

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2024

Redstone Highlands – GBG Skilled Nursing (SNF)

Location Key:
 2D = 2nd Floor Dining Room
 2L = 2nd Floor Lounge
 1 = 1st Floor Activity Room
 GL = Garden Level
 PC3 = 3rd Floor Personal Care
 C = Chapel
 HL = Highlanders
 1970 or 1971 = TV Channel

9:00 Morning Music – 2L
 10:00 Move and Groove – C/1971
 10:00 Washer Toss - 2D
 10:30 Better Balance – C/1971
 2:00 Food Fun Friday - 1
 2:00 Bingo – 2D
 3:00 Happy Hour – 2D
 3:00 Friday Reflections - 1971
 6:00 Evening Prayer - C

Diwali (Hindu)

1:00 Movie Matinee – 1971
I Can Only Imagine
 2:00 Bingo – 2D

3
 2:30 All Saint's Day Service - C/1971
 8:15 Sunday Night Football Watching Party - C
 Daylight Saving Time Ends

4
 9:00 Monday Reflections – 1971
 9:30 Resistance Exercise – C/1971
 10:00 Hymn Sing – 2L
 10:30 Games on iN2L Computer – 2L
 11:00 Better Balance – C/1971
 1:30 Resident Council – 2D
 2:00 Food Committee – 2D
 3:00 Bingo – 2D

5
 10:00 Muscles in Motion – C/1971
 10:30 Yoga/Stretching – C/1971
 10:30 Bible Study - HL
 11:30 Tuesday Trivia Time – 2D
 2:00 Tuesday Trivia Time - 1
 2:00 Jumbo Ring Toss – 2D
 3:00 Choose Your Game – 2D
 6:00 Evening Card Game – 2D

6
 9:00 Morning Music – 2L
 10:00 Move & Groove – C/1971
 10:00 Gift Shop Visit
 10:30 Better Balance – C/1971
 11:00 Therapy Pig Visit
 (Location to be Announced)
 1:30 Nail Polish – 2D
 2:00 Games on iN2L Computer – 1

7
 9:00 Morning Mind Movers – 2L
 10:00 Move and Groove – C/1971
 10:00 Giant Pong Game – 2D
 10:30 Muscles in Motion – C/1971
 2:00 Choose Your Game – 1
 2:00 Bingo – 2D
 3:30 Yahtzee – 2D

8
 10:00 Move and Groove – C/1971
 10:30 Better Balance – C/1971
 2:00 Food Fun Friday - 1
 2:00 Bingo – 2D
 3:00 Happy Hour – 2D
 3:00 Friday Reflections - 1971
 6:00 Evening Prayer - C

9
 9:00 Morning Mind Movers – 2L
 10:00 Games on iN2L Computer – 2D
 11:00 Steven's Saturday Shindig - 1
 1:00 Movie Matinee – 1971
Judy
 2:00 Bingo – 2D
 3:30 Horserace Game – 2D

10
 9:00 Balloon Swat – 2L
 10:00 Yahtzee – 2D
 10:00 Catholic Communion - C
 2:00 Bingo – 2D
 2:30 Interfaith Service - C/1971
 3:30 Games on iN2L Computer – 2D

11
 9:00 Monday Reflections – 1971
 9:30 Resistance Exercise – C/1971
 10:00 Hymn Sing – 2L
 10:00 Alabaster Theater Presents Veterans Tribute – C/1971
 11:00 Better Balance – C/1971
 2:00 Bingo – 2D
 3:00 Happy Hour – 2D
 Veterans Day Remembrance Day (Canada)

12
 10:00 Muscles in Motion – C/1971
 10:30 Yoga/Stretching – C/1971
 10:30 Bible Study - HL
 11:30 Tuesday Trivia Time – 2D
 2:00 Tuesday Trivia Time - 1
 2:00 Hall Cart
 6:00 Evening Card Game – 2D

13
 9:00 Morning Music – 2L
 10:00 Move & Groove – C/1971
 10:00 Gift Shop Visit
 10:30 Better Balance – C/1971
 1:30 Nail Polish – 2D
 2:00 Games on iN2L Computer – 1

