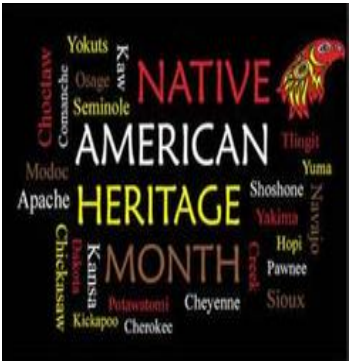
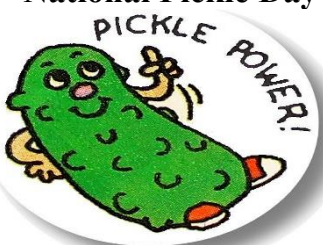




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AS YOU START & END YOUR DAY, BE THANKFUL FOR EVERY LITTLE THING IN YOUR LIFE. YOU WILL COME TO REALIZE HOW BLESSED YOU TRULY ARE</p> <p>WWW.LIVELIFEHAPPY.COM</p>		<p>National Pickle Day</p>  <p>November 14th</p>	<p>9:45 Good Morning 1 WLR & Exercise</p> <p>10:30 Rosary Group</p> <p>11:00 Sing A Long</p> <p>2:00 Joy of Coloring</p> <p>3:30 Norman Rockwell Art History</p> <p>6:30 Art with Tara</p>	<p>9:45 Good Morning 2 WLR & Exercise</p> <p>11:00 Episcopal Service -CH</p> <p>11:00 Blessings Jar</p> <p>2:00 Headline News</p> <p>3:30 Singing with Friends</p> <p>7:30 Old Bridge -PR Chamber Orchestra</p>	<p>9:45 Good Morning 3 WLR & Exercise</p> <p>11:00 Art Appreciation with Stephanie-HR</p> <p>2:00 Football Team Missing Letters</p> <p>3:30 Friday Musings & Snack</p> <p>6:30 Friday Trivia</p>	<p>10:45 Good Morning 4 WLR & Exercise</p> <p>11:30 Good News Story</p> <p>2:00 BINGO</p> <p>3:30 Netflix & Popcorn</p> <p>6:30 Let's Paint!</p> 
<p>10:30 Catholic 5 Communion-CH</p> <p>11:15 Sunday Stretch</p> <p>11:30 Moving Music & Memories with Leslie</p> <p>2:00 Worship Service</p> <p>2:45 Clipping Coupons</p> <p>4:00 Worship Service Daylight Savings Begins</p>	<p>9:45 Good Morning 6 WLR & Exercise</p> <p>10:30 Catholic Mass</p> <p>11:00 Fabulous Fish</p> <p>2:00 Army Salute</p> <p>3:30 Kitchen Trivia</p> <p>6:30 Reminisce and Music</p> <p>Honor our Military Week</p>	<p>9:45 Good Morning 7 WLR & Exercise</p> <p>11:00 Random Trivia</p> <p>2:00 Navy Salute</p> <p>3:30 What Am I?</p> <p>7:00 Betsy Fountain Performance - PR</p> 	<p>9:45 Good Morning 8 WLR & Exercise</p> <p>10:30 Rosary Group</p> <p>11:00 BINGO</p> <p>2:00 Marine Salute</p> <p>3:30 Navajo Code Talkers</p> <p>4:30 Pre Dinner Jazz Music</p> <p>6:30 Art with Tara</p>	<p>9:45 Good Morning 9 WLR & Exercise</p> <p>11:00 Episcopal Service -CH</p> <p>11:00 Nuts About Peanut Butter</p> <p>2:00 Coast Guard Salute</p> <p>3:30 Singing with Friends</p> <p>6:30 IN2L Games</p>	<p>9:45 Good Morning 10 WLR & Exercise</p> <p>11:00 A Veteran's Day Discussion</p> <p>2:00 Air Force Salute</p> <p>4:00 Salute Our Veteran's Wine & Cheese Reception -ML</p> <p>6:30 Friday Trivia</p>	<p>10:45 Good Morning 11 WLR</p> <p>11:00 Taps</p> <p>11:15 Veterans Stories in the PR</p> <p>2:00 BINGO</p> <p>3:30 Patriotic Music & History Videos</p> <p>6:30 Nail Spa</p> <p>VETERAN'S DAY</p>
<p>10:30 Catholic 12 Communion- CH</p> <p>11:15 Sunday Stretch</p> <p>11:45 Music with Leslie</p> <p>2:00 Worship Service</p> <p>2:45 Finish my Line</p> <p>4:00 Worship Service</p>	<p>9:45 Good Morning 13 WLR & Exercise</p> <p>11:00 BINGO</p> <p>1:30 Scenic Ride</p> <p>2:00 Craft Corner</p> <p>3:30 Sing A Long to your Favorites</p> <p>6:30 IN2L Games</p>	<p>9:45 Good Morning 14 WLR & Exercise</p> <p>11:00 Hearth & Home</p> <p>2:00 National Pickle Day Tasting</p> <p>3:30 Travel to Costa Rica</p> <p>6:30 Crafting with Tara</p>	<p>9:45 Good Morning 15 WLR & Exercise</p> <p>10:30 Rosary Group</p> <p>11:00 Easy Does it Trivia</p> <p>2:00 Crossword</p> <p>Puzzles on IN2L</p> <p>4:00 Sing A Long with Ed</p> <p>6:30 Project Wrap-up</p>	<p>9:45 Exercise 16</p> <p>11:00 Episcopal Service-CH</p> <p>11:00 Food for Thought</p> <p>2:00 Headline News</p> <p>3:30 Singing with Friends</p> <p>6:30 Crafts with Tara</p>	<p>9:45 Good Morning 17 WLR & Exercise</p> <p>11:00 Gospel Sing-A-Long</p> <p>2:00 What Am I?</p> <p>3:00 TGIF Music</p> <p>3:30 Friday Musings</p> <p>6:30 Nature Coloring</p>	<p>10:45 Good Morning 18 WLR & Exercise</p> <p>11:30 Good News Story</p> <p>2:30 Birthday Party/ Charlie Lowery</p> <p>4:00 Kitchen Band - PR</p> <p>6:30 BINGO</p>

