







# PROGRAMS AND EVENTS - NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Happy Birthday, Residents</b></p> <p>2nd: Pat Brafford 17th: Judy Lundy 18th: Ann Schirmann 22nd: Susan Nelson 23rd: John Lavery 23rd: David Bauer 27th: Alberta Walter</p> 	<p><b>1 Sports Fan Day</b> <i>Sport Your Favorite Team's Gear today!</i></p> <p>9:00 Sit to Stand Exercise (MP) 10:30 Twister Toss Game with Jamia (MP) 1:30 Chair Exercise (MP) 2:00 Documentary: <u>Mickey Mantle: The Definitive Story</u> (Channel 1-1) 2:30 Dominoes Game (2nd L.) 3:30 Touchdown Corn Hole Game (MP)</p> 	<p><b>2 Color the World</b> <b>Orange Day</b> <i>Banks &amp; Post Office— Call the Front Desk to Schedule</i></p> <p>9:00 Hallway Walk (MP) 10:00 Blood Pressure Checks by HCA (1st L.) 10:30 Grocery Shopping (B, SU) 10:30 Trivia w/Moe (MP) 1:30 Grocery Shopping (B, SU) <b>2:00-4:00 p.m. Booster Shot Clinic (CR, Please Register at Front Desk)</b> 2:00 Canasta (2nd L.) 2:15 Chair Dancing with McKaila (MP) 3:00 Covenant Players Perform (MP, SU) 6:30 BINGO (MP)</p>	<p><b>3</b></p> <p>9:00 Cardio From Your Chair (MP) 10:30 Men's Coffee &amp; Brunch Social (CR, SU) 12:00 Resident Board Meeting &amp; Lunch (CR) 1:00 Crafting with Beth: Abstract Art Creations (CR, SU) 1:30 Bridge Club (2nd L.) 1:30 Chair Exercise (MP) 2:00 Christian Music &amp; Bible Verses with Jim (1st L.) 6:00 Music You'll Want to Sing Along With (Channel 1-1 &amp; CR)</p> 	<p><b>4</b></p> <p>9:00 Flexibility and Yoga w/ Mike (MP) 10:00 SingFit: <u>State Animals</u> (MP) 10:30 Rummikub (1st L.) 1:00 Birthday Cake Social (CR, By Invitation) 2:00 Scrabble (2nd L.) 2:15 Stand Strong Balance Class (MP) 3:00 Pro Wii Bowling (MP) 4:00 Newcomers' Wii Bowling (MP) 6:30 Po Ke No Game (MP)</p> 	<p><b>5</b></p> <p>9:00 Fit on Your Feet Exercise (MP) 10:15 Hymn Sing &amp; Message w/ Garland &amp; Myra from Capital Community Church (1st L.) 11:00 NC Symphony: The Firebird (B, Previous Signup Required) 1:30 Chair Exercise with Legacy (MP) 3:00 Music Lecture with David Cope: Golden Broadway (MP) 7:15 Movie (Channel 1-2)</p> 	<p><b>6</b></p> <p>9:00 Total Body Stretch (Channel 1-1) 10:30 Play Nine Card Game (CR) 10:30 Shopping at the Target on Six Forks (B, SU) 1:00 Cornhole Game (1st L.) 1:30 Bridge Club (2nd L.) 2:00 SingFit: <u>Modes of Transportation</u> (MP) 3:00 Left Center Right Dice Game (C Hall Lounge) 7:15 Movie (Channel 1-2) <i>Remember to FALL back by turning your clocks back 1 hour before bedtime</i></p>

