

## November 2018 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Birthday Party will be held on the 26th at 10:15 a.m. in the Atrium</b></p>				<p><b>(1) Destination Stations: 10:15 Devotion/ Exercise/ (Flight of the Frankels) (Reading)/ Which Word Does Not Belong Cognitive Stimulation/Lets Go Walking 2:00 Snack Time 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</b></p>	<p><b>(2) 10:00 Devotion 10:15Thanksgiving' s Price is Right (Andrea Lorenz, Compassus Hospice and Pallative Care) 2:00 Snack Time 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</b></p>	<p><b>(3) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</b></p>

<p><b>(4)</b>  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p> <p><b>Daylight Saving</b>  <b>Time</b></p>	<p><b>(5)</b>  <b>9:45 Devotion</b>  <b>10:00 Christmas's</b>  <b>Pictures /(On the</b>  <b>Hall Activities)</b>  <b>2:00 Snack Time/</b>  <b>Saving Lucille</b>  <b>(Reading Club)</b>  <b>3:00 Balloon</b>  <b>Volleyball/Music</b>  <b>Therapy</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music</b>  <b>Therapy and</b>  <b>Relaxation</b></p>	<p><b>(6)</b>  <b>10:00 Devotion</b>  <b>Exercise Ball/Fill</b>  <b>in the</b>  <b>Thanksgiving</b>  <b>Story</b>  <b>11:00 Hymns with</b>  <b>Nancy and</b>  <b>Friends(Vickie</b>  <b>Hightower, Sitters</b>  <b>LLC)</b>  <b>2:00 Snack Time/</b>  <b>Paint By Number</b>  <b>3:00 Worship</b>  <b>Service/Book of</b>  <b>Genesis Chapter 5</b>  <b>Bible Discussion</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p><b>(7)</b>  <b>9:45 Devotion</b>  <b>10:00 Bingo</b>  <b>2:00 Snack Time</b>  <b>3:00 Thanksgiving</b>  <b>Picture Painting</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/ Lets Walk/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p><b>(8)</b>  <b>10:00 Devotion</b>  <b>10:15 Veteran's Day</b>  <b>Program (Lindsey</b>  <b>Leggett, Kindred</b>  <b>Hospice), (Andrea</b>  <b>Lorenz, Compassus</b>  <b>Hospice and Pallative</b>  <b>Care)</b></p> <p><b>2:00 Snack Time</b>  <b>3:00 Hands and Nails</b>  <b>Care ( Kathy Briner,</b>  <b>Compassus Hospice</b>  <b>and Pallative Care)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p><b>(9)</b>  <b>10:00 Devotion/</b>  <b>10:15 Spiritual</b>  <b>Movie and Popcorn</b>  <b>2:00 Snack Time</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p><b>(10)</b>  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn</b>  <b>Social</b>  <b>3:00 Reminiscence</b>  <b>Activity</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>
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<p><b>(11)</b>  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time</b>  <b>3:00 Unit Games/</b>  <b>Art Therapy</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p> <p><b>Veterans Day</b></p>	<p><b>(12)</b>  <b>9:45 Devotion</b>  <b>10:15</b>  <b>Chaminade's</b>  <b>Musical</b>  <b>Performance</b>  <b>2:00 Cooking with</b>  <b>Cathi</b>  <b>3:00 Cooking</b>  <b>Demo with</b>  <b>Georganna</b>  <b>Keenum, Kare In</b>  <b>Home Hospice)</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music</b>  <b>Therapy and</b>  <b>Relaxation</b></p>	<p><b>(13)</b>  <b>10:15 Devotion/</b>  <b>Exercise Ball /</b>  <b>Dear Abby/The</b>  <b>Monthly Gazette /</b>  <b>Lets Go Walking</b>  <b>11:00 Hymns with</b>  <b>Nancy and</b>  <b>Friends(Vickie</b>  <b>Hightower, Sitters</b>  <b>LLC)</b>  <b>2:00 Snack Time/</b>  <b>Paint By Number</b>  <b>3:00 The Gaither's</b>  <b>Music (DVD)</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p><b>(14)</b>  <b>9:45 Devotion</b>  <b>10:00 Master's</b>  <b>Gardener</b>  <b>Program</b>  <b>10:30 Chair</b>  <b>Exercise Program</b>  <b>(DVD)</b>  <b>2:00 Snack Time</b>  <b>3:00 Parachute/</b>  <b>Kickball/ Ball Toss</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p><b>(15)</b>  <b>10:00 Devotion</b>  <b>10:15 Turkey and Leaf</b>  <b>Craft</b>  <b>2:00 The Sassy</b>  <b>Steppers</b>  <b>3:00 Hands and Nails</b>  <b>Care</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p><b>(16)</b>  <b>9:45 Devotion</b>  <b>10:15 The Quilting</b>  <b>Club (Lindsey</b>  <b>Leggett &amp; Daphne</b>  <b>Knight, Kindred</b>  <b>Hospice)</b>  <b>2:00 Snack Time/TV</b>  <b>Oldies Hour</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:30 Meal Time</b>  <b>6:00 Ballett</b>  <b>Magnificat Dance</b>  <b>Performance</b></p>	<p><b>(17)</b>  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn</b>  <b>Social</b>  <b>3:00 Bingo</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>
<p><b>(18)</b>  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p><b>(19)</b>  <b>10:00 Devotion</b>  <b>10:15 Fall's</b>  <b>Fashion Show</b>  <b>(Bridget Rochelle,</b>  <b>Home Instead</b>  <b>Senior Care)</b>  <b>2:00 Snack Time/</b>  <b>Garden Party with</b>  <b>Mrs. Sue Berry</b>  <b>3:00 Jeopardy</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music</b>  <b>Therapy and</b>  <b>Relaxation</b></p>	<p><b>(20)</b>  <b>10:00 Devotion/</b>  <b>Exercise Ball/ Leaf</b>  <b>Categories/ "I am</b>  <b>Thankful</b>  <b>Because.....</b>  <b>11:00 Hymns with</b>  <b>Nancy and Friends</b>  <b>2:00 Snack Time/</b>  <b>Paint By Number</b>  <b>3:00 Worship</b>  <b>Service/Book of</b>  <b>Genesis Chapter 6</b>  <b>Bible Discussion</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p><b>(21)</b>  <b>9:45 Devotion</b>  <b>10:15 Button Tree/</b>  <b>Popcorn Craft</b>  <b>2:00 Snack Time</b>  <b>3:00 Hand and Nail</b>  <b>Care</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/Lets Walk</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p><b>(22)</b>  <b>9:45 Devotion</b>  <b>10:00 Annual Macy's</b>  <b>Day Parade</b>  <b>2:00 Snack Time/TV</b>  <b>Westerns</b>  <b>3:00 Thanksgiving Art</b>  <b>Therapy</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p><b>(23)</b>  <b>9:45 Devotion</b>  <b>10:15 Spiritual</b>  <b>Movie and Popcorn</b>  <b>2:00 Snack Time</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p><b>(24)</b>  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest &amp;</b>  <b>Relaxation</b>  <b>2:00 Popcorn</b>  <b>Social</b>  <b>3:00 Reminiscence</b>  <b>Activity</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>