<p style="text-align: right;">19</p> <p>10:30 Catholic Communion CH 11:15 Sunday Stretch 11:30 Moving Music & Memories with Leslie 2:00 Worship Service 2:45 Popcorn Party 4:00 Worship Service</p>	<p style="text-align: right;">20</p> <p>9:45 Good Morning WLR & Exercise 11:00 Joy of Coloring 2:00 Corny Music Shakers 3:30 Who Am I? 6:30 Reminisce</p> 	<p style="text-align: right;">21</p> <p>9:45 Good Morning WLR & Exercise 11:00 A Thanksgiving Tribute to the Navajo Nation 2:00 Recipe for a Kitchen Band 3:30 Shake, Rattle and Roll Sing-A-Long 6:30 IN2L Games</p>	<p style="text-align: right;">22</p> <p>9:45 Good Morning WLR & Exercise 10:30 Rosary Group 11:00 How Many Can you Name? 2:00 Let's Make Sugar Scrub 3:30 International Tea Tasting 6:30 Crafting with Tara</p>	<p style="text-align: right;">23</p> <p>9:45 Good Morning WLR & Exercise 11:00 Thanksgiving Trivia 2:00 Count Our Blessings Jar 3:30 Hymn Sing A Long</p> <p style="text-align: center;">THANKSGIVING</p>	<p style="text-align: right;">24</p> <p>9:45 Good Morning WLR & Exercise 11:00 Thanksgiving Lore & Traditions 2:00 America the Beautiful Travel Guide 3:30 Friday Musings 6:30 Take a Trip Down Memory Lane</p>	<p style="text-align: right;">25</p> <p>11:00 Good Morning WLR & Exercise 2:00 BINGO 3:30 Sing A Long to your Favorite Music 6:30 Nail Spa Cart</p> 
<p style="text-align: right;">26</p> <p>10:30 Catholic Communion CH 11:15 Sunday Stretch 11:30 Moving Music & Memories with Leslie 2:00 Worship Service 2:45 Root Beer Floats 4:00 Worship Service CH</p>	<p style="text-align: right;">27</p> <p>9:45 Good Morning WLR & Exercise 11:00 BINGO 2:00 Word Scramble 3:30 Hand & Nail Cart 4:30 Before Dinner Chat & Music 6:30 Joy of Coloring</p>	<p style="text-align: right;">28</p> <p>9:45 Good Morning WLR & Exercise 11:00 Sentimental Reflections 2:00 Short Story Club 3:30 Dish Towel Shake Up! 6:30 Spa Cart</p>	<p style="text-align: right;">29</p> <p>9:45 Good Morning WLR & Exercise 10:30 Rosary Group 11:00 November Trivia on IN2L 2:00 Expose the Secret Word 3:00 Holiday Movie 6:30 Crafting with Tara</p>	<p style="text-align: right;">30</p> <p>9:45 Good Morning WLR & Exercise 11:00 Episcopal Service – CH 11:00 Resident Council 1:15 Snappy Tappers – PR 3:30 Singing With Friends 6:30 Sip & Chat</p>		 <p style="text-align: center;">Peanut Lovers Month</p>
 <p style="text-align: center;"><i>Veterans Day</i></p>	<p style="text-align: center;">CALENDAR IS SUBJECT TO CHANGE</p> <p>Please refer to the NC Family Room white board for daily program changes</p>	<p style="text-align: center;">Note:</p> <p style="text-align: center;">1:1 visits are done throughout the week, times vary</p> <p style="text-align: center;">Juice and a snack are served daily during AM and PM Activities</p>	<p style="text-align: center;">If you have any questions or concerns please call Life Enrichment Staff at 703-496-3464.</p> <p style="text-align: center;">Sandy Steeves Life Enrichment Memory Support Supervisor</p>	<p style="text-align: center;"><u>November Birthdays</u></p> <p>Betty Perez 8 Ellen Sanders 29 Anne Wishard 30</p>	<p style="text-align: center;"><u>Sunday Worship Services</u></p> <p>10:30 Catholic Communion – CH 2:00 Worship Service NC 4:00 Worship Service CH</p>	<p style="text-align: center;">Off Unit Room Key</p> <p>PR – Potomac Room; HR – Harbor Room; CH – Chapel; ML – Main Lobby; AL – Assisted Living; NC - Nursing Center</p>

--	--	--	--	--	--	--