THE GOLDTON
AT SPRING HILL

ASSISTED LIVING & MEMORY CARE

November 2022

The Goldton at Spring Hill
3056 Miles Johnson Pkwy. Spring Hill, TN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Seated Exercise-M 11:00 Rummikub-G 1:00 Walking Group-L 2:00 Bingo-DR **3:15 Church Service-M** 4:00 Billiards	**2** **10:30 Outing: Publix-L** 11:00 Uno Card Game-G 1:00 Walking Group-L 2:00 Cider & Chat-FP 3:30 Mexican Train Dominos-G	**3** 10:30 Seated Exercise 11:00 Words to Words-G 1:00 Walking Group-L 2:00 Bingo-DR 3:00 Billiards 4:00 Rummikub-G	**4** 10:30 Ex. with Weights-M 11:00 Brain Teasers-G 1:00 Walking Group-L **2:00 Happy Hour-B** 3:30 Jenga Game-G	**5** **10:00 Overture Music Academy Kids Choir Performance-M** **2:00 OMA Band Performance-M** 3:00 Putting-P 3:00 Mexican Train Dom.-G **Set Your Clocks Back Tonight!**
6 9:45 Catholic Communion in Room 10:00 In Touch Min.Ch 4 11:00 Cath. Mass Ch370 Baptist Ch 30 1:00 Open Games-G 2:00 Matinee Movie-MT 3:00 Billiards **Daylight Savings Time Ends** Daylight Saving Time Ends	**7** 10:30 Exercise with Weights-M 11:00 Uno Card Game-G 1:00 Walking Group-L **2:00 Outing: Library-L** 3:00 Mexican Train Dominos-G	**8** 10:30 Seated Exercise-M 11:00 Rummikub-G 1:00 Walking Group-L 2:00 Bingo-DR **3:15 Church Service-M** 4:00 Billiards	**9** **10:30 Outing: Walmart-L** 11:00 Uno Card Game-G 1:00 Walking Group-L 2:00 Cider & Chat-FP 3:00 Mexican Train Dominos-G	**10** 10:30 Seated Exercise- M **11:00 Tailoring/Alterations -Puzzle Rm** 1:00 Walking Group-L 2:00 Bingo-DR **3:00 Thanksgiving Tree Let Staff Know They are Appreciated-Nurse Station** 4:00 Billiards	**11** 10:30 Ex. with Weights-M 11:00 Brain Teasers.-G 1:00 Walking Group-L **2:00 Veteran's Day Happy Hour with Kevin Herrick-B** 3:00 Mexican Train Dominos-G Veterans Day Remembrance Day (Canada)	**12** 10:00 Puzzles-C 1:00 Walking Group-L 2:00 Bingo-B 3:00 Putting-P 3:00 Uno Card Game-G
13 9:45 Catholic Communion in Room 10:00 In Touch Min.Ch 4 11:00 Cath. Mass Ch370 Baptist Ch 30 1:00 Open Games-G 2:00 Matinee Movie-MT 3:00 Billiards	**14** **10:30 Outing: Walking in Harvey Park-L** 11:00 Uno Card Game-G 1:00 Walking Group-L 2:00 Mexican Train Dom.-G **3:00 Staff Pie Contest-B Residents will be the Judges!**	**15** 10:30 Seated Exercise-M 11:00 Rummikub-G 1:00 Walking Group-L **2:00 Bingo StoreToday-B** **3:15 Church Service-M** 4:00 Billiards	**16** **10:30 Outing: Target-L** 11:00 Uno Card Game-G 1:00 Walking Group-L **2:00 Fall Garden Clean Up** Time to cut down our garden Plants and bring some in for the winter. Meet in the Courtyard. **3:00 Crafts: Paper Tree-G**	**17** 10:30 Seated Exercise- M 11:00 Words to Words-G 1:00 Walking Group-L 2:00 Bingo -DR **3:00 New Resident Meet & Greet-B** **Come Meet New Residents!** 4:00 Billiards	**18** 10:30 Ex. with Weights-M 11:00 Brain Teasers-G 1:00 Walking Group-L **2:00 Birthday Party & Happy Hour with Keith Sargent-B** 3:30 Rummikub-G	**19** **Family Thanksgiving Luncheon** **11:00am Seating or 12:30 pm Seating Reservations Are Required**
20 9:45 Catholic Communion in Room 10:00 In Touch Min.Ch 4 11:00 Cath. Mass Ch370 Baptist Ch 30 1:00 Open Games-G 2:00 Matinee Movie-MT 3:00 Billiards	**21** 10:30 Exercise w/Wts.-M 11:00 Thanksgiving Trivia-M 1:00 Walking Group-L **2:00 Book Club Meeting-PD** 3:00 Mexican Train Dominos-G	**22** 10:30 Seated Exercise-M 11:00 Rummikub-G 1:00 Walking Group-L 2:00 Bingo-DR **3:15 Church Service-M** 4:00 Billiards	**23** **10:30 Outing: Dollar Tree-L** 11:00 Uno Card Game-G 1:00 Walking Group-L 2:00 Cider & Chat-FP 3:30 Mexican Train Dominos-G	**24** Thanksgiving Day (US)	**25** 10:30 Exercise on Your Own-M 11:00 Uno Card Game.-G 1:00 Walking Group-L 2:00 Music with Wahni & Friends-M 3:00 Mexican Train Dominos-G	**26** 10:00 Puzzles-C 1:00 Walking Group-L 2:00 Bingo-B 3:00 Putting-P 3:00 Rummikub-G
27 9:45 Catholic Communion in Room 10:00 In Touch Min.Ch 4 11:00 Cath. Mass Ch370 Baptist Ch 30 1:00 Open Games-G 2:00 Matinee Movie-MT 3:00 Billiards	**28** **Holiday Decorating All Day-Staff** Residents are Invited to Help Decorate the Trees.	**29** **Holiday Decorating All Day-Staff** Residents are Invited to Help Decorate the Trees. 2:00 Staff Meeting-DR	**30** **10:30 Outing: Publix-L** 11:00 Uno Card Game-G **1:30 Piano Concert with Donna-M** **3:00 Resident Council Meeting-DR** 4:00 Sequence Game-G			