

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">November 2019</h1> <h2>THE HEIGHTS ASSISTED LIVING</h2>						
<b>HAPPY BIRTHDAY VAN!</b> 3 <b>Daylight Savings Time Ends</b> 10:30 – Exercise  <b>3:25-PACKERS AT LA CHARGERS</b>  <small>Daylight Saving Time Ends</small>	4 10:30 – Exercise  <b>1:00 – Festival Outing</b> 3:00 – Bible Study with Ruthie	5 10:30 – Exercise 10:45 – Pet Therapy  3:00 – Nail Painting #1 <b>3:00 – Tammy Kolen</b>	<b>HAPPY BIRTHDAY ALICE!</b> 6  10:30 – Exercise  3:00- Bingo with Justin	<b>BEAUTY SHOP</b> 7  10:30 – Exercise  1:15 – CHURCH 2:00 – Coffee Clutch	8 10:30 – Exercise 12:30 – Outburst game with students  <b>3:45 – HAPPY HOUR With Joe Cody</b>	9 10:30 – Exercise  <b>2:30 – Spirit &amp; Truth: Christian Music</b> <b>3:00 - BADGERS VS. IOWA</b>
<b>HAPPY BIRTHDAY JOAM!</b> 10 10:30 – Exercise <b>NOON-PACKERS VS. CAROLINA PANTHERS</b> 2:30 – Card Club in the Pub “500”	<b>WELLNESS WEEK</b> 11 <b>10:00-Mexican Train with Kathy</b> Noon: Comfort Food: TACO BAR <b>2:30 – Veterans Day program</b> <small>Veterans Day (US) Remembrance Day (Canada)</small>	<b>FLU SHOT CLINIC (staff will get you)</b> 12 10:30 – Exercise 10:45 – Pet Therapy 12:30- Craft prep with students 3:00 – Nail Painting #2	13 10:30 – Exercise  2:30 – Craft with Justin	<b>BEAUTY SHOP</b> 14  10:30 – Exercise  1:15 – CHURCH 2:00 – Coffee Clutch	<b>HAPPY BIRTHDAY LORI!</b> 15 10:30 – Exercise <b>1:00 – Dollar Tree Outing</b> 4:00 – HAPPY HOUR-OUTBURST GAME WITH JANA	16 10:30 – Exercise <b>BADGERS AT NEBRASKA</b> 2:15 – MOVIE: WAR HORSE-a military horse & trainer
17 10:30 – Exercise 2:30-Make Christmas Cards with Girl Scouts <b>4:45-LOWMAN FAMILY SUPPER MUSIC</b>	18 <b>8:00 – BREAKFAST OUTING: NUTBUSH</b> 10:30 – Exercise  <b>2:30 – Giving Hearts Choir</b>	<b>HAPPY BIRTHDAY LEANNE!</b> 19 10:30 – Exercise 10:45 – Pet Therapy 12:30 – Mexican Train with students 3:00 – Nail Painting 1	20 10:30 – Exercise  3:00 – Wii Bowling with Justin	<b>BEAUTY SHOP</b> 21  10:30 – Exercise  1:15 – CHURCH 2:00 – Coffee Clutch	22 10:30 – Exercise NOON—BIRTHDAY PARTY <b>3:00 –Thanksgiving Party</b> 4:00 – HAPPY HOUR	<b>10 am - BIG BUCK CONTEST</b> 23 10:30 – Exercise <b>BADGERS VS. PURDUE</b>  2:30 – Yahtzee in the pub
24 10:30 – Exercise 2:30 – Wacky Wordies in the pub  <b>3:25-PACKERS AT SF 49ERS</b>	25 10:30 – Exercise  <b>1:00 – RESIDENT MEETING</b> 3:00 – Bible Study with Ruthie	<b>BEAUTY SHOP 8 AM TO 2 PM FOOTCARE</b> 26 <b>Happy Birthday Heidi!</b> 10:30 – Exercise 10:45 – Pet Therapy 12:30 – Bingo with students 3:00 – Nail Painting #2	<b>8:00 – BREAKFAST IN THE PUB: EGG BAKE &amp; BACON</b> 27 10:30 – Exercise 3:00 – MOVIE: A Charlie Brown Thanksgiving	28 <b>HAPPY THANKSGIVING!</b>  <b>9 am—MACY’S PARADE ON TV</b>  <small>Thanksgiving Day (US)</small>	29 10:30 – Exercise  1:15 – CHURCH 2:00 – Coffee Clutch 4:00 – HAPPY HOUR	30 10:30 – Exercise  <b>BADGERS VS. MINNESOTA</b> 2:30 – Card Club in the pub “500”