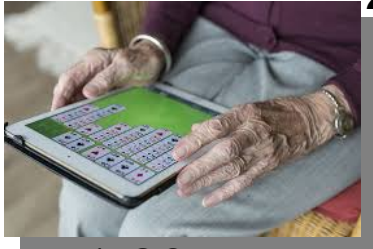






# NOVEMBER 2020

## Week 1: Small/ Outdoor Group Activities for Independent & Assisted Living





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Weekly theme:</b> <i>A Bridge To November</i> <b>This month, in activities, we are introducing our new:</b> <i>“Self-Care Action“ Calendar</i></p> <p>This Calendar will be posted on each floor on West Side and East Side on Monday, November 2<sup>nd</sup>. It will list various challenges for residents to work on every day.</p> <p>Examples include: -Write down your goals for the month Or -Find the joy in completing a task that you've put off for some time!</p> <p>When a resident has completed their challenge for the day, if they'd like, they may call Ext: 4589 to leave a message sharing their experience with the Activities. Dept.</p> <p>We will be sharing these positive experiences in future Chronicles</p>	<p></p> <p>1:30pm- <b><u>Assisted Living Technology Lounge:</u></b> <b>On Lake View Lane (by the library)</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <hr/> <p><b>Fun on the Run:</b> <i>Music, Movies &amp; Books Traveling Library</i></p> <p><i>This cart will provide various media you can sign out and return in 2 weeks, just like the local library</i></p> <p>10:30pm-12:00pm <b>West &amp; East Side Wing</b></p>	<p></p> <p>1:30pm- <b><u>Assisted Living Outdoor Chair Fitness w/ Exercise Balls</u></b> <b>On Lake View Lane (by the library)</b></p> <p>2:30pm- <b><u>Independent Living Outdoor Chair Fitness w/ Exercise Balls</u></b> <b>On Lake View Lane (by the library)</b></p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4 RESIDENTS</b> ↑</p>	<p></p> <p><b>Hallway Activity:</b> 10:30am- Hallway <b>BINGO BONANZA West Side 1<sup>st</sup> Floor</b></p> <p>1:30pm- Hallway <b>BINGO BONANZA East Side 1<sup>st</sup> Floor</b></p> <p><b>Description:</b> Residents will play a social distancing version of Jeopardy! Residents will earn a prize for every category they complete!</p> <p><b>Note:</b> All activity programs that are scheduled in the Assisted Living Courtyard are weather permitting. In the event of inclement weather, the class will be held at Lake View Lane (by the Library entrance).</p>	<p></p> <p>1:30pm- <b><u>Assisted Living Outdoor Chair Fitness w/ Exercise Balls</u></b> <b>On Lake View Lane (by the library)</b></p> <p>2:30pm- <b><u>Independent Living Outdoor Chair Fitness w/ Exercise Balls</u></b> <b>On Lake View Lane (by the library)</b></p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4 RESIDENTS</b> ↑</p>	<p>10:30am-12:00am <b>West &amp; East Side Wing</b></p> <p><b>Fun on the Run</b> <i>Sticky Bun Friday:</i> <i>This bi-weekly sticky bun cart is a modified, safe traveling delivery service -similar to our traveling snack cart!</i></p> <hr/> <p>1:30pm- <b><u>Independent Living Technology Lounge:</u></b> <b>On Lake View Lane (by the library)</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p></p>	<p><b>What is the Technology Lounge?</b></p> <p>In this exciting new social distance friendly program, residents will have the capability to utilize an iPad device provided by the Activities Department.</p> <p>Residents will be able to surf the web, connect with family on social media, do online grocery shopping, watch movies, live concerts, play games and so much more! Our Activities Assistant will be on hand to help and assist you.</p> <p>Sign Up Today!</p>

\* Activities are subject to change. Residents who signed up for the programs will be notified of changes directly \*



