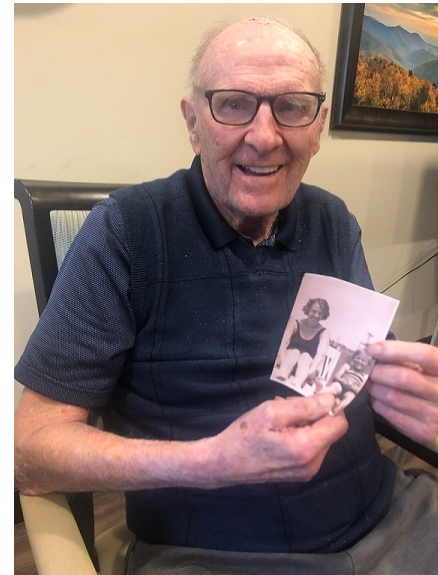


# HAPPENINGS

What we did fun last month!



Outings:

November 2nd-Lunch Outing: County Seat  
(11:30-1:30p)

November 7th-Election Day!: Let's Go Vote (3p-4p)

We Welcome You!



My name is Breon Berry. I am from Lynchburg, Va and I have been living in Richmond for over 20 years. I have been happily married for 8 years and I met my wife when joining my church where I have been a member for 9 years. I have two kids that are 15 and 31 along with two kids by marriage that are 21 and 26. I have always loved food and cooking. As a kid I can still remember sitting in the chair watching my grandmother cook Sunday dinner. I have worked in restaurants which was fun, but in

2016 I was given an opportunity to work in healthcare and the lightbulb came on seeing a smile on a patient's face after eating my dish I prepared. In my spare time I enjoy working out at the gym, spending time with my wife, cooking, watching food network and Netflix. When it comes to my job I don't see it as work because I enjoy what I do.

In Jesus Name Amen!

Hello November!



