

Christian Heights Nursing and Rehab

November 2022 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am - News and Devotional on the Hall 10am - Sit and Be Fit on the Hall 1pm - Angel Tree Wish List	2 8:45am - News and Devotional on the Hall 10am - Move and Groove on Hall 1pm - Arts/Crafts 3pm - Trivia	3 9am - News & Devotional on the Hall 10am - Move and Groove on the Hall 2pm - Karaoke Shopping Day!	4 9am - News & Devotional on Hall 9:45am - Sit and Be Fit on Hall 2:30pm - Bingo on the Hall	5 - Activity Work Sheets 4pm - Kings vs Magics 6pm - Nets vs Hornets
6 DAYLIGHT SAVINGS ENDS - Church Service of your Choice in your room. 12pm - Charges vs Falcons on Fox Dolphins vs Bears on CBS 3:25pm - Rams vs Buccaneers on CBS	7 9am - News and Devotional 10am - Move and Groove on the Hall 1pm - Put Angel Tree up 6pm - Wizards vs Hornets or 6:15pm -Rockets vs Magic	8 9am - Coffee, News and Devotional 9:45am - Move and Groove 10:30am - Sensory Games 1pm - Arts/Crafts 4:30pm - Science Trivia	9 9am - Coffee, News and Devotional 10am - Sit and Be Fit on Hall 1pm - Arts/Crafts 3pm - Bingo on the Hall	10 9am - Coffee, News and Devotional 9:45am - Parachute w/Music 10:30am - Name 5 1pm - Fancy Nails 2pm - Mens Social 5pm - Piano Music with Dinner	11 VETERANS DAY 9am - Coffee and News in Dining Rm 10am - Sit and Be Fit on Hall 1pm - Bible Study with Dale and Debra 2:30pm - Veterans Day Craft	12 - Board Games of Choice in Dining Room 2pm - Happy Hour 3pm - Nets vs Clippers 5pm - Jazz vs Wizards - College Football Game in Dining Room
13 - Checkers in Dining Rm 1pm - St. Bethlehem Youth Group 3:25pm - Cowboys vs Packers on Fox	14 9am - Coffee, News and Devotional 9:30am - Chair Yoga 10am - Price is Right 2pm - Popcorn and a Movie Pajama Day!	15 9am - Coffee and News 10am - Sit and Be Fit on the Hall 1pm - Bible Study with Bro. Andy 2:30pm - Arts/Crafts 6:30pm - Grizzlies vs Pelicans	16 9am - Coffee, News and Devotional 9:45am - Noodle Ball 10:30am - Reminicing 1pm - Bingo with Kim 3pm - Arts/Crafts	17 9am - Coffee, News, and Devotional 10am - Move and Groove on the Hall 1pm - Sassy Nails 2pm - Fall Festival 4:30pm - Charlie Brown Thanksgiving Movie Shopping Day!	18 9am - Coffee and News in Dining Rm 9:45am - Bowling 10:30am - Trivia 1pm - Bible Study with Dale and Debra 2:30pm - Happy Hour	19 - Dominos in the Dining Rm - Turkey Craft 5pm - Raptors vs Hawks
20 12pm - Rams vs Saints on Fox 3:25pm - Cowboys vs Vikings 6pm - Roy and Friends Singing group	21 9am - Coffee, News and Devotional 9:45am - Pumkin Toss 10:30am - Name that Tune 1pm - Arts/Crafts	22 9am - Coffee, News and Devotional 10am - Sit and Be Fit on the Hall 1pm - Arts/ Crafts 4:30pm - Bingo on the Hall 6:30pm - Nets vs 76ers	23 9am - Coffee, News and Devotional 10am - Move and Groove on Hall 2pm - Happy Hour with Karaoke Turkey Hunt 8am -3pm. Find a turkey Bring to Activities for a PRIZE.	24 THANKSGIVING DAY 9am - 12pm - Macys Thanks Giving Parade on NBS 11:30aam - Bills vs Lions CBS	25 9am - Coffee and News 9:30am - Sit and Be Fit 1pm - Bible Study with Dale and Debra	26 - Activity Work Sheets 4pm - Mavericks vs Raptors 7pm - Lakers vs Spurs
27 12pm - Titans vs Bengals on CBS 3pm - Pembroke Baptist Church 7:20pm - Packers vs Eagles NBC	28 9am - Coffee, News and Devotional 10AM-3PM- DECK THE HALLS!	29 9am - Coffee News, and Devotional 10am - Sit and Be Fit on the Hall 1pm - Bingo 4:30pm - Card Games 6pm -Knicks vs Pistons or 6:30pm Warriors vs Mavericks	30 9am - Coffee, News and Devotional 9:45am - Basketball Toss 10am - Price is Right 1pm - Paint and Sip!	Always Available Activities in the Living Room. Calendar and times subject to change.		Smoking Times: 8am 12pm 4pm 7pm