

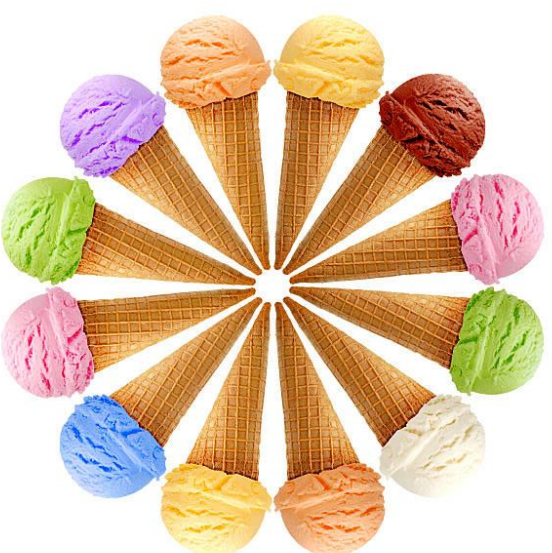
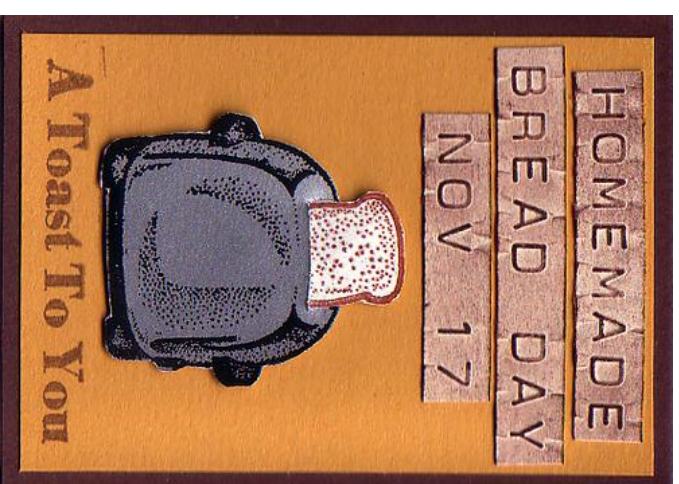
November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dates to Remember Monday's Shopping Days Wednesday's Doctor Appointments Thursday Hair Day	Programs in LVAL Miracle Ear Step On It! GHC Hospice		1 9-2:30 Doctor Visits* 9-10 Step On It!/Trivia P 10:00 Creative Art 1:30 Golfing AR 2:00 Chair Exercise MR 3:00 Ukulele Tunes By Noel 4:00 Word Of The Day	2 9:00 Step On It! P 9:30 Trivia P 10:00 Balloon Volleyball MC 11:00 Christmas Bags Project 2:00 Chair Exercise MR 3:00 Movie MR 4:00 Word Of The Day	3 9:00 Morning Walk P 10:00 Step On It! 11:00 Bingo AR 1:00 Golfing AR 2:00 Clap 2 The Music MR 4:00 Trivia MR 6:00 Vespers P	4 9:00 Morning Service 9:30 Let's Take A Ride! 11:00 Sabbath Video MC 1:00 Bible Games MC 2:00 Bible Trivia P 4:00 Green Thumb Club P 6:00 Vespers P
5 9:15 Beat The Heat Walk 10:00 Headline News/Trivia P 11:00 Bowling AR 2:00 Enhancing Our Life MR 3:00 Green Thumb Club P 4:00 Creative Art AR 6:00 Movie	6 9:00 Step On It! P 9:30 Headline News/Trivia P 11:00 Balloon Volleyball MC 1:30 Table Games AR 2:00Muscle Strengthening MR 3:45 Music Melodies P 4:00 Movie MR	7 9:00 Step On It! P 9:30 Headline News/Trivia P 10:00 Target Toss AR 11:00 Frame Decorating AR 1:30 Strain/Brain P 2:00 Move To The Music MR 3:00 Cards 4 Kids AR	8 9-2:30 Doctor Visits* 9-10 Step On It! P /Trivia P 10:00 Turkey Fingers/Jaz AR 11:00 Giving Thanks Project 2:00 Chair Exercise MR 3:00 Ukulele Tunes By Noel 4:00 Word Of The Day	9 9:00 Step On It! P 9:30 Trivia P 10:00 Olive Garden P 1:30 Creative Art AR 2:00 Chair Exercise MR 3:00 Pumpkin Project AR 4:00 Word Of The Day	10 9:00 Step On It! P 10:00 Trivia P 11:00 Highland Packers MR 1:30 Word Search 2:00 Fitness Moving MR 3:00 Tie Pillow AR 6:00 Vespers P	11 9:00 Morning Service 9:15 Let's Take A Ride! 11:00 Sabbath Video MC 2:00 Bible Trivia P 3:30 Bible Games P 4:00 Green Thumb Club P 6:00 Vespers P
12 9:15 Beat The Heat Walk 10:00 Headline News P 11:00 Shuffleboard AR 2:00 Moving 4 Energy MR 3:00 Movie AR 4:00 Target Toss 6:00 Movie	13 9:00 Step On It! P 10:00 Trivia P 11:00 Balloon Volleyball MC 11:00 Snowline Orchard P 2:00 Let's Keep Moving MR 3:45 Academy Music P 4:00 Trivia P	14 9:00 Step On It! P 9:30 Trivia P 10:00 Miracle Ear Check-Up AR 11:00 Golf AR 2:00 Workout Challenge MR 3:00 Pictures 4 Cards AR 3:45 Cards 4 Kids AR	15 9-2:30 Doctor Visits* 9-10 Step On It! P /Trivia 10:00 Wii Games AR 1:30 Painting Pumpkins AR 2:00 Fitness On MR 3:00 Noel & His Ukulele 4:00 Creative Art AR	16 9:00 Step On It! P 9:30 