C Hall Lounge: 1st Floor on Right

A Hall Lounge: 1st Floor on Right

WC: Wellness Center

DR: Dining Room

MP: Multi-Purpose Room, 2nd Floor

Lib: Library, 1st Floor

B: Bus






SU: Sign Up Required

2nd L.: 2nd Floor Lounge Outside of MP Room

CR: Club Room, 1st Floor

1st L.: Lobby

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7 Daylight Savings</b> 10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service &amp; Communion Service (MP) 3:00 Sunday Travelogue <u>Inner City Adventures</u> (Channel 1-1) 4:00 Documentary: <u>Company of Heroes</u> (A Hall Lounge) 7:15 Movie (Channel 1-2)</p> 	<p><b>8</b> 9:00 Sit to Stand Exercise (MP) 10:30 Trivial Pursuit (1st. L.) 1:30 Chair Exercise (MP) 2:00 Documentary: <u>The History of Thanksgiving</u> (Channel 1-1) 2:30 Dominoes Game (2nd L.) 3:00 Andy Griffith Trivia &amp; Opie's Favorite Lemonade Pie (MP, SU)</p> 	<p><b>9</b> <i>Banks &amp; Post Office—Call the Front Desk to Schedule</i> 9:00 Hallway Walk (MP) 10:30 Grocery Shopping (B, SU) 10:30 Trivia w/Moe (MP) 1:30 Grocery Shopping (B, SU) 2:00 Canasta (2nd L.) 2:15 Stand Strong Chair Exercise (MP) 3:30 Balloon Jollyball (MP) 6:30 BINGO (MP)</p> 	<p><b>10</b> 9:00 Cardio From Your Chair (MP) 10:30 Men's Coffee Social (CR) 11:15 Lunch Outing: Cracker Barrel (B, SU) 1:30 Bridge Club (2nd L.) 1:30 Chair Exercise (MP) 2:00 Christian Music &amp; Bible Verses with Jim (1st L.) 3:30 Wayne Grant: Author Presentation (MP) 6:00 Patriotic Sing Along with Resident June Hood Playing Piano (1st L.) 6:00 Music You'll Want to Sing Along With (Channel 1-1 &amp; CR)</p>	<p><b>11 Veterans Day</b> 9:00 Flexibility and Yoga w/ Mike (MP) 10:00 SingFit: <u>Raising the Flag</u> (MP) 10:30 Rummikub (1st L.) 12:30 Veteran's Luncheon (CR, SU) 2:00 Veterans' Recognition Ceremony (1st L.) 3:00 Pro Wii Bowling (MP) 4:00 Newcomers' Wii Bowling (MP) 6:30 Crafting with Beth (MP)</p> 	<p><b>12</b> 9:00 Fit on Your Feet Exercise (MP) 10:15 Hymn Sing &amp; Message w/ Garland &amp; Myra from Capital Community Church (1st L.) 1:30 Chair Exercise (MP) 2:30 Social Hour with Zeek (MP) 7:15 Movie (Channel 1-2)</p> 	<p><b>13</b> 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Lifetime Learning: Sign Language (Channel 1-1) 10:00 Shopping at Hamrick's Department Store (B, SU) 10:30 Play Nine Card Game (CR) 1:30 Bridge Club (2nd L.) 2:00 SingFit: <u>America the Beautiful</u> (MP) 3:00 Left Center Right Dice Game (C Hall Lounge) 7:15 Movie (Channel 1-2)</p>

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**1st L.: Lobby**

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# PROGRAMS AND EVENTS - NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday 	Thursday	Friday	Saturday
<p><b>14</b> 10:00 St. Francis of Assisi Catholic Mass (C-Hall Lounge) 10:30 Abbotswood Nondenominational Church Service (MP) 3:00 Sunday Travelogue <u>Beyond Your Backyard: Jamaica</u> (Channel 1-1) 4:00 Movie: <u>RBG</u> (A Hall Lounge) 7:15 Movie (Channel 1-2)</p> 	<p><b>15</b> 9:00 Sit to Stand Exercise (MP) 10:30 Trivial Pursuit (1st L.) 1:30 Chair Exercise (MP) 2:00 Documentary: <u>American Nostalgia: 1950's Thanksgiving</u> (Channel 1-1) 2:30 Dominoes Game (2nd L.) 3:00 Armchair Travel with Joe Boncek: Let's Head Out West! (MP)</p> 	<p><b>16</b> 9:00 Hallway Walk (MP) 10:00 Blood Pressure Checks by HCA (1st L.) 10:30 Grocery Shopping (B, SU) 10:30 Trivia with Moe Isenberg (MP) 1:00 Holistic Tools for Chronic Pain with Teresa Sawyer (MP) 1:30 Grocery Shopping (B, SU) 2:00 Canasta (2nd L.) 2:15 Chair Dancing with McKaila from Legacy (MP) 3:00 New Resident Orientation (CR) 3:30 Balloon Jollyball (MP) <i>Banks &amp; Post Office—Call the Front Desk to Schedule</i></p>	<p><b>17</b> 9:00 Cardio From Your Chair (MP) 10:30 Men's Coffee Social (CR) 1:30 Bridge Club (2nd L.) 1:30 Chair Exercise (MP) 2:00 Christian Music &amp; Bible Verses with Jim (1st L.) <b>4:00-6:00 Resident Thankful Party with the Casablanca Orchestra (DR)</b> 6:00 Music You'll Want to Sing Along With (Channel 1-1 &amp; CR)</p> 	<p><b>18</b> <b>Ahead of the Elves Day</b> <i>Wear something that recognizes your favorite holiday movie or tv special to beat the elves at getting holiday ready!</i> 9:00 Muscle of the Month w/ Mike (MP) 10:00 SingFit: <u>Christmas with Our Favorite Stars</u> (MP) 10:30 Rummikub (1st L.) 2:00 Scrabble (2nd L.) 2:15 Stand Strong Balance Class (MP) 3:00 Pro Wii Bowling (MP) 4:00 Newcomers' Wii Bowling (MP) 6:30 SANTA BINGO (MP)</p>	<p><b>19</b> 9:00 Friday Morning on Your Feet: Standing Exercise (MP) 10:15 Hymn Sing with Garland &amp; Myra (1st L.) 1:30 Chair Exercise (MP) 2:15 Dialogue with David Sexton, Executive Director (1st L.) 3:00 New Resident Social Hour with Piano Music From Dennis Redoblado (1st L.) 7:15 Movie (Channel 1-2)</p> 	<p><b>20</b> 9:00 Total Body Stretch (Channel 1-1) 9:45 NC Museum of Art Trip (B, SU) 10:00-11:00 Lifetime Learning: Sign Language (Channel 1-1) 10:30 Play Nine Card Game (CR) 1:30 Bridge Club (2nd L.) 2:00 SingFit: <u>A European Tour</u> (MP) 3:00 Left Center Right Dice Game (C Hall Lounge, 1st Fl.) 7:15 Movie (Channel 1-2)</p> 

