

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024

Redstone Highlands – Greensburg Courtyard (PC)




10:15 Joyride!
Sign Up Required
1:30 Bingo – 3
2:45 Exercise with Lisa – 3
3:00 Friday Reflection – 1971
6:00 Evening Prayer – C

Diwali (Hindu)

1:00 Movie Matinee – 1971
I Can Only Imagine

2:30 Interfaith Service – C/1971
8:15pm Steelers Watch Party – C




Daylight Saving Time Ends

9:00 Monday Reflection – 1971
9:30 Resistance Training – 1971
11:00 Better Balance – 1971
1:00 Cyber Training – C

10:40 Bible Study – Highlanders
2:00 Manicures – 3
5:30 National Doughnut Day!
Mini Doughnut Hall Cart



11:00 Chaplain's Corner – 2
11:00 Therapy Pig Visit! – C
1:30 Keno – 3
3:30 Happy Hour – 1



10:00 Resistance Training – 1971
10:30 Move & Groove – 1971
2:00 Let's Cook – CK
Jack's Pepperoni Rolls

Happy Birthday, Bettie B!


10:00 Muscles in Motion – 1971
10:30 Yoga/Stretch – 1971
1:30 Bingo – 3
*No Exercise Class Today
3:00 Friday Reflection – 1971
6:00 Evening Prayer – C

10:00 Finish the Line – 3
1:00 Movie Matinee – 1971
Judy
2:00 Sourdough Saturday! – CK



10:00 Catholic Communion – C
1:00 Steelers vs Commanders
2:30 Interfaith Service – C/1971

9:00 Monday Reflection – 1971
10:00 Alabaster Veteran's Program – C/1971




Veterans Day
Remembrance Day (Canada)

10:00 Muscles in Motion – 1971
10:30 Yoga/Stretch – 1971
10:40 Bible Study – Highlanders
2:00 Manicures – 3
6:00 Scrabble – 3

10:00 Move & Groove – 1971
10:30 Better Balance – 1971
11:00 Chaplain's Corner – 2
1:30 Keno – 3

10:00 Resistance Training – 1971
10:30 Move & Groove – 1971
2:00 Let's Bake! – CK
Dog Treats for a local Animal Shelter



10:00 Muscles in Motion – 1971
10:15 Joyride!
Sign Up Required
10:30 Yoga/Stretch – 1971
1:30 Bingo – 3
*No Exercise Class Today
3:00 Friday Reflection – 1971
6:00 Evening Prayer – C

1:30 Music by The Laurel Harmony Chorus – C/1971

1:00 Steelers vs Ravens
2:30 Interfaith Service – C/1971

9:00 Monday Reflection – 1971
9:30 Resistance Training – 1971
11:00 Better Balance – 1971

10:00 Muscles in Motion – 1971
10:30 Yoga/Stretch – 1971
10:40 Bible Study – Highlanders
2:00 Manicures – 3
6:00 Family Feud – 3

10:00 Move & Groove – 1971
10:30 Better Balance – 1971
11:00 Chaplain's Corner – 2
1:30 Keno – 3
3:00 Music by Bill Stoppe – C/1971

10:00 Resistance Training – 1971
10:00 Craft Corner – 3
Origami Turkeys
10:30 Move & Groove – 1971
2:00 Armchair Travel – 3
Plymouth, Massachusetts

10:00 Muscles in Motion – 1971
10:30 Yoga/Stretch – 1971
1:30 Bingo – 3
2:45 Exercise with Lisa – 3
3:15 Memorial Service – C/1971

10:00 Sourdough Saturday! – C
1:00 Movie Matinee – 1971
True Spirit
2:00 Scrabble – 3



2:30 Interfaith Service – C/1971
8:15pm Steelers vs Browns

9:00 Monday Reflection – 1971
9:30 Resistance Training – 1971
10:00 Manicures – 3
11:00 Better Balance – 1971
2:00 Craft Corner – 3
Boo Boo Bunnies

10:00 Muscles in Motion – 1971
10:30 Yoga/Stretch – 1971
10:40 Bible Study – Highlanders
1:30-4:30 Men's Club – C
6:00 Therapy Dog Visit!



10:00 Move & Groove – 1971
10:00 Food Committee – 3
10:30 Better Balance – 1971
11:00 Chaplain's Corner – 2
1:30 Keno – 3
2:00 Thanksgiving Service – C

10:00 Move & Groove – 1971



Thanksgiving Day

10:00 Muscles in Motion – 1971
10:30 Yoga/Stretch – 1971
12:00 Birthday Party – Dining Rm
1:30 Bingo – 3
2:45 Exercise with Lisa – 3

1:00 Movie Matinee – 1971
Unfrosted

Activities in PINK can be attended in the Chapel or viewed on Channel 1971 – Activities are subject to change.