<p><b>(25)</b>  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p><b>(26)</b>  <b>10:00 Devotion</b>  <b>10:15 Birthday</b>  <b>Party</b>  <b>2:00 Snack Time</b>  <b>3:00 Balloon</b>  <b>Volleyball/Music</b>  <b>Therapy</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music</b>  <b>Therapy and</b>  <b>Relaxation</b></p>	<p><b>(27)</b>  <b>10:00 Devotion/</b>  <b>Exercise Ball /</b>  <b>Cross Off the</b>  <b>Word</b>  <b>11:00 Hymns with</b>  <b>Nancy and Friends</b>  <b>(Vickie Hightower,</b>  <b>Sitters LLC)</b>  <b>2:00 Snack Time/</b>  <b>Hand Massage</b>  <b>Therapy</b>  <b>3:00 The Gaither's</b>  <b>Music (DVD)</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p><b>(28)</b>  <b>9:45 Devotion</b>  <b>10:15 Cooking with</b>  <b>Sharon</b>  <b>2:00 Snack Time</b>  <b>3:00 Medley with</b>  <b>Terry/Mrs.</b>  <b>Washburn</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/Lets Walk</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p><b>(29)</b>  <b>9:45 Devotion</b>  <b>10:15 Fun Fitness with</b>  <b>Terry</b>  <b>2:00 Snack Time/TV</b>  <b>Westerns</b>  <b>3:00 Hands and Nails</b>  <b>Care( Kathy Briner,</b>  <b>Compassus Hospice</b>  <b>and Pallative Care)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p><b>(30)</b>  <b>9:45 Devotion</b>  <b>10:15 The Quilting</b>  <b>Club (Lindsey</b>  <b>Leggett &amp; Daphne</b>  <b>Knight, Kindred</b>  <b>Hospice)</b>  <b>2:00 Snack Time</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	

**\*\*\*\* Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.**