

# SUNABELLA SENIOR LIVING

INDEPENDENT & ASSISTED LIVING

## November 2023



### 11/1 Wednesday

10:00 Social With Finn Pet Therapy  
11:00 Lets Relaxes With Some Coffee & Conversation  
1:00 Residents Social With Friends  
2:30 Bingo

### 11/2 Thursday

10:00 Lets Start Our Day Off With Morning Exercise  
11:00 Relaxation/Coffee& Conversation  
1:00 Residents Social With Friends  
2:30 Bible Study With Father Mike

### 11/3 Friday

10:00 Lets Jump Start Our Day Off With Some Exercise  
11:30 Lets Go Out For Lunch Today  
1:00 Resident's Social  
2:30 Bingo  
3:30 Karaoke

### 11/4 Saturday

10:00 Morning Walk  
11:00 Relaxes With Some Coffee  
1:00 Resident's Social  
2:00 Card Game Of Your Choice

### 11/5 Sunday

10:00 Morning Worship On Tv Channel 240  
11:00 Relaxes With A Cup Of Coffee  
1:00 Resident's Social  
2:00 Movie Matinee

### 11/6 Monday

10:00 Get Ready To Jump Start Our Day With Morning Exercise  
11:00 Lets Settle Down With Some Coffee/Conversation  
1:00 Residents Social After Lunch  
2:00 Time To Win Some Big Bucks With Bingo  
3:00 Let's Make A Joyful Noise Join In On Singalong With Jennifer

### 11/7 Tuesday

10:00 Lets Do Some Warm Ups This Morning Join Me In Some Exercise  
11:00 Lets Settle Down With A Hot Cup Of Coffee And Conversation  
1:00 Residents Social After Lunch  
2:00 Get Your Hair Done Today With Kevin  
3:00 Balloon Volleyball Corn Toss

### 11/8 Wednesday

10:00 Pet Therapy With Finn  
11:00 Coffee/Conversation  
1:00 Residents Social After Lunch  
2:30 Lets Play Bingo For Some Big Buck

### 11/9 Thursday

10:00 Lets Jump Start Our Day With Some Morning Exercise  
11:00 Wind Down With A Cup Of Coffee & Conversation  
1:00 Residents Social After Lunch  
2:30 Bible Study With Father Mike

### 11/10 Friday

10:00 Get Your Morning And Mine Set Right  
With Some Morning Exercise  
11:00 Residents Shopping Day  
1:00 Residents Social After Lunch  
2:30 Bingo Mania

### 11/11 Saturday

10:00 Morning Walk Around Inside  
11:00 Have A Cup Of Coffee  
1:00 Residents Social After Lunch  
2:00 Residents Get Together And Play A Game Of Cards

### 11/12 Sunday

10:00 Church On Tv Channel 240  
Relaxation Time  
1:00 Residents Social After Lunch  
2:00 Movie

### 11/13 Monday

10:00 Morning Exercise  
11:00 Relaxes With A Cup Of Coffee  
1:00 Resident's Social  
2:00 Singalong With Mr. Roger  
3:00 Bingo

### 11/14 Tuesday

10:00 Let's Started Our Morning Off Right  
With Some Morning Exercise  
11:00 Lets Have Color Me Calm With A Cup Of Coffee  
1:00 Resident's Social  
2:30 Join Me In Doing Chair Yoga  
3:30 Relaxation Time

### 11/15 Wednesday

10:00 Let's Get Ready For Some Quality Time With Finn Pet Therapy  
11:00 Join Me In A Cup Of Coffee & Conversation  
1:00 Residents Social After Lunch  
2:30 Bingo

### 11/16 Thursday

10:00 Morning Exercise  
11:00 Coffee/ Conversation  
1:00 Resident's Social  
2:30 Bible Study With Father Mike

### 11/17 Friday

10:00 Lets Started Our Day Off With Morning Exercise  
11:30 Residents Lunch Outing  
1:00 Resident's Social  
2:30 Bingo  
3:30 Karaoke

### 11/18 Saturday

10:00 Morning Exercise  
11:00 Coffee Time Together  
1:00 Resident's Social  
2:00 Card Game Of Your Choice

### 11/19 Sunday

10:00 Church On Tv Channel 240  
11:00 Coffee Time  
1:00 Resident's Social  
2:00 Residents Do A Puzzle Together

### 11/20 Monday

10:00 Chair Exercise  
11:00 Lets Have Some Coffee Together  
And Do A Quiz Game  
1:00 Resident's Social  
2:00 Bingo  
3:00 Singalong With Jennifer

### 11/21 Tuesday

10:00 Morning Exercise  
11:00 Coffee/Conversation  
1:00 Residents Social Together After Lunch  
2:00 Salon Day Come Get Your Hair Done With Kevin  
2:00 Movie Time

### 11/22 Wednesday

10:00 Pet Therapy With Finn  
11:00 Lets Relaxes With A Cut Of Coffee/Conversation  
1:00 Resident's Social  
2:30 Bingo

### 11/23 Thursday

10:00 Lets Jump Start Our Day Off With So Chair Exercise  
11:00 Lets Relax With A Hot Cup Of Coffee & Conversation  
1:00 Resident's Social  
2:30 Bible Study With Father Mike  
Let's All Join In With A Word From The Lord

### 11/24 Friday

10:00 Lets Jump Start Our Day With Some Morning Exercise  
11:00 Resident Shopping  
1:00 Resident's Social  
2:00 Join In Sing With Seam While He Sings And Play The Guitar  
3:30 Relaxation Time

### 11/25 Saturday

10:00 Morning Exercise  
11:00 Coffee Time  
1:00 Resident Social  
2:00 Movie Time

### 11/26 Sunday

10:00 Lets Lesion To A Word From God On Tv Channel 240  
11:00 Relaxation Time  
1:00 Resident's Social  
1:30 Church Service With Resurrection

### 11/27 Monday

10:00 Lets Get Started With Some Chair Exercise  
11:00 Join Me In A Cup Of Coffee / Conversation  
1:00 Resident's Social  
2:00 Bingo  
3:00 Singalong With Jennifer

### 11/28 Tuesday

10:00 Lets Warm Up With Some Chair Exercise  
11:00 Lets Play A Guessing Game Of Match The Cards  
1:00 Resident's Social  
2:00 Lets Watch The Chosen

### 11/29 Wednesday

10:00 Pet Therapy With Finn  
11:00 Coffee /Conversation  
1:00 Resident's Social  
2:30 Bingo

### 11/30 Thursday

10:00 Chair Exercise  
11:00 Coffee Time  
1:00 Resident's Social  
2:30 Bible Study With Father Mike  
3:30 Relaxation Time

