

NOVEMBER 2024 PROGRAMS & EVENTS



Happy Birthday Residents!

CALLING ALL READERS



Nov 04: Diana Swearengin

Nov 05: Ann Jackson

Nov 08: Rachel Gardner

Nov 11: Mary Miles

Nov 13: Val Cummings

Nov 14: Grace Hargrove
Horace Jernigan

Nov 15 : Iris Cooper

Nov 17: Judy Lundy

Nov 26: Dexter Vaughn




Our Book Club will meet on November 26th at 2:15pm in the C-Hall Lounge. This month's book is a fictional thriller titled, "Winter Counts." If you need a copy of the book, please reach out to anyone on the wellness team.



Give Thanks!



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In-House TV				Friday	Saturday
<p>The in-house television channel, Stonehenge TV (Touch Town), is available on channel 1-1 on your cable box.</p> <p>This channel provides information on programs, dining menus, and announcements.</p> <p>To watch weeknight movies, please switch to channel 1-2.</p>				<p>1</p> <p>10:00 All Saints Day (C Hall Lounge)</p> <p>10:15 HIM Sing & Share with Garland & Myra (1st L.)</p> <p>11:30 Floral Arranging (CR)</p> <p>1:00 Afternoon Exercise (MP)</p> <p>2:00 Famous Songs (A Hall Lounge)</p> <p>3:00 Social hour with Frank Longino on the piano (1st L)</p> <p>6:30 Poker Group (CR)</p>	<p>2</p> <p>10:30 Play Nine Card Game (1st L)</p> <p>11:00 Seated Strength Training (MP)</p> <p>1:30 Fall Craft (CR, SU)</p> <p>3:00 Music Performance with Don Smith (1st L.)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: "The Greatest Game Ever Played" (Ch. 1-2)</p>
					

1st L. Lobby, 1st Floor

Conf Conference Room, 2nd Floor

WC Wellness Center, 1st Floor B Hall

ATRIUM Atrium Restaurant

CR Club Room, 1st Floor

B Bus

Lib Library, 1st Floor

SU Sign Up Required


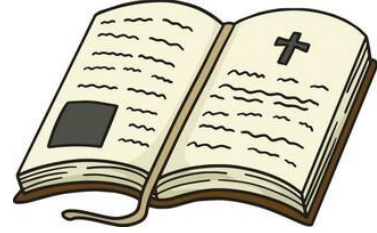


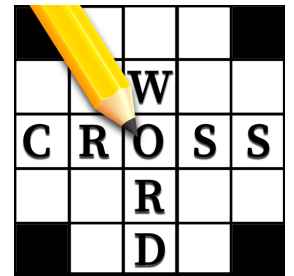


MP Multi-purpose Room, 2nd Floor

A Hall Lounge 1st Floor on Right

C Hall Lounge 1st Floor on Right

2nd L. 2nd Floor Lounge

NOVEMBER 2024 PROGRAMS & EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>10:00 St. Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service & Communion with Ethel Ragland (MP)</p> <p>3:00 Vivian Adams Student Musical Performance (1st L.)</p> <p>7:15 Movie: "Same Time Next Year" (Ch. 1-2)</p> 	<p>4</p> <p>10:00 Chair Dancing with Frankie (MP)</p> <p>10:45 Health Chat with Dr. Watson: "Insomnia" (MP)</p> <p>11:00 Pet Visits with Sandi (1st L.)</p> <p>11:15 Resident Ambassadors Meeting (Conf.)</p> <p>1:30 SingFit: "Autumn Traditions" (MP)</p> <p>6:30 Bible Discussion with Jim Parker & Katie Rawson (CR)</p> 	<p>5 ELECTION DAY</p> <p>9:30 Bus Voting Outing (SU)</p> <p>10:15 Blood Pressure checks with the Key (1st L.)</p> <p>1:00 Tai Chi Exercise with Robin (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:30 BINGO with Val (MP)</p> <p>*All Transportation for today is cancelled due to voting outing*</p> 	<p>6</p> <p>10:00 Balance Class with Legacy (MP)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>1:00 SingFit: Famous Duos (MP)</p> <p>2:00 Christian Music with Jim Parker (1st L.)</p> <p>2:45 Abbotswood Floral Arranging (CR)</p> <p>3:15 David Cope—Write Me A Mystery Series: "Hercule Poirot and The World's Most Famous Train Ride" (MP)</p> 	<p>7</p> <p>10:00 Flexibility and Yoga with Legacy (MP)</p> <p>11:00 Brain Exercises with Volunteer Lesley (MP)</p> <p>1:00 Bridge Club (A Hall Lounge)</p> <p>1:00 Tai Chi Exercise with Robin (MP)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p>3:00 Crossword Club with Kelley (MP)</p> <p>6:30 Movie Night: <u>Breakfast at Tiffany's (1961)</u> (MP)</p> 	<p>8</p> <p>9:30 Morning Exercise (MP)</p> <p>10:00 Target Shopping Trip (B, SU)</p> <p>10:15 HIM Sing & Share with Garland & Myra (1st L.)</p> <p>1:00 Wii Bowling (MP)</p> <p>2:30 Social Hour with Zeke (1st L.)</p> <p>6:30 Poker Group (CR)</p> 	<p>9</p> <p>10:30 Play Nine Card Game (CR)</p> <p>11:00 Morning Exercise (MP)</p> <p>12:00 October ASAP Pizza Party (By Invitation) (CR)</p> <p>2:30 Intergenerational Pen Pals-Writing Letters (CR)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: "Secondhand Lions" (Ch. 1-2)</p> 