# NOVEMBER 2020

## Week 2: Small/ Outdoor Group Activities for Independent & Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Weekly theme:</b> <i>Honoring our Veterans</i></p> <p><i>Scavenger Hunt Veteran's Day Words</i></p> <p>Have you tried to do the scavenger hunt yet?</p> <p>-All items on the list are hidden throughout the main part of the building (lobby floor and dining room floor.)</p> <p>-The scavenger hunt runs from <u>Sunday to Saturday every week.</u></p> <p>-Drop your completed scavenger hunt list at the front desk for the concierge to place in the Activities Dept. mailbox for review!</p> <p>-The <u>first resident</u> to complete the scavenger hunt will <u>receive a prize!</u> ☺</p>	<p>10:30am- <b>Assisted Living</b> <span style="float: right;">9</span></p> <p>Preparing for Veteran's Day Wall of Honor: <i>Bio &amp; Card Making</i></p> <p><b>In the Oak Room</b></p> <p>↑ PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p>1:30pm- <b>Independent Living</b></p> <p>Preparing for Veteran's Day Wall of Honor: <i>Bio &amp; Card Making</i></p> <p><b>In the Oak Room</b></p> <p>↑ PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p>	 <p>1:30pm- <b>Assisted Living</b> <span style="float: right;">10</span></p> <p>Chair Fitness w/ Exercise Balls <b>In the Oak Room</b></p> <p>2:30pm- <b>Independent Living</b></p> <p>Chair Fitness w/ Exercise Balls <b>In the Oak Room</b></p> <p>↑ PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p>	<p><b>Happy Veteran's Day!</b> <span style="float: right;">11</span></p> <p><i>A Veteran's Wall of Honor will be on display in the lobby honoring Veterans of our community.</i></p> <p>Residents may view our Veteran's Wall of Honor located in our lobby. Residents must practice social distancing and wear a mask when viewing this wall. This memorial wall will be up all month long!</p> <p><b>Fun on The Run Activity:</b></p> <p>10:30am- <b>Coffee &amp; Donuts on the Go for our Veterans</b></p> <p>2:00pm-4:00pm <b>Veteran's Day Traveling Flag Ceremony</b></p> <p><b>On West &amp; East Side</b></p>	 <p>1:30pm- <b>Assisted Living</b> <span style="float: right;">12</span></p> <p>Chair Fitness w/ Exercise Balls <b>In the Oak Room</b></p> <p>2:30pm- <b>Independent Living</b></p> <p>Chair Fitness w/ Exercise Balls <b>In the Oak Room</b></p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p>↑ PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS ↑</p>	 <p>10:30am- <b>Independent Living</b> <span style="float: right;">13</span></p> <p>Name that Tune: <i>Hollywood Classics Edition</i></p> <p><b>In the Oak Room</b></p> <p>1:30pm- <b>Assisted Living</b></p> <p>Name that Tune: <i>Hollywood Classics Edition</i></p> <p><b>Assisted Living Dining Room on the 1<sup>st</sup> Floor</b></p> <p>↑ PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p>	<p><b>What is the Veteran's Wall of Honor?</b> <span style="float: right;">14</span></p> <p>This year to honor our resident Veterans, we are creating a Veteran's wall on honor, showcasing our heroes w/ photos and a biography. Residents are encouraged to participate by sharing messages we will incorporate into the design. The wall will be on display Nov. 11<sup>th</sup> and throughout the month!</p> <p><b>Coffee &amp; Donuts on the Go for our Veteran's &amp; Veteran's Day Traveling Flag Ceremony:</b></p> <p>Activities will be going around with a donut &amp; coffee cart for our Veterans in the morning, and will receive a Certificate of Honor, a Flag ceremony for their service!</p>

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# NOVEMBER 2020

## Week 3: Small/ Outdoor Group Activities for Independent & Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
<p><b>Weekly theme:</b> <i>Local Arts &amp; Culture</i></p> <p><b>Scavenger Hunt</b> <i>Thanksgiving Dishes</i></p> <p>Have you tried to do the scavenger hunt yet?</p> <p>-All items on the list are hidden throughout the main part of the building (lobby floor and dining room floor.)</p> <p><i>-The scavenger hunt runs from <u>Sunday to Saturday every week.</u></i></p> <p>-Drop your completed scavenger hunt list at the front desk for the concierge to place in the Activities Dept. mailbox for review!</p> <p>-The <u>first resident</u> to complete the scavenger hunt will <u>receive a prize!</u> 😊</p>	<p>10:30am- <b><u>Assisted Living</u></b></p> <p>Travelogue Historic America: <i>Philadelphia 'Then &amp; Now' Interactive Video</i></p> <p>1:30pm- <b><u>Independent Living</u></b></p> <p>Travelogue Historic America: <i>Philadelphia 'Then &amp; Now' Interactive Video</i></p> <p><b>In the Oak Room</b></p> <p>↑ <b>PLEASE SIGN UP FOR THIS PROGRAM; LIMITED FOR UP TO 4-10 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> 	<p>1:30pm- <b><u>Assisted Living</u></b></p> <p>Chair Fitness w/ Exercise Balls <b>On Lake View Lane (by the library)</b></p> <p>2:30pm- <b><u>Independent Living</u></b></p> <p>Chair Fitness w/ Exercise Balls <b>On Lake View Lane (by the library)</b></p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> 	<p><b>Hallway Activity:</b></p> <p>10:30am- Trivia Hour: November Facts and Famous Faces</p> <p><b>West Side 3<sup>rd</sup> Floor</b></p> <p>1:30pm- Trivia Hour: November Facts and Famous Faces</p> <p><b>East Side 3<sup>rd</sup> Floor</b></p> <p><b>Description:</b> Residents will play a social distancing version of Trivia. Residents will earn a prize for every question they get right!</p> 	<p>1:30pm- <b><u>Assisted Living</u></b></p> <p>Chair Fitness w/ Exercise Balls <b>On Lake View Lane (by the library)</b></p> <p>2:30pm- <b><u>Independent Living</u></b></p> <p>Chair Fitness w/ Exercise Balls <b>On Lake View Lane (by the library)</b></p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> 	<p>1:30pm- <b><u>Independent Living</u></b></p> <p>Senior Ceramics Class: <i>Beginner Level Trinket Bowl</i></p> <p><b>In the Oak Room</b></p> <p>↑</p> <p>1:30pm- <b><u>Assisted Living</u></b></p> <p>Senior Ceramics Class: <i>Beginner Level Trinket Bowl</i></p> <p><b>Assisted Living Dining Room on the 1<sup>st</sup> Floor</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time</p> 	<p><b>What is the Travelogue Historic America:</b> <i>Philadelphia 'Then &amp; Now' Interactive Video</i></p> <p>This program contains a follow-along video that acts as a safe and fun interactive game and travelogue that will take us through local historic Philadelphia as we knew it then, and now! Go Phils!</p> <p><b>Senior Ceramics Class Beginner Level:</b></p> <p>Feeling uninspired but need to get rid of pent up energy?! No Skill are need to join our senior ceramics class! Pound and mold some clay while relieving stress in this</p>

