

# Independent Living November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>KEY</b>  <b>Black=Regular Events</b>  <b>Red= Special On Campus</b>  <b>Green=Off Campus</b></p>		<p>1 9am Exercise            10am Exercise  <b>12-2pm Todd Chow</b>  <b>1pm Target</b>            1pm Chair Yoga            1pm Mexican Train Dominos  <b>2pm One Day University</b>            2pm Knitting Circle &amp; Loom  <b>7pm Marshall Artists Series</b>  <b>7pm Amicus Curiae Found Hall</b></p>	<p>2 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>10am Bible Study</b>            11:15am Men's Exercise Class            12:30pm Bridge  <b>1pm Dr. Brashears, Audiologist</b>            2pm Corn Hole            4pm Happy Hour (BYOB)            6:15pm Bingo  <b>6pm Virtual Tour of Spring Hill</b></p>	<p>3            9am Exercise            10am Exercise  <b>11-2pm Pizza Party!</b>            1pm Chair Yoga            1:30pm Pool Shots            3pm Board Games            4pm Communion  <b>5pm Out to dinner—"Jewel City Seafood"</b></p>	<p>4            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis            2pm Corn Hole  <b>6pm Movie- "Cats the Musical"</b></p>	<p>5  <b>12:30pm Trip to Huntington Mall for the Opera</b>  <b>MU vs Old Dominion away</b>            12:30pm Bridge            6:15pm Bingo</p>
<p>6            1:30pm Virtual Worship Service, Ch. 1990            1:30pm Worship Service with <b>Rev. John Yeager</b>, Enslow Park Presby.  <b>6pm Movie—"War &amp; Remembrance Part III"</b></p>	<p>7 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>11am Huntington Federal Bank</b>            11:15am Men's Exercise Class  <b>12pm Seamstress</b>            2pm Corn Hole  <b>2pm HMOA Geoffrey Fleming</b>  <b>4pm Meditation W3, 2nd Floor</b>  <b>6pm MARSHALL MONDAY</b></p>	<p>8            9am Exercise            10am Exercise  <b>12-2pm Todd Chow</b>  <b>1pm Kroger</b>            1pm Chair Yoga            1pm Right Left Center  <b>2pm One Day University</b>            2pm Knitting Circle &amp; Loom  <b>6pm—Parkinson's Support</b></p>	<p>9 9am Exercise  <b>9:30am YMCA</b>  <b>10am Bible Study</b>            10am Exercise            11:15am Men's Exercise Class            12:30pm Bridge  <b>1pm Aetna Friendsgiving</b>            2pm Corn Hole            4pm Happy Hour (BYOB)  <b>6pm Huntington Dance Theatre</b>            6:15pm Bingo</p>	<p>10            9am Exercise            10am Exercise            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm Identity Theft Chase Bank</b>            3pm Board Games            4pm Communion  <b>5pm Out to dinner-"Winchester"</b></p>	<p>11 <b>8:30am Veterans Day Parade</b>            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis            2pm Corn Hole  <b>3pm Veterans Day Celebration</b>  <b>6pm Movie- "The Duke"</b></p>	<p>12            12:30pm Bridge  <b>MU vs Appy State home</b>            6:15pm Bingo</p>
<p>13            1:30pm Virtual Worship Service, Ch. 1990            1:30pm Worship Service with <b>Rev. David Richards</b>  <b>6pm Movie—"War &amp; Remembrance Part IV"</b></p>	<p>14            9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>11am Huntington Federal Bank</b>            11:15am Men's Exercise Class  <b>12pm Seamstress</b>  <b>2pm Coping with the Holidays</b>            2pm Corn Hole</p>	<p>15 9am Exercise            10am Exercise  <b>12-2pm Todd Chow</b>  <b>12:30pm MU Emeritus Meeting</b>            1pm Chair Yoga  <b>1pm Huntington Mall</b>            1pm Mexican Train Dominos            2pm Knitting Circle &amp; Loom            Knitting, W5 #184 Cmmns Area  <b>2pm One Day University</b></p>	<p>16 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>10am Food Committee</b>  <b>10am Bible Study</b>            11:15am Men's Exercise Class            12:30pm Bridge/2pm Corn Hole  <b>3pm Marshall Chamber Music</b>            4pm Happy Hour (BYOB)            6:15pm Bingo</p>	<p>17            9am Exercise            10am Exercise            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm Resident Council</b>            3pm Board Games            4pm Communion</p>	<p>18 <b>Birthday Dinner!</b>            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis  <b>1pm Dr. Kevin Yingling Mtn Health</b>            2pm Corn Hole  <b>6pm Maggie and the Farmcats</b></p>	<p>19            12:30pm Bridge  <b>MU vs Georgia Southern away</b>            6:15pm Bingo</p>