Sunday

Monday

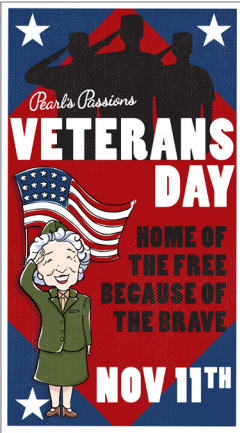
Tuesday

Wednesday

Thursday

Friday

Saturday



|                                                                                                                                                                                          |                                                                                                                            |                                                                                                                                                                                                      |                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                           |                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| *Activities/events<br>subject to change                                                                                                                                                  | Locations:<br>AR-Activity Room<br>LR-Living Room<br>B-Bistro<br>CC-Cozy Corner (area<br>with organ and<br>checkers game)   | The following monthly<br>programs provide an<br>integration of social,<br>spiritual, physical,<br>cognitive, and<br>emotional depth.                                                                 | 10a-10:30a FIT with FOX<br>(LR)<br>10:30a-11:30a Word Search<br>(AR)<br>2p-3p BINGO (AR)<br>3p-4p Learn about: All Saints<br>Day & All Souls Day (AR)<br>1                   | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Bible Study<br>(LR)<br>11:30a-1:30p Lunch Outing:<br>County Seat<br>2p-3p Music with Mary Stella<br>(LR)<br>3p-4p Dominoes (AR) 2      | 10a-10:30a Exercise/Dance<br>(LR)<br>10:30a-11a Catholic<br>Communion (AR)<br>2p-3p BINGO (AR)<br>3p-4p Happy Hour (B)<br>3:30p-4p Piano by Jack<br>4:30p-5p Dance Demo (LR) 3            | 10a-10:30a Exercisen (LR)<br>10:30a-11:30a Brain Teaser<br>(AR)<br>2p-3p Table Ball (AR)<br>3p-4p 1:1 Visits<br>4                                                  |
| 9:30a-10a Chaplain Paul<br>(LR)<br>10a-10:30a Drum Fit (LR)<br>11a-12p Victory Hour (LR)<br>11:15a-12p Catholic Mass<br>(AR)<br>2p-4p Sunday Matinee (LR)<br>5                           | 10a-10:30a Exercise (LR)<br>10:30a-11:30a History of the<br>Flag (LR)<br>2p-3p Pokeno (AR)<br>3p-4p Blackjack (AR)<br>6    | Election Day!<br>10a-10:30a Exercise (LR)<br>11a-12p Jubilation Choir<br>(LR)<br>2p-3p Sycamore Presbyterian<br>Bible Study (LR)<br>3p-4p Let's Go Vote<br>7                                         | 10a-10:30a FIT with FOX<br>(LR)<br>10:30a-11:30a Trivia (AR)<br>2p-3p BINGO (AR)<br>3p-4p Sycamore Men's Choir<br>(LR)<br>8                                                  | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Bible Study<br>(LR)<br>2p-3p Word Search (AR)<br>3p-4p Dominoes (AR)<br>9                                                              | 10a-10:30a Exercise (LR)<br>10:30a-11a Catholic<br>Communion (AR)<br>1:30p-2:30p Bingo (AR)<br>2:30p-3p Veteran's Day Talk<br>(B)<br>3p-4p Happy Hour (B)<br>3:30p-4p Piano by Jack<br>10 | <div>VETERANS DAY</div> 10a-10:30a Exercise (LR)<br>10:45a-11:45a Spades<br>(AR)<br>2p-3p Pinning Ceremony<br>(LR)<br>3p-4p Pie Contest (B)<br>4p 1:1 Visits<br>11 |
| 9:30a-10a Chaplain Paul<br>(LR)<br>10a-10:30a Exercise (LR)<br>11a-12p Victory Hour (LR)<br>11:15a-12p Catholic Mass<br>(AR)<br>11:30a-12p Millie Visits<br>2p-4p Sunday Matinee (LR) 12 | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Match that<br>Image (AR)<br>2p-3p Pokeno (AR)<br>3p-4p Current Events (AR)<br>13 | 10a-10:30a Exercise (LR)<br>10:30a-11:30 Resident<br>Council (LR)<br>2p-2:30p Diabetes talk with<br>Nurse Grace (B)<br>3p-3:30p Travelogue-<br>Germany (AR)<br>3:30p-4:30p Universal Yums<br>(AR) 14 | 10a-10:30a FIT with FOX<br>(LR)<br>11a-11:45a Hymns with Bill<br>(LR)<br>1:30p-2p Fun with Fox (B)<br>2p-3p Encore Dancers:<br>Broadway Tunes (LR)<br>3p-4p Bingo (AR)<br>15 | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Bible Study<br>(LR)<br>2p-3p Wayne and Mary-<br>Country and Gospel (LR)<br>3p-4p Dominoes (AR)<br>16                                   | 10a-10:30a Exercise (LR)<br>10:30a-11a Catholic<br>Communion (AR)<br>11a-12p Art Program (AR)<br>2p-3p BINGO (AR)<br>3p-4p Happy Hour (B)<br>3:30p-4p Piano by Jack<br>17                 | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Match that<br>Image (AR)<br>2p-3p BINGO (AR)<br>3p 1:1 Visits<br>18                                                      |
| 9:30a-10a Chaplain Paul<br>(LR)<br>10a-10:30a Drum Fit (LR)<br>11a-12p Victory Hour (LR)<br>11:15a-12p Catholic Mass<br>(AR)<br>2p-4p Sunday Matinee (LR)<br>19                          | 10a-10:30a Exercise (LR)<br>10:45a-11:45a Uno (AR)<br>2p-3p Belles and Beaux (LR)<br>3p-4p Pokeno (AR)<br>20               | 10a-10:30a Exercise (LR)<br>10:45a-11:45a What are you<br>thankful for? (AR)<br>2p-3p Family Feud<br>3p-4p Manicures (AR)<br>21                                                                      | 10a-10:30a FIT with FOX<br>(LR)<br>10:30a-11:30a Match that<br>Image (AR)<br>2p-3p Birthday Party (LR)<br>3p-4p Birthday Celebration<br>(B)<br>22                            | <div>THANKSGIVING</div> 10a-10:30a Exercise (LR)<br>10a-2p Paparazzi Jewelry<br>Sale (AR)<br>10:30a-11:30a Bible Study<br>(LR)<br>2p-3p Dominoes (B)<br>3p-4p Table Ball (AR) 23 | 10a-10:30a Exercise (LR)<br>10:30a-11a Catholic<br>Communion (AR)<br>2p-3p BINGO (AR)<br>3p-4p Happy Hour (AR)<br>3:30p-4p Piano by Jack<br>24                                            | 10a-10:30a Exercise (LR)<br>10:45a-11:45a Uno (AR)<br>2p-3p Headband Game (AR)<br>3p-4p Going Shopping<br>Memory Game (AR)<br>4p 1:1 Visits<br>25                  |
| 9:30a-10a Chaplain Paul<br>(LR)<br>10a-10:30a Exercise (LR)<br>11a-12p Victory Hour (LR)<br>11:15a-12p Catholic Mass<br>(AR)<br>11:30a-12p Millie Visits<br>2p-4p Sunday Matinee (LR) 26 | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Table Ball<br>(AR)<br>2p-3p Pokeno (AR)<br>3p-4p Current Events (AR)<br>27       | 10a-10:30a Exercise (LR)<br>10:30a-11a Eucharist (LR)<br>2p-3p Men's Group (B)<br>3p-4p Manicures (AR)<br>28                                                                                         | 10a-10:30a FIT with FOX<br>(LR)<br>10:30a-11:30a Bingo Market<br>(AR)<br>2p-3p BINGO (AR)<br>3p-4p Wheel of Fortune<br>(AR)<br>29                                            | 10a-10:30a Exercise (LR)<br>10:30a-11:30a Bible Study<br>(LR)<br>2p-3p Table Topics (AR)<br>3p-4p Dominoes (AR)<br>30                                                            |                                                                                                                                                                                           |                                                                                                                                                                    |