



### Friday, 11/1

10:00 – Devotions & Doughnuts  
 11:00 - Chair Yoga  
 1:30 – Front Porch Sitting  
 2:00 – Balloon Bop  
 3:00 – Movie Night “The Lady & the Tramp”

### Saturday, 11/2

10:00 - News Views & Coffee Brews  
 11:00 - Walk the Community for Exercise  
 1:30 - Front Porch Sitting  
 2:00 – Babies Funniest Videos  
 3:00 – Cornhole Practice

### Sunday, 11/3

10:00 – News, Views & Coffee Brews  
 11:00 - Walking Club  
 2:00 - Temple Baptist Church  
 3:30 – Gun Smoke & Popcorn  
 4:00 - Checkers

### Monday, 11/4

10:00 - Clear Springs Baptist Church  
 11:00 - Focus on Fitness  
 1:30 - Front Porch Sitting  
 2:00 - Steve Carr Performance  
 3:30 – Bingo

### Tuesday, 11/5

**National Doughnut Day**  
 10:00 – Devotions & Doughnuts  
 11:00 - Chair Exercises to 50’s Music  
 1:30 – Front Porch Sitting  
 2:00 – Fall Arts & Crafts  
 3:00 - Bingo

### Wednesday, 11/6

10:00 - Health Checks  
 11:00 – Exercises w/Brandon UT  
 1:30 - Front Porch Sitting  
 2:00 – The No Name Band  
 3:30 - Bingo

### Thursday, 11/7

10:00 - Devotions  
 11:00 - Exercise w/Me  
 1:30 – Front Porch Sitting  
 2:00 – Music & Memories  
 3:30 – Bingo  
 6:00 – Giliad Baptist Church w/ pastor Rick

### Friday, 11/8

10:00 - Devotions & Old Baptist Hymns  
 11:00 - Chair Yoga  
 1:30 – OUTING  
 Ijams Nature Center & Milkshakes

### Saturday, 11/9

**Happy Birthday Joann!!**  
 10:00 - The Heartland Series  
 11:00 - Walking Club  
 1:30 - Front Porch Sitting  
 2:30 – Cornhole Practice  
 3:30 – Game Shows & Popcorn

### Sunday, 11/10

10:00 – News, Views, & Coffee Brews  
 11:00 - Sweating to the Oldies  
 1:30 - Front Porch Sitting  
 2:00 – Temple Baptist Church  
 2:30 – Giliad Baptist Church Youth Group Singing  
 3:30 – Sunday Football & Popcorn

### Monday, 11/11

**Veterans Day USA**  
 10:00 - Clear Springs Baptist Church  
 10:30 – Miss Tennessee Volunteer to Perform  
 11:00 – Chair Exercises with Brandon from UT  
 1:30 – Front Porch Sitting  
 2:00 – Steve Carr Performance  
 3:30 – Bingo

### Tuesday, 11/12

10:00 - Devotions & Sing Along  
 11:00 - Chair Aerobics  
 1:30 – Senior Hula Dancers  
 2:30 – Crossword Puzzles & Country Music  
 3:00 - Bingo

### Wednesday, 11/13

10:00 - Devotions  
 11:00 - Chair Exercises w/Brandon from UT  
 1:00 – ACHS Drill Team to perform  
 2:30 – Front Porch Sitting  
 3:30 - Bingo

### Thursday, 11/14

10:00 - Devotions & Doughnuts  
 11:00 - Chair Yoga  
 1:30 - Front Porch Sitting  
 2:00 - SUPER Bingo w/Monica  
 3:30 – Music & Memories

### Friday, 11/15

10:00 - Devotions  
 11:00 - Workout w/Me  
 1:30 – OUTING  
 Custards & Cruising the Blvd

### Saturday, 11/16

10:00 - News & Current Events  
 11:00 – Movers & Groovers Walking Club  
 1:30 - Front Porch Sitting  
 2:00 - Family Feud  
 3:00 – Americas Got Talent

### Sunday, 11/17

10:00 - The Heartland Series  
 11:00 - Movers & Groovers Walking Club  
 1:30 - Back Patio Sitting  
 2:00 - Temple Baptist Church  
 2:30 – Fountain Valley Church Service & Communion

### Monday, 11/18

10:00 - Devotions & Old Baptist Hymns  
 11:00 - Focus on Fitness  
 1:30 - Front Porch Sitting  
 2:00 – Remember & Reminisce about a favorite Thanksgiving  
 3:30 - Bingo

### Tuesday, 11/19

10:00 - Devotions  
 11:00 – 4:30 OUTING  
 Rickard Ridge BBQ & Cove Lake State Park

### Wednesday, 11/20

10:00 - Devotions  
 11:00 - Chair Exercises with Brandon from UT  
 1:30 - Back Patio Sitting  
 2:00 - Cooking Demo w/Chef Andy  
 3:30 - Bingo

### Thursday, 11/21

10:00 - Devotions  
 11:00 - Chair Exercises  
 1:30 - Front Porch Sitting  
 2:00 – Ring Toss Game  
 3:30 – Bingo  
 5:00 – Thanksgiving Dinner “Family Night”

### Friday, 11/22

**Happy Birthday Monica!!**  
 10:00 - Devotions  
 11:00 - Chair Yoga  
 11:30 – Balloon Bop  
 1:30 - Front Porch Sitting  
 2:00 – Movie Night “The Best Exotic Marigold Hotel” & Popcorn

### Saturday, 11/23

10:00 – News, Views & Coffee Brews  
 11:00 – Movers & Groovers Walking Club  
 2:00 - Baby’s Funniest Videos  
 3:00 – Memory Game  
 3:30 – College Football & Snacks

### Sunday, 11/24

10:00 - The Heartland Series  
 11:00 - Movers & Groovers Walking Club  
 1:30 – Americas Got Talent  
 2:00 - Temple Baptist Church  
 3:00 – Sunday Football & Popcorn

### Monday, 11/25

10:00 - Devotions & Sing Along  
 11:00 - Chair Exercises to Oldies  
 1:30 - Front Porch Sitting  
 2:00 – Fall Arts & Crafts  
 3:30 – Bingo

### Tuesday, 11/26

**Happy Birthday Ellen!!**  
 10:00 – Devotions  
 11:00 – Chair Yoga  
 1:30 – Front Porch Sitting  
 2:00 – Balloon Bop  
 2:30 – Bingo

### Wednesday, 11/27

10:00 – Devotions & Doughnuts  
 11:00 – Chair Workout w/ Brandon from UT  
 1:30 – Front Porch Sitting  
 2:00 – Walk the Community  
 2:30 – Bingo

### Thursday, 11/28

**Thanksgiving Day**  
 9:00 – Macy’s Thanksgiving Day Parade  
 11:00 – Crosswords & Chit Chat  
 1:30 – Front Porch Sitting  
 2:00 – NFL Football Games & Popcorn  
 3:30 – Movie of Residents Choice

### Friday, 11/29

10:00 – Devotions & Old Baptist Sing Along  
 11:00 – Exercises with Brandon from UT  
 1:30 – Front Porch Sitting  
 2:30 – Arts & Crafts  
 3:30 – The Lucy Show

### Saturday, 11/30

10:00 – News, Views, & Coffee Brews  
 11:00 – Sweating to the Oldies  
 1:30 – Front Porch Sitting  
 2:30 – NFL Football & Popcorn/ Drinks  
 4:00 – Crosswords & 90’s Country Music