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A Hall Lounge 1st Floor on Right

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2nd L. 2nd Floor Lounge

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service with David Swearingin (MP)</p> <p>4:00 Joyful Orchestra Performance (1st L.)</p> <p>7:15 Movie: "The Green Mile" (Ch 1-2)</p>  	<p>11 Veterans Day</p> <p>10:00 Chair Dancing with Frankie (MP)</p> <p>12:00 Veterans Day Luncheon (CR, SU)</p> <p>1:30 SingFit: "Fall Celebrations" (MP)</p> <p>2:00 - 2:30 Donation Drop for North Raleigh Ministries (CR)</p> <p>3:00 Health Chat with Legacy (MP)</p> 	<p>12</p> <p>10:30 Grocery Shopping, Banks, & Post Office Trips (B, SU)</p> <p>10:30 Tuesday Trivia with Moe! (MP)</p> <p>11:00 Pet visits from Laura and Flinn (1st L.)</p> <p>1:00 Tai Chi with Robin (MP)</p> <p>1:30 Grocery & Dollar Tree Shopping Trips (B, SU)</p> <p>2:00 Dining Food Forum Meeting (MP)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:30 BINGO with Dave from The Key (MP)</p> 	<p>13</p> <p>10:00 a.m.-2:00 p.m. Ride For \$Five(SU) <i>*last pickup at 3:30PM</i></p> <p>10:00 Balance Class with Legacy (MP)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>1:30 Afternoon Exercise (MP)</p> <p>2:15 Jeopardy (MP)</p> <p>2:45 Abbotswood Floral Arranging (CR)</p> 	<p>14</p> <p>10:00 Muscle of the Month Exercise with Legacy (MP)</p> <p>11:00 Resident Show & Tell with Volunteer Lesley. Theme: Travel Souvenirs (MP)</p> <p>1:00 Tai Chi with Robin (MP)</p> <p>1:00 Bridge Club (A Hall Lounge)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p>3:00 Climate Change Presentation by WRAL Meteorologist: Elizabeth Gardner (MP)</p> <p>6:30 Guided Relaxation: Out on the Lake (MP)</p> 	<p>15</p> <p>9:30 Morning Exercise (MP)</p> <p>10:15 HIM Sing & Share with Garland & Myra (1st L.)</p> <p>2:00 Famous Songs (A Hall Lounge)</p> <p>4:00 Resident Thankful Event!</p> <p>6:30 Poker Group (CR)</p> <p>Resident Thankful Event 4pm-6pm</p> 	<p>16</p> <p>10:30 Play Nine Card Game (CR)</p> <p>11:00 Morning Exercise (MP)</p> <p>2:00 Music with Dennis Redoblado (1st. L)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: "Forrest Gump" (Ch. 1-2)</p> 








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2nd L. 2nd Floor Lounge

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service with James Bernstein (MP)</p> <p>7:15 Movie: "Mrs. Doubtfire" (Ch. 1-2)</p>  	<p>18</p> <p>10:00 Chair Dancing with Frankie (MP)</p> <p>10:45 Health Chat with Dr. Watson: "Osteoarthritis" (MP)</p> <p>11:15 Resident Ambassadors Meeting (Conf.)</p> <p>1:30 Pet Visits with Sandi (1st L.)</p> <p>3:00 Ask a Legacy Therapist Questions (MP)</p> <p>6:30 Bible Video "The Essence of Christianity" with Jim Parker & Katie Rawson (A Hall Lounge)</p>	<p>19</p> <p>10:00-2:00 Podiatry Visits (C Hall Lounge)</p> <p>10:15 Blood Pressure Checks with the Key (1st L)</p> <p>10:30 Grocery Shopping, Banks, & Post Office Trips (B, SU)</p> <p>1:00 Tai Chi Exercise with Robin (MP)</p> <p>1:30 Grocery Stores & Dollar Tree Shopping Trip (B, SU)</p> <p>2:30 New Resident Orientation (CR)</p> <p>3:30 Entertainment Social with Jenny Wayne</p> <p>6:30 BINGO with Val Cummings (MP)</p> 	<p>20</p> <p>10:00 Balance Class with Legacy (MP)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>11:30 Fall Coloring & Word Games (CR)</p> <p>1:00 SingFit: Live on the Las Vegas Strip (MP)</p> <p>2:00 Christian Music with Jim Parker (1st L.)</p> <p>2:45 Abbotswood Floral Arranging (CR)</p> 	<p>21</p> <p>10:00 Flexibility and Yoga with Legacy (MP)</p> <p>11:00 Brain Exercises with Volunteer Lesley (MP)</p> <p>1:00 Tai Chi Exercise with Robin (MP)</p> <p>1:00 Bridge Club (A Hall Lounge)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p>6:30 Movie Night: <u>Invincible (2006)</u> (MP)</p> 	<p>22</p> <p>9:30 Morning Exercise (MP)</p> <p>10:00 Walmart Shopping Trip (B, SU)</p> <p>10:15 HIM Sing & Share with Garland & Myra (1st L.)</p> <p>2:15 Chat with CMT (1st L.)</p> <p>3:00 Entertainment Social Hour with Frank Longino (1st L.)</p> <p>6:30 Poker Group (CR)</p> 	<p>23</p> <p>10:30 Play Nine Card Game (CR)</p> <p>11:00 Morning Exercise (MP)</p> <p>1:30 Thanksgiving Craft (CR, SU)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: "Titanic" (Ch. 1-2)</p> 

