

November 2024 - Legacy Suites

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> EM Emotional EN Environmental IN Intellectual PH Physical VO Vocational SO Social SP Spiritual HO Holiday 				10:30 Daily Chronicle! - Linked Senior 1 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Sweat With Tess! 2:00 Arm Chair Travels! 4:00 Fresh Faces	10:30 Morning Meditation 2 11:30 Fresh Faces 1:00 Rest and Recharge 2:00 Chair Yoga! 4:00 Fresh Faces
		10:30 Morning Meditation 3 11:30 Fresh Faces 1:00 Rest and Recharge 2:00 Chair Yoga! 4:00 Fresh Faces	10:30 Daily Chronicle! - Linked Senior 4 11:00 Bingo! 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Sweat With Tess! 3:00 Monday Manicures & Hand Lotions Massage 4:00 Fresh Faces	Election Day 5 10:00 Church Service 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Sweat With Tess! 4:00 Fresh Faces	10:30 Daily Chronicle! - Linked Senior 6 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Sweat With Tess! 3:00 Farwell Tess!! 4:00 Fresh Faces	10:00 Morning Meditation & Hot coco Special! 7 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Linked Senior Music & Snack! 3:00 Movie Matinee! 4:00 Fresh Faces
10:30 Morning Meditation 10 11:30 Fresh Faces 12:00 Vikings Watch Party! 1:00 Rest and Recharge 1:30 Movie Matinee & Popcorn! 4:00 Fresh Faces	Veterans Day 11 10:30 Chair Yoga! 11:00 Veterans Day Video! 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Veterans Day Treats! 3:00 Movie Matinee! - Miracl at Midnight! 4:00 Fresh Faces	10:00 Church Service 12 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Linked Senior Games & Snack! 3:00 Music With Megan! 4:00 Fresh Faces	10:30 Chair Yoga! 13 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Arm Chair Travels! 3:00 Movie Matinee! 4:00 Fresh Faces	10:00 Moring Meditation & Hot coco Special 14 11:30 Fresh Faces 1:00 Rest and Recharge 2:00 Linked Senior Music! 3:00 Tonis Painting Project! 4:00 Fresh Faces	10:30 Chair Yoga! 15 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Manicures & Massages! 2:00 Arm Chair Travels! 4:00 Fresh Faces	10:30 Morning Meditation 16 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Word Puzzels with LaQuinta! 4:00 Fresh Faces
10:30 Morning Meditation 17 11:30 Fresh Faces 12:00 Vikings Watch Party! 1:00 Rest and Recharge 4:00 Fresh Faces	10:30 Chair Yoga! 18 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Thanksgiving Day Cards! 3:00 Movie Matinee! 4:00 Fresh Faces	10:00 Church Service 19 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Paiting Project! 3:00 Drumming with Carolyn! 4:00 Fresh Faces	10:30 Painting Class with Alyssa! 20 1:00 Rest and Recharge 1:30 Chair Yoga! 3:00 Movie Matinee! 4:00 Fresh Faces	10:00 Morning Meditation & Hot coco Special! 21 11:30 Fresh Faces 1:00 Rest and Recharge 2:00 Linked Senior Music! 3:00 Pie & Pastry Tasting! 4:00 Fresh Faces	10:30 Chair Yoga! 22 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Maicures & Massages! 2:00 Arm Chair Travels! 4:00 Fresh Faces	10:30 Morning Meditation 23 11:30 Fresh Faces 1:00 Hand Turkeys with Beth! 4:00 Fresh Faces
10:30 Morning Meditation 24 11:30 Fresh Faces 12:00 Vikings watch Party! 1:00 Rest and Recharge 1:30 Story Telling with Toni! 4:00 Fresh Faces	10:30 Chair Yoga! 25 11:00 Bingo! 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Thanksgiving Day Cards! 3:00 Movie Matinee! Charile Brown & the Great Pumpkin! 4:00 Fresh Faces	10:00 Church Service 26 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Linked Senior Games! 3:00 Music With Megan! 4:00 Fresh Faces	10:30 Chair Yoga! 27 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Thanksgiving Treats! 3:00 Thanksgiving Movie Matinee! 4:00 Fresh Faces	Thanksgiving Day 28 10:00 Morning Meditation & Hot coco Special! 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Linked Senior Games! 2:00 Movie Matinee! popcorn & Treats! 4:00 Fresh Faces	Day after Thanksgiving Day 29 10:30 Chair Yoga! 11:30 Fresh Faces 1:00 Rest and Recharge 2:00 Arm Chair Travels! 4:00 Fresh Faces	10:30 Morning Meditation 30 11:30 Fresh Faces 1:00 Rest and Recharge 1:30 Movie Matinee