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# NOVEMBER 2020

## Week 4: Small/ Outdoor Group Activities for Independent & Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p><b>Weekly theme:</b> <i>Giving Thanks Scavenger Hunt Thanksgiving Dishes</i></p> <p>This Calendar is posted on each floor in Assisted Living and on our community elevators in Examples include: -Write down your goals for the month Or -Find the joy in completing a task that you've put off for some time!</p> <p>When a resident has completed their challenge for the day, if they'd like, they may call Ext: 4589 to leave a message sharing their experience with the Activities. Dept.</p> <p>We will be sharing these positive experiences in future Chronicles</p>	<p>10:30am- 23</p> <p><b><u>Assisted Living</u></b></p> <p>Artisan's Group: Thanksgiving Dinner Table Centerpieces <b>Assisted Living Dining Room on the 1<sup>st</sup> Floor</b></p> <p>↑ 1:30pm- ↑</p> <p><b><u>Independent Living</u></b></p> <p>Artisan's Group: Thanksgiving Dinner Table Centerpieces <b>In the Oak Room</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> 	<p>24</p> <p>1:30pm- <b><u>Assisted Living</u></b></p> <p>Chair Fitness w/ Mini Weights <b>In the Oak Room</b></p> <p>2:30pm- <b><u>Independent Living</u></b></p> <p>Chair Fitness w/ Mini Weights <b>In the Oak Room</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> 	<p>25</p> <p><b>Hallway Activity:</b></p> <p>10:30am- The Price is Right: Thanksgiving Edition <b>West Side 1<sup>st</sup> Floor</b></p> <p>1:30pm- The Price is Right: Thanksgiving Edition <b>East Side 1<sup>st</sup> Floor</b></p> <p><b>Description:</b> Residents will play a social distancing version of this popular TV game show guessing grocery item costs!</p> 	<p>26</p> <p><b>Happy Thanksgiving!</b></p> <p>Fun on the Run: 10:00am- <b>Thankful Tree Community Activity</b></p> <p>1:30pm- <b><u>Assisted Living</u></b></p> <p>2:30pm- <b><u>Independent Living</u></b></p> <p>Turkey Day Chair Fitness <b>In the Oak Room</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time!</p> 	<p>27</p> <p>1:30pm- <b><u>Independent Living</u></b></p> <p>Home Maker's Group: <i>Decorating your Door for the Holidays</i> <b>In the Oak Room</b></p> <p>↑ 1:30pm- ↑</p> <p><b><u>Assisted Living</u></b></p> <p>Home Maker's Group: <i>Decorating your Door for the Holidays</i> <b>Assisted Living Dining Room on the 1<sup>st</sup> Floor</b></p> <p>↑ <b>PLEASE SIGN UP LIMITED UP TO 4-10 RESIDENTS</b> ↑</p> <p>Call Ext: 4589 and leave your name w/ this class and time</p>	<p>28</p> <p><b>Artisan's Group: Thanksgiving Dinner Table Centerpieces</b></p> <p>Residents will design and construct beautiful fall themed center pieces for our dining room for the thanksgiving holiday!</p> <p><b>Thankful Tree Community Activity</b></p> <p>On Thanksgiving, fun on the run will bring our annual Thankful Leaves to residents to fill out. The Tree will be on display in the Lobby for viewing.</p> <p><b>Home Maker's Group: Decorating your Door for the Holidays</b></p> <p>Residents who love decorating for the holidays should sign up for this fun crafting program</p>

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