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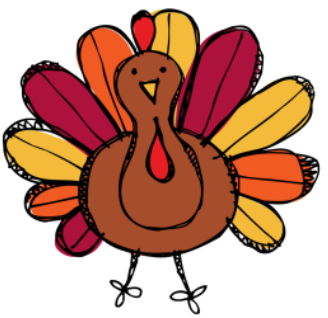




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2nd L. 2nd Floor Lounge

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<p>24</p> <p>10:00 St Francis of Assisi Catholic Service (C Hall Lounge)</p> <p>10:30 Abbotswood Nondenominational Church Service with Larry Baird (MP)</p> <p>2:00 Travis Russell "Big T" (1st. L)</p> <p>7:15 Movie: "The Battle of Chosin" (Ch 1-2)</p>  	<p>25</p> <p>10:00 Chair Dancing with Frankie (MP)</p> <p>1:00 November Birthday & Anniversary Party (CR, SU)</p> <p>2:00 Calendar Review (MP)</p> <p>3:00 The Real Story of Thanksgiving Documentary (MP)</p> <p>3:30 Fitness Center Orientation Tour (Fitness Center, SU)</p> 	<p>26</p> <p>10:00 Morning Exercise (MP)</p> <p>10:30 Grocery Shopping, Banks, & Post Office Trips (B, SU)</p> <p>10:30 Tuesday Trivia with Moe! (MP)</p> <p>11:00 Pet Visits from Laura and Flinn (1st L.)</p> <p>1:30 Grocery & Dollar Tree Shopping Trips (B, SU)</p> <p>2:15 Book club (C Hall Lounge)</p> <p>3:30 Balloon Jollyball (MP)</p> <p>6:30 BINGO with Anne Stempler (MP)</p>	<p>27</p> <p>10:00 a.m.-2:00 p.m. Ride For \$Five (SU) <i>*last pickup at 3:30PM</i></p> <p>10:00 Balance Class with Legacy (MP)</p> <p>10:30 Men's Coffee Chat (A Hall Lounge)</p> <p>1:00 SingFit: Songwriters Behind the Music (MP)</p> <p>2:00 Calendar Folding Committee (CR)</p> <p>2:45 Abbotswood Floral Arranging (CR)</p> <p>3:30 Music Performance with Christian Greene (1st L.)</p> 	<p>28 Happy Thanksgiving!</p> <p>10:00 Muscle of The Month Exercise with Legacy (MP)</p> <p>1:00 Bridge Club (A Hall Lounge)</p> <p>2:00 Scrabble (C Hall Lounge)</p> <p><i>*Come to the Club Room at anytime during the day to do some Calm Coloring*</i></p> 	<p>29</p> <p>9:30 Morning Exercise</p> <p>10:15 HIM Sing & Share with Garland & Myra (1st L.)</p> <p>11:00 Lunch outing to Longhorn Steakhouse (B, SU)</p> <p>1:30 Intergenerational Pen Pals (CR)</p> <p>3:00 Social Hour with Tony Rotunno (1st L.)</p> <p>6:30 Poker Group (CR)</p> <p>Guess how many BUTTONS are in the jar! The resident with the closest guess wins a prize!</p> 	<p>30</p> <p>10:30 Play Nine Card Game (CR)</p> <p>11:00 Morning Exercise (MP)</p> <p>1:30 Craft (CR, SU)</p> <p>3:00 Left, Right, Center Dice Game (CR)</p> <p>7:15 Movie: "Artificial Intelligence" (Ch. 1-2)</p> <p><i>*Come to the Club Room at anytime during the day to solve some crossword and sudoku puzzles*</i></p> 

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