14
 9:00 Morning Mind Movers – 2L
 10:00 Move and Groove – C/1971
 10:00 Giant Pong Game – 2D
 10:30 Muscles in Motion – C/1971
 2:00 Choose Your Game – 1
 2:00 Bingo – 2D
 3:30 Yahtzee – 2D

15
 9:00 Morning Music – 2L
 10:00 Move and Groove – C/1971
 10:00 Washer Toss - 2D
 10:30 Better Balance – C/1971
 2:00 Food Fun Friday - 1
 2:00 Bingo – 2D
 3:00 Pizza Party – 2D
 3:00 Friday Reflections - 1971
 6:00 Evening Prayer - C

16
 1:30 Laurel Harmony Chorus – C/1971
 3:15 Bingo – 2D

17
 2:00 Bingo – 2D
 2:30 Interfaith Service - C/1971

18
 9:00 Monday Reflections – 1971
 9:30 Resistance Exercise – C/1971
 10:00 Hymn Sing – 2L
 10:15 Joyride
 11:00 Better Balance – C/1971
 2:00 Bingo – 2D
 3:00 Happy Hour – 2D

19
 10:00 Muscles in Motion – C/1971
 10:30 Yoga/Stretching – C/1971
 10:30 Bible Study - HL
 11:30 Tuesday Trivia Time – 2D
 2:00 Tuesday Trivia Time - 1
 2:00 Jumbo Ring Toss – 2D
 3:00 Choose Your Game – 2D
 6:00 Evening Card Game – 2D

20
 9:00 Morning Music – 2L
 10:00 Move & Groove – C/1971
 10:00 Gift Shop Visit
 10:30 Better Balance – C/1971
 1:30 Nail Polish – 2D
 2:00 Games on iN2L Computer – 1
 3:00 Music by Bill Stoppe – C/1971

21
 9:00 Morning Mind Movers – 2L
 10:00 Move and Groove – C/1971
 10:00 Giant Pong Game – 2D
 10:30 Muscles in Motion – C/1971
 2:00 Choose Your Game – 1
 2:00 Bingo – 2D
 3:30 Yahtzee – 2D

22
 9:00 Morning Music – 2L
 10:00 Move and Groove – C/1971
 10:00 Washer Toss - 2D
 10:30 Better Balance – C/1971
 2:00 Food Fun Friday - 1
 2:00 Bingo – 2D
 3:00 Happy Hour – 2D
 3:00 Friday Reflections – 1971
 3:15 Memorial Service - C
 6:00 Evening Prayer - C

23
 11:00 Steven's Saturday Shindig - 1
 1:00 Movie Matinee – 1971
True Spirit
 2:00 Bingo – 2D

24
 2:00 Bingo – 2D
 2:30 Interfaith Service - C/1971

25
 9:00 Monday Reflections – 1971
 9:30 Resistance Exercise – C/1971
 10:00 Hymn Sing – 2L
 10:30 Games on iN2L Computer – 2L
 11:00 Better Balance – C/1971
 2:00 Bingo – 2D
 (Sponsored by Home Instead)
 3:00 Happy Hour – 2D

26
 10:00 Muscles in Motion – C/1971
 10:30 Yoga/Stretching – C/1971
 10:30 Bible Study - HL
 11:30 Tuesday Trivia Time – 2D
 1:30 Men's Club - C
 6:00 Evening Card Game – 2D
 6:00 Therapy Dog Visits

27
 9:00 Morning Music – 2L
 10:00 Move & Groove – C/1971
 10:00 Gift Shop Visit
 10:30 Better Balance – C/1971
 1:30 Outing
 2:00 Games on iN2L Computer – 1
 2:00 Thanksgiving Service – C/1971



28
 9:00 Morning Music – 2L
 10:00 Move and Groove – C/1971
 10:00 Washer Toss - 2D
 10:30 Better Balance – C/1971
 2:00 Food Fun Friday - 1
 2:00 Bingo – 2D
 3:00 Happy Hour – 2D
 3:00 Friday Reflections - 1971
 6:00 Evening Prayer - C

Thanksgiving Day

29
 1:00 Movie Matinee – 1971
Unfrosted
 2:00 Bingo – 2D

Activities are subject to change - Spiritual Activities - Entertainment/Special Event