





Grand Meadows - Assisted Living

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15 Exercise Class (L) 2:00 Prize Bingo (L) 6:00 Movie: All Saints (GR) Happy Birthday Richard Swift!	2 9:30 Headlines (L) 10:30 Christ Lutheran Worship Service (L) 1:15 Manicures (L) 3:00 Happy Hour (L)	3 10:30 Rosary (GR-Independent) 11:15 Exercise Class (L) 2:00 Quarter Bingo (L) 4:00 Weekend Packet Pick-up (L) 6:00 Scrabble (L-Independent)	4 10:00 Stretch Class Video (E) 2:00 Movie Matinee: The Stray (GR) Happy Birthday Vi Gould!
5 12:00 Vikings vs. Falcons (FOX) (GR) 2:45 Cookie Social (CS)  Happy Birthday Ashley Dammann & Chole Engelke-Woodall!	6 11:15 Exercise Class (L) 1:30 Bible Study (C) 2:00 Quarter Pokeno (L) 6:00 Creative Color (L-Independent)	7 9:30 Devotions (L) 11:15 Exercise Class (L) 1:30 *Shop Dollar Fresh HyVee 3:00 Left, Center, Right Dice Game (L) 6:00 Scrabble (L-Independent)	8 11:15 Exercise Class (L) 1:15 Movers & Shakers (E) 2:00 Prize Bingo (L) 3:15 Grocery Bag Service Project (L) 6:00 Movie: The Blindside (GR)	9 9:00 Christ Lutheran Women's Bible Study (C) 10:30 Headlines (L) 11:15 Exercise Class (L) 1:15 Manicures (L) 2:00 All Saint's / First Lutheran Church Service w/Pr. Andrix (L) 3:00 Special Music: Jim Wendolek & Happy Hour (L) 6:30 *GSL Musical: Beauty & The Beast Outing (sign-up)	10 10:30 Catholic Mass (GR) 11:15 Exercise Class (L) 1:15 Resident Dining Meeting (L) 2:00 Quarter Bingo (L) 4:00 Weekend Packet Pick-up (L) 6:00 Scrabble (L-Independent)	Veterans' Day 11 10:00 Stretch Class Video (E) 11:00 Veterans Day Program (L) 6:00 Movie: The Green Berets (GR)  Happy Birthday Ruth Goetze!
12 12:00 Vikings. vs. Saints (FOX) (GR) 2:45 Cookie Social (CS)	13 11:15 Exercise Class (L) 1:15 Movers & Shakers (E) 1:30 St John's Bible Study (C) 2:00 Quarter Pokeno (L) 6:00 Creative Color (L-Independent)	14 9:15 *Shop Walmart 11:00 Stretch Class Video (L) 2:00 Devotions (L) 3:00 Left, Right, Center Dice Game (L) 6:00 Scrabble (L-Independent)	15 11:15 Exercise Class (L) 1:15 Movers & Shakers (E) 2:00 Prize Bingo (L) 6:00 Movie: The Odd Couple (GR) Happy Birthday Yurydia Becerra!	16 9:30 Headlines (L) 11:15 Exercise Class (L) 1:15 Manicures (L) 2:00 Turkey Craft (L) 3:00 Happy Hour (L)	17 10:30 Rosary (GR-Independent) 11:15 Exercise Class (L) 2:00 Quarter Bingo (L) 4:00 Weekend Packet Pick-up (L) 6:00 Scrabble (L)	18 10:00 Stretch Class Video (E) 2:00 Special Music: Kev & His Guitar (L) 6:00 Evening Movie: Annie (GR) Happy Birthday Donald Dammann!
19 2:00 Community Worship Service w/Pr. Nelson (L) 2:45 Cookie Social (CS) 7:20 Vikings vs. Denver (NBC) (GR) Happy Birthday Nichole Binder!	20 11:15 Exercise Class (L) 1:15 Movers & Shakers (E) 2:00 Nov. Birthday Celebration & Special Music By: Todd Anderson (L) 6:00 Creative Color (L-Independent) Happy Birthday Richard Venske!	21 9:30 Devotions (L) 11:15 Exercise Class (L) 1:30 *Shop Coborn's 3:00 Left, Center, Right Dice Game (L) 6:00 Scrabble (L-Independent) Happy Birthday JoAnn Ulrich!	22 11:15 Exercise Class (L) 1:15 Movers & Shakers (L) 2:00 Prize Bingo (L) 6:00 Movie: A Family Thanksgiving (GR)	Thanksgiving Day 23 3:00 Cookie Social (CS) 6:00 Movie: Grumpy Old Men (GR)  Happy Birthday Emma Lombard!	24 11:15 Exercise Class (L) 2:00 Quarter Bingo (L) 4:00 Weekend Packet Pick-up (L) 6:00 Scrabble (L-Independent)	25 10:00 Stretch Class Video (E) 6:00 Evening Movie: Grumpier Old Men (GR) Happy Birthday Lowell Brelje!
26 2:00 Community Worship Service w/Pr. Roloff (L) 2:45 Cookie Social (CS)	27 11:15 Exercise Class (L) 1:15 Movers & Shakers (E) 1:30 St John's Bible Study (C) 2:00 Armchair Travel: Israel (L) 2:30 Men's Social (GR) 2:30 Women's Social (L) 6:00 Creative Color (L-Independent)	28 9:30 Devotions (L) 11:15 Exercise Class (L) 1:30 *Shop Coborn's 3:00 Left, Right, Center Dice Game (L) 6:00 Scrabble (L-Independent)	29 10:00 Christmas Singalong w/Kay Wilson (L) 11:15 Exercise Class (L) 1:15 Movers & Shakers (E) 2:00 Resident Meeting & Resident Council (L) 2:30 Prize Bingo (L) 6:00 Movie: Miracle on 34 th Street (GR)	30 9:30 Headlines (L) 11:15 Exercise Class (L) 1:45- 2:15 First Lutheran Kindergarten Visit (L) 3:00 Happy Hour (L)	ACTIVITY KEY LOCATION: C=CHAPEL CS=COFFEE SHOP E=EXERCISE ROOM G=GARDEN ROOM GR=GREAT ROOM L= LOUNGE	DAILY DOSE PACKET/OR WEEKEND PACKET PICK UP at 4:00 PM (L) *OUTING SIGN UP BINDER IN THE OFFICE. RELIGIOUS ACTIVITIES IN PURPLE.