EB-021 - Lake Howard Heights - Independent Living - Issue: 11/01/22 Viewed: 10/13/22 11:53 AM Lake Howard Heights INDEPENDENT LIVING November 202

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thank You VETTERANS	November Birthdays 11/11 Bill C. 11/16 Antoinette O. 11/16 Barbara D. 11/21 George S. 11/27 Mary D. 11/28 Maverick B. 11/28 Larry M.	1 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Blood Pressure Check w/ Amedisys- Lanai 10:15 Mandela Art- MPR 10:30 Resident Council Meeting- MPR 1:30 PoKeNo- MPR	2 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:30 IL Lunch Out "Cracker Barrel" Must Sing Up In Lobby 1:30 Bingo- MPR 2:45 Wine & Cheese-Lobby	3 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 10:15 Bible Study w/ Pastor Rob-MPR 1:30 Bingo- MPR	4 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Publix- Must Sign Up In Lobby 9:30 Sittercise- MPR 1:30 Pokeno- MPR 2:45 Happy Hour w/ Eddy Rivers-Dining Room	5 9:30 Sittercise- MPR 10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai 10:15 Bible Study w/ Mary- MPR 1:30 Resident Hosted Bingo- MPR
6 9:15 St. John's Methodist Church Service- MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo- MPR 3:30 Sing-a-Long w/ Joe Jones-Lobby	 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Walmart- Must Sign Up In Lobby 9:30 Sittercise- MPR 10:00 Resident Hosted Canasta- Lanai 1:30 Bingo- MPR 2:45 Independent Games- Lanai 2:45 Wives of Veterans Tea-Club Room 	8 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Blood Pressure Check w/ Amedisys- Lanai 10:15 Mandela Art- MPR 11:15 Veterans-Lunch at the American Legion-Must Sign Up In Lobby 1:30 PoKeNo- MPR	9 8:15 Coffee Cart w/ Lou- Lobby 9:00 Veterans Breakfast w/ the Mayor Brad Dantzler-Dining Room 9:30 Sittercise- MPR 1:30 Independent Games MPR 2:45 Wine & Cheese w/ Gary Satterzhan- Dining Room	10 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:30 Bingo- MPR 2:45 VFW Representative Byron Hamilton	Veterans Day118:15 Coffee Cart w/ Lou- Lobby8:30 Shop at Publix- Must Sign Up In Lobby9:30 Sittercise- MPR1:00 Veterans Day Celebration-TBD2:45 Happy Hour w/ Eddy Rivers-Dining Room	12 9:30 Sittercise- MPR 10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai 10:15 Bible Study w/ Mary- MPR 1:30 Resident Hosted Bingo- MPR
13 9:15 St. John's Methodist Church Service- MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo- MPR	 3 14 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Walmart- Must Sign Up In Lobby 9:30 Sittercise- MPR 10:00 Resident Hosted Canasta- Lanai 10:15 Crafts w. Crissy-MPR 1:30 Bingo- MPR 2:45 Independent Games- Lanai 	15 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Blood Pressure Check w/ Amedisys- Lanai 10:00 Shop at Belk's-Must Sign Up In Lobby 10:15 Mandela Art- MPR 1:30 PoKeNo- MPR	16 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Town Hall Meeting-Dining Room 1:30 Bingo- MPR 2:45 Birthday Bash Dining Room - Live Entertainment w/Thomas McGannon ♪	17 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 10:15 Bible Study w/ Pastor Rob-MPR 1:30 Bingo- MPR	18 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Publix- Must Sign Up In Lobby 9:30 Sittercise- MPR 1:30 Pokeno- MPR 2:45 Happy Hour w/ Jeff Wagy-Dining Room	19 9:30 Sittercise- MPR 10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai 10:15 Bible Study w/ Mary- MPR 1:30 Resident Hosted Bingo- MPR
20 9:15 St. John's Methodist Church Service- MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo- MPR	 21 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Walmart- Must Sign Up In Lobby 9:30 Sittercise- MPR 10:00 Resident Hosted Canasta- Lanai 1:00 Second Chance Boutique-MPR 1:30 Bingo- MPR 2:45 Independent Games- Lanai 	22 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:00 Blood Pressure Check w/ Amedisys- Lanai 10:15 Mandela Art- MPR 1:30 PoKeNo- MPR	23 8:15 Coffee Cart w/ Lou- Lobby 9:30 Sittercise- MPR 10:30 Shop at Lakeland Mall 1:30 Bingo- MPR 2:45 Wine & Cheese -Lobby	Thanksgiving249:30 Sittercise- MPR11:30 Traditional Thanksgiving Feast-A Boxed meal will be delivered to you for your dinner.1:30 Independent Bingo- MPR Caller Needed	25 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Publix- Must Sign Up In Lobby 9:30 Sittercise- MPR 1:30 Pokeno- MPR 2:45 Happy Hour w/ Rick Langoff-Dining Room	26 9:30 Sittercise- MPR 10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai 10:15 Bible Study w/ Mary- MPR 1:30 Resident Hosted Bingo- MPR
27 9:15 St. John's Methodist Church Service- MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo- MPR	 28 8:15 Coffee Cart w/ Lou- Lobby 8:30 Shop at Walmart- Must Sign Up In Lobby 9:30 Sittercise- MPR 10:00 Resident Hosted Canasta- Lanai 1:30 Bingo- MPR 2:45 Independent Games- Lanai 	29 8:15 Coffee Cart w/ Lou- Lobby 9:00 Shop at Beall's in Lakeland-Must Sign Up In Lobby & Must Have a Minimal of 5 Residents 9:30 Sittercise- MPR 10:00 Blood Pressure Check w/ Amedisys- Lanai 10:15 Mandela Art- MPR 1:30 PoKeNo- MPR	30 8:15 Coffee Cart w/ Lou- Lobby 9:00 Seminole Hard Rock-Must Sign Up In Lobby 9:30 Sittercise- MPR 1:30 Bingo- MPR 2:45 Wine & Cheese -Lobby	Residents "November" Birthdays 11/11 Bill C. 11/16 Antoinette O. 11/16 Barbara D. 11/21 George S. 11/27 Mary D. 11/28 Maverick B. 11/28 Larry M.	Staff Birthdays & Anniversaries Staff Birthdays 11/08 Christine M. Housekeeper 11/09 Kaitlin T. AL Lifestyle Dir. 11/11 Amanda B. Server 11/17 Lauren L. Business Office Manager 11/18 Arkim H. Maintenance Tech. 11/24 Lou M. IL Lifestyle Dir. Staff Anniversary 11/06 Ricky K. Dining Room Manager	