<p>20 1:30pm Virtual Worship Service, Ch. 1990            1:30pm Worship Service with <b>Rev. Marc Price</b>, 1st Church of the Nazarene  <b>6pm Movie—"War &amp; Remembrance Part V"</b></p>	<p>21 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>11am Activities Meeting</b>  <b>11am Huntington Federal Bank</b>            11:15am Men's Exercise Class  <b>12pm Seamstress</b>            2pm Corn Hole</p>	<p>22 9am Exercise            10am Exercise  <b>12-2pm Todd Chow</b>            1pm Chair Yoga  <b>1pm Walmart</b>            1pm Right Left Center            2pm Knitting Circle &amp; Loom            Knitting, W5 #184 Cmmns Area  <b>3pm One Day University</b></p>	<p>23 9am Exercise  <b>9:30am YMCA</b>            10am Exercise            11:15am Men's Exercise Class            12:30pm Bridge            2pm Corn Hole            4pm Happy Hour (BYOB)            6:15pm Bingo</p>	<p>24</p> 	<p>25            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis            2pm Corn Hole  <b>6pm Movie- "A Beautiful Mind"</b></p>	<p>26            12:30pm Bridge            6:15pm Bingo  <b>MU vs Georgia State home</b></p>
<p>27            1:30pm Virtual Worship Service, Ch. 1990            1:30pm Worship Service with <b>Rev. Shannon Blosser</b>, Pea Ridge United Methodist  <b>6pm Movie—"War &amp; Remembrance Part VI"</b></p>	<p>28            9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>11am Huntington Federal Bank</b>            11:15am Men's Exercise Class  <b>12pm Seamstress</b>  <b>1pm Celtic Music with Dewey</b>            2pm Corn Hole</p>	<p>29 9am Exercise            10am Exercise  <b>12-2pm Todd Chow</b>            1pm Chair Yoga  <b>1pm Kroger</b>            1pm Mexican Train Dominos            2pm Knitting Circle &amp; Loom            Knitting, W5 #184 Cmmns Area  <b>2pm One Day University</b>  <b>6:30pm Brass Band Tri-State</b></p>	<p>30            9am Exercise  <b>9:30am YMCA</b>            10am Exercise            11:15am Men's Exercise Class            12:30pm Bridge            2pm Corn Hole            4pm Happy Hour (BYOB)            6:15pm Bingo</p>	<p><b>Marshall Football November</b></p> <p><b>11/5 MU vs Old Dominion away</b></p> <p><b>11/12 MU vs Appy State home</b></p> <p><b>11/19 MU vs GA Southern away</b></p> <p><b>11/26 MU vs GA State home</b></p>		



# Healthcare November 2022 (Calendar Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Garden View Daily Activities 9am 1E Morning Gathering 10am 1E Exercise 2pm 1E Craft/Activity	Friday Room Visits with Chaplain Carol Gump 9am— 2pm  Outings Weather Permitting	1 Exercise 11:15am-11:45am  Pine Cone Birdfeeders 2-3pm	2 Exercise 11:15am-11:45am  Scrabble Slam 2-3pm	3 Exercise 11:15-11:45am  Resident Council 2-2:30pm Refreshments 2:30	4 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Charlotte’s Web” 2-4pm	5 Pastries & TV Time 10:30- 11:30am  Bingo 2-3pm
6 Communion Service 1-1:30pm  Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service Carol Gump 3-3:45pm, Chapel	7 Exercise 11:15am-11:45am  Bingo 2:00-3:00pm 3pm-3:30pm Mass w/Father Dean, Chapel 4:30pm Liberty Jackson pianist DR	8 Exercise 11:15am-11:45am  Fall Beading 2-3pm	9 Exercise 11:15am-11:45am  Walmart Trip 1pm-4pm Activities in the Neighborhoods	10 Exercise 11:15-11:45am  Aspire Music Therapy with Car- leigh 2-3pm	11 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Our Souls at Night” 2-4pm  3pm Veterans Day Celebration in Dining Room 3 IL	12 Pastries & TV Time 10:30- 11:30am  Bingo 2-3pm
13 Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	14 Exercise 11:15am-11:45am 2-3:00pm Coping with the Holidays  3pm-3:30pm Mass w/Father Dean, Chapel	15 Exercise 11:15am-11:45am  2-3pm Banjo with Jessica— Garden View 2-3pm Turkey Pins	16 Exercise 11:15am-11:45am  Pretty Nails 2-3pm	17 Exercise 11:15am-11:45am  Aspire Music Therapy with Car- leigh 2-3pm 4:30pm Dining Room Chuck Ro- mine Sing-A-Long	18 Exercise 11:15-11:45am  Movie Matinee & Popcorn “City Slickers” 2pm—4pm  <b>Birthday Dinner</b> with Maggie and The Farmcats	19 Pastries & TV Time 10:30- 11:30am  Bingo 2-3pm
20 Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	21 Exercise 11:15am-11:45am  Bingo 2:00-3:00pm 3-3:30pm Mass w/Father Dean, Chapel 4:30pm Liberty Jackson pianist DR	22 Exercise 11:15am-11:45am  Walmart Trip 1-4pm Activities in the Neighborhood	23 Exercise 11:15am-11:45am  Holiday Blessing Mix 2-3pm		25 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Yours, Mine & Ours” 2-4pm	26 Pastries & TV Time 10:30- 11:30am  Bingo 2-3pm
27 Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service Carol Gump 3-3:45pm, Chapel	28 Celtic Group with Dewey 11-12pm Bingo 2-3pm  3pm Mass w/Father Dean, Chapel	29 Exercise 11:15am-11:45am  Snowman Blocks pt. I 2-3pm	30 Exercise 11:15am-11:45am  Snowman Blocks pt. II 2-3pm			