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<p><b>21</b> 10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service (MP) 3:00 Sunday Travelogue <u>Beautiful Islands of Fiji</u> (Channel 1-1) 4:00 Movie: <u>Dear John</u> (A Hall Lounge) 7:15 Movie (Channel 1-2)</p> 	<p><b>22 Go For a Ride Day</b> 9:00 It's All Gravy at Sit to Stand Exercise (MP) 10:30 Trivial Pursuit (1st L.) 1:30 Gratitude and Movement Chair Exercise (MP) 2:00 BBC Documentary: <u>Mayflower: Pilgrims Behind the Myth</u> (Channel 1-1) 2:30 Dominoes Game (2nd L.) 2:30 Fall Leaves Airport Ride Around (B, SU)</p> 	<p><b>23</b> <i>Banks &amp; Post Office—Call the Front Desk to Schedule</i> 9:00 The Gobble Wobble Hallway Walk (MP) 10:30 Grocery Shopping (B, SU) 10:30 Trivia with Moe Isenberg (MP) 1:00 Art Docent Program (MP) 1:30 Grocery Shopping (B, SU) 2:00 Canasta (2nd L.) 2:15 Turkey on its Toes: Stand Strong Balance Class (MP) 3:30 Balloon Jollyball (MP) 6:30 BINGO (MP)</p> 	<p><b>24</b> 9:00 Baste The Beast Pre-Turkey Burn Exercise Class (MP) 10:30 Men's Coffee Social (CR) 1:30 Bridge Club (2nd L.) 1:30 Feast Mode Chair Exercise (MP) 2:00 Christian Music &amp; Bible Verses with Jim (1st L.) 3:30 Mary Ann Nilsson Presents: Musical Descriptions Performance and Lecture (1st L.) 6:00 Music You'll Want to Sing Along With (Channel 1-1 &amp; CR)</p> 	<p><b>25</b> <b>Happy Thanksgiving!</b> 9:00 Turkey Trot Chair Exercise with Stephie (MP) 10:00 SingFit: <u>Fall Foods</u> (MP) 10:30 Rummikub (1st L.) 11:30 a.m.—1:00 p.m. Thanksgiving Meal (DR) <i>There will be <b>NO</b> evening meal tonight!</i> 2:00 Scrabble (2nd L.) 2:15 The Turkey Burner Stand Strong Exercise Class (MP)</p> 	<p><b>26 Cake Day</b> 9:00 Friday Morning on Your Feet: Turkey Shake, Rattle &amp; Roll Workout (MP) 10:15 Hymn Sing &amp; Message w/ Garland &amp; Myra from Capital Community Church (1st L.) 1:30 Chair Exercise (MP) 2:00 Stand Strong Fitness Testing (MP) 3:00 Cake Social with Music From Jim Laing (MP) 7:15 Movie (Channel 1-2)</p> 	<p><b>27 Slinky Day</b> 9:00 Total Body Stretch (Channel 1-1) 9:30 Remember When? Childhood Toys Discussion (MP) 10:00-11:00 Lifetime Learning: Sign Language (Channel 1-1) 10:30 Play Nine Card Game (CR) 10:30 Shopping at Dollar Tree (B, SU) 1:30 Bridge Club (2nd L.) 2:00 SingFit: <u>Walk Through a Garden</u> (MP) 3:00 Left, Center, Right Dice Game (C Hall Lounge) 7:15 Movie (Channel 1-2)</p>

