10) 2:00 Chapel (ADR)</p>	<p>10 9:30 Movement Therapy (AR) 10:15 Stretch & Tone (DWN) 10:30 Reminisce-Norman Rockwell (AR) 10:30 Men's Pool Group (FSR) 11:30 Quiznos Lunch** (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) 6:00 Current Issues (FSR) HORSESHOE CASINO TRIP**</p>	<p>11 9:00 Bible Study (FSR) 10:30 BINGO (AR & DWN) 2:00 Veterans Program (GDR) 6:00 Ladies' Pool Group (FSR) VETERANS DAY</p>	<p>12 9:00 Shop @ SUNMART** 9:30 Movement Therapy (AR) 10:30 America Trivia (AR) 11:00 Stretch & Tone (DWN) 2:00 Video-Wind Talkers (TVR) 6:30 FRANK LLOYD at the Piano (L)</p>	<p>13 10:00 UNO Game (AR) 10:00 Ladies' Pool Group (FSR) 1:30 New Bridge Group (FSR) 2:00 Fountain Bar (AR) 3:00 Catholic Mass (AR) 6:15 Bridge Group (FSR) 7:00 Men's Pool Group (FSR)</p>	<p>14 9:30 VAN RIDE TO CERESCO & DAVEY** 10:00 Women Aviators (AR) 11:00 Stretch & Tone (DWN) 1:00-3:00 FALL BOUTIQUE (FSR & MS) 1:30 Knitting Group (AR)</p>	<p>15 10:00 Men's Pool Group (FSR) 10:00 QUARTER BINGO (AR & DWN) 2:00 Movie – "WHERE THE RED FERN GROWS" (Ch 10) NE vs. Kansas State (TBA)</p>
<p>16 1:00 Movie–"WHERE THE RED FERN GROWS" (Ch 10) 2:00 Chapel (ADR)</p>	<p>17 9:30 Movement Therapy (AR) 10:15 Stretch & Tone (DWN) 10:30 Railroad Spelling (AR) 10:30 Men's Pool Group (FSR) 11:30 Lunch at The Pantry** 1:00-3:00 Nail Care (AR) 1:30 VAN RIDE TO THE BRIDGES** 2:00 Pitch Group (FSR) 6:00 Current Issues (FSR) 7:00 Music by SARABANDE JAZZ (GDR)</p>	<p>18 9:00 Bible Study (FSR) 10:30 BINGO (AR & DWN) 1:00 Wellness Hour (DWN) 2:00 Crafts (AR) 3:00 Music Therapy (AR) 6:00 Ladies' Pool Group (FSR)</p>	<p>19 9:00 Shop @ SUPER TARGET* 9:30 Movement Therapy (AR) 10:30 Star of the Month-Cyd Charisse (AR) 11:00 Stretch & Tone (DWN) 2:00 Kitchen Klatter (AR) 4:00 HAPPY HOUR (FSR)</p>	<p>20 10:00 Memory Game (AR) 10:00 Ladies' Pool Group (FSR) 11:15 AL Residents' Meeting (ADR) 1:00 IL Residents' Meeting (DWN) 1:30 New Bridge Group (L) 2:00 Roaring 20's Party and November Birthday Party (FSR) 3:00 Catholic Mass (AR) 6:15 Bridge Group (FSR) 7:00 Men's Pool Group (FSR)</p>	<p>21 10:00 Fortunetelling Game (AR) 11:00 Stretch & Tone (DWN) 11:30 Men's & Ladies' Coffee (FRS) 1:00 Shop @ KOHL'S** 2:00 WALKER WASH (AR) 2:00 Poker Group (FSR)</p>	<p>22 10:00 Men's Pool Group (FSR) 10:00 QUARTER BINGO (AR & DWN) 1:30 Music by Wade & Jean Johnson (GDR) 2:00 Movie– "THE RIDE" (Ch 10)</p>
<p>23 1:00 Movie–"THE RIDE" (Ch10) 2:00 Chapel (ADR) ----- 30 1:00 Movie – "LUCKY SEVEN" (Ch10) 2:00 Chapel (ADR)</p>	<p>24 9:30 Movement Therapy (AR) 10:15 Stretch & Tone (DWN) 10:30 Angel Stories (AR) 10:30 Men's Pool Group (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) 6:00 Current Issues (FSR)</p>	<p>25 9:00 Bible Study (FSR) 10:30 BINGO (AR & DWN) 1:00 Wellness Hour (DWN) 2:00 Pretzel Baking (AR) 6:00 Ladies' Pool Group (FSR) 7:00 Music by ONE FLUTE TWO HARPS (GDR)</p>	<p>26 9:00 Shop @ SUNMART** 9:30 Movement Therapy (AR) 10:30 Thanksgiving Trivia (AR) 11:00 Stretch & Tone (F) 2:00 Healthy Living- Blueberries (AR)</p>	<p>27 Happy Thanksgiving No Activities</p>	<p>28 9:00 Podiatry Check (WHR) 10:00 Dominoes (AR) 11:00 Stretch & Tone (DWN) 2:30 Nebraska vs Colorado Tailgate Party (TVR, DWN & FSR) 2:00 Poker Group (FSR)</p>	<p>29 10:00 Men's Pool Group (FSR) 10:00 QUARTER BINGO (AR & DWN) 1:30 Miller & Paine Cinnamon Rolls (FSR) 2:00 Movie – "LUCKY SEVEN" (Ch 10) GOODWILL PICKUP</p>