



CHRISTOPHER HEIGHTS™

# November 2021

- P Pub
- DR Dining Room
- MR Media Room
- 3rd FI Nurses' Office

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: teal;">MR</span> Ladder Toss 3:00 <span style="color: orange;">P</span> Pub Time	2 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: orange;">P</span> Long Word Short Game 3:00 <span style="color: orange;">P</span> Pub Time	3 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: green;">DR</span> BINGO \$ 3:00 <span style="color: orange;">P</span> Pub Time	4 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 11:00 <span style="color: teal;">MR</span> Heart Health Talk by Encompass 1:30 <span style="color: orange;">P</span> Pokeno 3:00 <span style="color: orange;">P</span> Pub Time	5 10:00 <span style="color: teal;">MR</span> Fall Prevention Exercise Program w/ Instructor Jessica 2:00 <span style="color: orange;">P</span> Performance by Wayne Paige 3:00 <span style="color: orange;">P</span> Pub Time	6 10:00 <span style="color: orange;">P</span> BINGO w/ Grace Baptist Church 2:00 <span style="color: teal;">MR</span> Movie
7 DAYLIGHT SAVING TIME ENDS (Set Your Clocks Back 1 Hour) 10:00 <span style="color: teal;">MR</span> Ecumenical Service 1:00 <span style="color: teal;">MR</span> Patriots Game	8 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: teal;">MR</span> Golf/Putting 3:00 <span style="color: orange;">P</span> Pub Time	9 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: orange;">P</span> Trivia 3:00 <span style="color: orange;">P</span> Pub Time	10 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: teal;">MR</span> Bowling 3:00 <span style="color: orange;">P</span> Pub Time	11 VETERANS DAY! 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: orange;">P</span> ReFrazzle Word Game 3:00 <span style="color: orange;">P</span> Pub Time	12 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise/Balance w/ Heather 2:00 <span style="color: orange;">P</span> Performance by Ruth Harcovitz singing songs from World War II 3:00 <span style="color: orange;">P</span> Pub Time	13 10:00 <span style="color: orange;">P</span> Morning Gather by Residents 2:00 <span style="color: teal;">MR</span> Movie
14 10:00 <span style="color: teal;">MR</span> Ecumenical Service 1:00 <span style="color: teal;">MR</span> Patriots Game	15 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: teal;">MR</span> Ladder Toss 2:30 <span style="color: orange;">P</span> Pet Therapy Visit w/ Winnie 3:00 <span style="color: orange;">P</span> Pub Time	16 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: orange;">P</span> Spelling Bee 3:00 <span style="color: orange;">P</span> Pub Time	17 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: purple;">3rd FI Nurses' Office</span> Medical Visit 2:00 <span style="color: green;">DR</span> Resident Council & Food Committee Meeting 3:00 <span style="color: orange;">P</span> Pub Time	18 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: orange;">P</span> LCR (Dice Game) 3:00 <span style="color: orange;">P</span> Pub Time	19 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: teal;">MR</span> Beanbag Toss 3:00 <span style="color: orange;">P</span> Pub Time	20 10:00 <span style="color: orange;">P</span> Morning Gather by Residents 2:00 <span style="color: teal;">MR</span> Movie
21 10:00 <span style="color: teal;">MR</span> Ecumenical Service 2:00 <span style="color: teal;">MR</span> Movie	22 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: green;">DR</span> Craft 3:00 <span style="color: orange;">P</span> Pub Time	23 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: green;">DR</span> Fall Baking 3:00 <span style="color: orange;">P</span> Pub Time	24 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: green;">DR</span> Prize BINGO 3:00 <span style="color: orange;">P</span> Pub Time	25 HAPPY THANKSGIVING! 9:30 <span style="color: teal;">MR</span> Macy's Thanksgiving Day Parade on the T.V.	26 10:00 <span style="color: teal;">MR</span> Fall Prevention Exercise Program w/ Instructor Jessica 1:30 <span style="color: teal;">MR</span> Golf/Putting 3:00 <span style="color: orange;">P</span> Pub Time	27 10:00 <span style="color: orange;">P</span> Morning Gather by Residents 2:00 <span style="color: teal;">MR</span> Movie
28 10:00 <span style="color: teal;">MR</span> Ecumenical Service 1:00 <span style="color: teal;">MR</span> Patriots Game	29 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 1:30 <span style="color: teal;">MR</span> Beanbag Toss 3:00 <span style="color: orange;">P</span> Pub Time	30 10:00 <span style="color: orange;">P</span> Morning Gather 10:30 <span style="color: teal;">MR</span> Exercise Class 2:00 <span style="color: orange;">P</span> Birthday Party 3:00 <span style="color: orange;">P</span> Pub Time	<b>*Medical Visits</b> Dr. Steven Koffin Charles River Medical Services Wednesday, 11/17 3rd Floor Nurses' Office Please call their office to make an appointment! 508-665-4393		ACTIVITIES ARE SUBJECT TO CHANGE. Please check the daily notices on the bulletin boards.	