Strain Your Brain P 10:00Fun Corner w/Dawina AR 12-1 Thanksgiving Party DR 2:00 Stretching High MR 3:30 Card Making AR 4:00 Word Search AR	17 9:00 Step On It! P 10:00 Strain your Brain P 11:00 Songs w/Jan MR 1:30 Pumpkin Craft AR 2:00 David's Artist Class AR 3:00 Marching In Place MR 6:00 Vespers P	18 9:00 Morning Service 9:15 Let's Take A Ride! 11:00 Sabbath Video MC 1:00 Biblical Talk P 2:30 Bible Trivia P 3:00 Green Thumb Club P 6:00 Vespers P
19 9:15 Beat The Heat Walk 10:00 Headline News P 11:00 Golfing AR 2:00 Moving 4 Energy MR 3:00 Bingo AR 4:00 Target Toss AR 6:00 Movie	20 9:00 Step On It! P 9:30 Trivia P 11:00 Balloon Volleyball MC 1:30 Love On A Leash P 2:00Activate Our Strength MR 3:45 Betty's Music Guest 4:00 Coloring Art	21 9:00 Step On It! P 9:30 Headline News/Trivia 11:00 Hometown Buffet 1:30-2 Healing w/Art Class AR 3:00 Workout Challenge MR 3:30 Cards 4 Kids AR 4:00 Movie MR	22 9-2:30 Doctor Visits* 9-10 Step On It! P /Trivia P 11:00 Target Toss AR 1:30 Bingo AR 2:00 Fitness Moves MR 3:00 Movie MR 4:00 Creative Art	23 9:00 Step On It! P 10:00 Strain Your Brain 11:00 Bowling AR 1:30 Creative Art AR 2:00 Move It Or Lose It MR 3:00 Paint What You See AR 4:30 Puzzles AR	24 9:00 Step On It! P 10:00 Cards 4 Kids AR 11:00 Christmas Bags AR 1:00 Golfing AR 2:00 Clap 2 The Music MR 3:00 Tie Pillow AR 6:00 Vespers P	25 9:00 Morning Service 9:15 Let's Take A Ride! 11:00 Sabbath Video MC 1:00 Biblical Talk P 2:00 Bible Trivia P 4:00 Green Thumb Club P 6:00 Vespers P
26 9:15 Beat The Heat Walk 10:00 Headline News P 11:00BalloonVolleyball 2:00 Muscle Movement MR 3:00 Word Search AR 4:00 Bingo AR 6:00 Movie	27 9:15 Step On It! P 10:00 Headline News P 11:00 Balloon Volleyball MC 1:30 Trivia AR 2:00 Muscle Stretch MR 3:45 Music Friends/LLA P 4:00 Bingo AR	28 9:00 Step On It! P 9:30 Headline News/Trivia P 11:00Shuffleboard AR 2:00 Rotating Are Muscles MR 3-5 Ice Cream Social 6:00 Movie MR	29 9-2:30 Doctor Visits* 9-10 Step On It! P /Trivia P 10:00 Rock Painting AR 11:00 Highland Packers MR 2:00 Fitness Moves MR 3:00 Movie MR 4:00 Creative Art	30 9:00 Step On It! P 9:30 Trivia P 10:00 Smiley Library P 1:30 Creative Art AR 2:00 Chair Exercise MR 3:00 Pumpkin Project AR 4:00 Word Of The Day		

Save the Date Newsletter



November is
National
Family
Caregivers
Month



Linda Valley Assisted Living

Activities & Events



Resident Birthdays

John O. Nov. 4th

Pam P. Nov. 8th

Days of Celebration

Veteran's Day Nov. 11th

Caregiving Appreciation Day Nov. 13th

Natl. Homemade Bread Day Nov. 17th

Thanksgiving Nov. 23rd

Ice Cream & Cake Social Nov. 28th