

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday


Saturday


# Sedgwick Heights

## NOVEMBER





**6**  
  
 Daylight Savings Time Ends

**1**  
 9:00-Brisk Walk with Clarice  
 10:00-Baking Cupcakes  
 with Amy  
 1:30-Zoom (private)-Clarice  
 2:00-Zoom (private)-Clarice  
 2:00-Residents & Staff  
 Blind Taste Test with  
 Clarice & Amy


**2**  
 9:00-Brisk Walk with Amy  
 10:00-Resident Store-Clarice  
 11:30-Zoom (private)-Amy  
 2:00- New Residents Fresh  
 Fruit Social with Clarice  
  
 2:30-Zoom (private)-Clarice

**3**  
**10:30-Communion with  
 Deacon Steve**  
 11:30-Manicures with  
 Clarice  
 1:00-Nature Walk with  
 Clarice  
 2:00-BINGO with Clarice

**4**  
 10:00-Resident Store with  
 Clarice  
 11:30-Eye Glass Cleaning  
 with Clarice  
 1:00-Nature Walk with  
 Clarice  
 2:00-Pumpkin Pie Social  
  
 with Clarice

**5**  
 8:00-Morning Chats with  
 Amy  
 9:00-Easy Trivia with Amy  
 10:00-Coffee & Snacks with  
 Amy  


**8**  
 8:30-Taking Orders for Tully  
 with Clarice  
**12:00-Order Out-Tully's  
 Restaurant-Clarice & Amy**  
 1:30-Zoom (private)-Clarice  
 2:00-Zoom (private)-Clarice  
**2:00-Crafts with Penny**  



**9**  
 10:00-Resident Store-Clarice  
 10:30- Exercise (Balloon  
 Volleyball) with Amy  
 11:30-Zoom (private)-Amy  
**2:00-Live On Guitar Kelly  
 Birch**  
  
 2:30-Zoom (private)-Clarice

**10**  
**10:30-Communion with  
 Deacon Steve**  
 11:30-Manicures with Amy  
 1:00-Nature Walk with  
 Clarice  
 2:00-BINGO- Clarice & Amy

**11**  
  
**10:00-Celebrating Our  
 Hero's (all are welcome)**  
 2:00-Happy Hour with Amy  
 Veterans Day  
 Remembrance Day (Canada)


**12**  
**Florida State vs Syracuse**  
  
 7:00- Coffee with Clarice  
 8:00-Tailgate Makeup with  
 Clarice  
**10:00-Tailgate Party with  
 Clarice**


**13**  
 10:00-Rosary with Kathy  
 M.-1<sup>st</sup> Floor Big Round  
 Table Room (sign will be on  
 the door)  
 \*Activity Packets  
 \*Church on TV

**15**  
 9:00-Brisk Walk with Amy  
 1:30-Zoom (private)-Clarice  
 2:00-Zoom (private)-Clarice  
**2:00-Live In Concert:**  
  
**Steve Banyas**


**16**  
 10:00-Resident Store-Clarice  
 10:30- Exercise (Balloon  
 Fly Swatter) with Amy  
 11:30-Zoom (private)-Amy  
**2:00-Resident Council &  
 Bday Bash with Scott,  
 Clarice & Amy**  
 2:30-Zoom (private)-Clarice

**17**  
**10:30-Communion with  
 Deacon Steve**  
 11:30-Manicures with Amy  
 1:00-Nature Walk with  
 Clarice  
 2:00-BINGO- Clarice & Amy

**18**  
  
 10:00-Resident Store-Amy  
 10:30-Exercise with Clarice  
 11:00-Cold Drinks with Amy  
 1:00-Chatting with Clarice  
 2:00-Happy Hour with  
 Clarice

**19**  
 9:00-Trivia with Amy  
 10:00-Pet Visit with Jeter  



**20**  
 10:00-Rosary with Kathy  
 M.-1<sup>st</sup> Floor Big Round  
 Table Room (sign will be on  
 the door)  
 \*Activity Packets  
 \*Church on TV

**22**  
 9:00-Brisk Walk with Clarice  
 10:00-Baking Cookies with  
 Clarice  
 1:30-Zoom (private)-Clarice  
 2:00-Zoom (private)-Clarice  
 2:00-Friendship Social with  
 Clarice & Amy  



**23**  
 10:00-Resident Store-Clarice  
 10:30-Strength & Motion  
 Exercise with Amy  
 11:30-Zoom (private)-Amy  
**2:00-Live Entertainment  
 By: Jerry Cali**  
 2:30-Zoom (private)-Clarice


**24**  
  
**Macy's Thanksgiving Day  
 Parade will be on tv All Day**  
 Thanksgiving Day (US)

**25**  
 10:00-Black Friday  
 Shopping at Sedgwick with  
 Clarice  


**26**  
 8:00-Coffee & Donuts with  
 Clarice  
  
 10:00-Jumbo Letter Word  
 Game with Clarice

**27**  
 10:00-Rosary with Kathy  
 M.-1<sup>st</sup> Floor Big Round  
 Table Room (sign will be on  
 the door)  
 \*Activity Packets  
 \*Church on TV

**29**  
 8:30-What are YOU  
 Thankful For? With Clarice  
 10:00-Trivia with Amy  
 1:30-Zoom (private)-Clarice  
 2:00-Zoom (private)-Clarice  
**2:00-Lori Wilbur live**  


**30**  
 10:00-Resident Store-Clarice  
 11:30-Zoom (private)-Amy  
 2:00-Pajama Party with  
 Clarice & Amy  
  
 2:30-Zoom (private)-Clarice

# November 2022

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 Amy Gannon-CTRS [agannon@lorettosystem.org](mailto:agannon@lorettosystem.org)

All Activities are held on the 1<sup>st</sup> Floor in the recreation room. All programs are subject to change. Please refer to activity boards located on each floor, for any changes.