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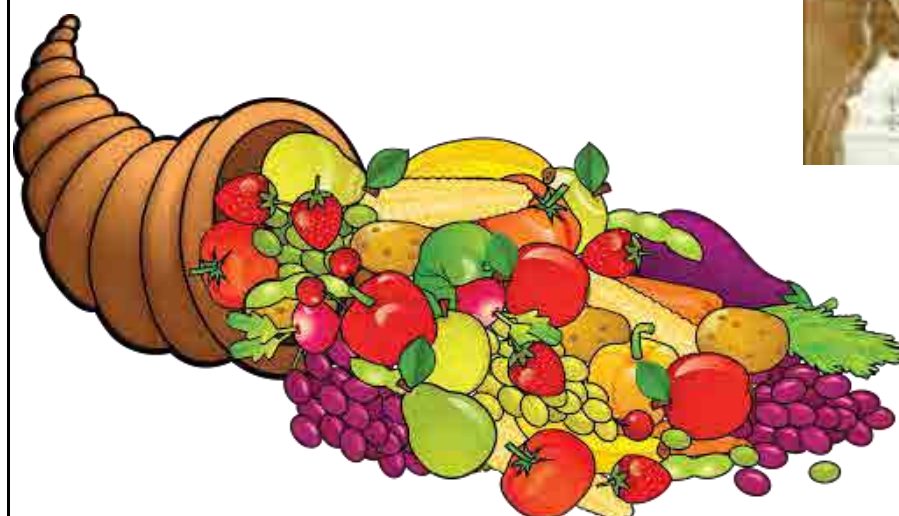
1st L.: Lobby

2nd L.: 2nd Floor Lounge Outside of MP Room

CR: Club Room, 1st Floor

# PROGRAMS AND EVENTS - NOVEMBER 2021

Sunday	Monday	Tuesday
<p><b>28 First Day of Hanukkah</b></p> <p>10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service (MP)</p> <p>1:30 Piedmont Classic Chevy Club Car Parade (Outside in the Parking Lots)</p> <p>2:30 Resident Photo Shoot (MP, SU)</p> <p>3:00 Sunday Travelogue <u>Rick Steve's The Holy Land</u> (Chan. 1-1)</p> <p>4:00 <u>Movie: The Boy Who Harnessed the Wind</u> (A Hall Lounge)</p> <p>7:15 Movie (Channel 1-2)</p>	<p><b>29 Cider Monday</b></p> <p>9:00 Sit to Stand Exercise (MP)</p> <p>10:30 Armchair Travel with Jamia: My Trip to Germany (MP)</p> <p>1:00 Apple Cider Door to Door Delivery By Home Care Assistance (To Your Room)</p> <p>1:30 Chair Exercise (MP)</p> <p>2:00 Documentary <u>Secret Life of Isaac Newton</u> (Channel 1-1)</p> <p>2:30 Dominoes Game (2nd L.)</p> <p>3:00 December Calendar Review (CR)</p> 	<p><b>30</b></p> <p><i>Banks &amp; Post Office– Call the Front Desk to Schedule</i></p> <p>9:00 Hallway Walk (MP)</p> <p>10:30 Grocery Shopping (B, SU)</p> <p>10:30 Trivia with Moe Isenberg (MP)</p> <p>1:30 Grocery Shopping (B, SU)</p> <p>2:00 Canasta (2nd L.)</p> <p>2:15 Stand Strong Balance Class (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:30 BINGO (MP)</p> 



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Follow us at [abbotswoodstonehenge](#) on Instagram






C Hall Lounge: 1st Floor on Right  
 A Hall Lounge: 1st Floor on Right  
 WC: Wellness Center

**HAPPY BIRTHDAY!**

**Happy Birthday, Residents**

2nd: Pat Brafford  
 17th: Judy Lundy  
 18th: Ann Schirmann  
 22nd: Susan Nelson  
 23rd: John Lavery  
 23rd: David Bauer  
 27th: Alberta Walter

**Thanksgiving Word Scramble**

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.


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ETRSHVA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILIGPMR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KUTEYR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TMOLPYUH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
AYHLIOD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
GWNMPAAO	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
INKPMUP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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MP: Multi-Purpose Room, 2nd Floor  
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**We are Thankful for YOU!**



**SO VERY THANKFUL**



The in house television channel Stonehenge TV (Touchtown) can be found on Channel 1-1 on your cable box. This channel shares information on programming, birthdays, and announcements. To view the weekly movies, please switch to channel 1-2.

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