


November 2022

Sabal Palms Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
 <p>SABAL PALMS ASSISTED LIVING & MEMORY CARE A Protea Senior Living Community</p>	<p>Location Keys</p> <p>Activities Room AR Dining Room DR Front Lobby FL Game Room GR Movie Theater MT Piano Lounge PL</p>	<p>10:00 ↔ Morning Exercise [AR] 1</p> <p>11:00 🐾 Pet Therapy Visits</p> <p>11:00 🕒 Trivia [AR]</p> <p>11:30 🦋 Protestant Service [GR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee and Chit Chat [FL] 2</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 ★ Resident Activity Meeting [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 3</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🦋 Sojourners Ministry Bible Study [GR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 4</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 🕒 Wheel of Fortune [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 🍷 Turner Classic Movies [MT]</p>	<p>9:00 ★ Coffee & Chit Chat [FL] 5</p> <p>11:00 ↔ Bingo [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 Bible Study [AR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p> <p>6:15 Resident Led Card Games [GR]</p>		
		<p>Daylight Saving Time Begins 6</p> <p>9:00 ★ Coffee & Chit Chat</p> <p>10:30 🦋 Hymn Sing-A-Long [PL]</p> <p>1:00 ❤️ Visitation Wagon</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 🍷 Game Time [GR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 7</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>10:30 🦋 Catholic Communion [GR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 🕒 F.Y.I. [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>Election Day 8</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Trivia [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends/Music w/ The Main Event [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee and Chit Chat [FL] 9</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 ★ Chef Chat [DR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 10</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>10:45 ★ Nail Envy [AR]</p> <p>11:00 🦋 Sojourners Ministry Bible Study [GR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>Veterans Day 11</p> <p>9:00 ☕ Coffee & Chit Chat [FL]</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 📺 Veterans Day Ceremony [PL]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:00 🍷 Wine and Friends/ Music w/ Johnathan Brady [PL]</p> <p>6:00 🍷 Turner Classic Movies [MT]</p>	<p>9:00 ★ Coffee & Chit Chat [FL] 12</p> <p>11:00 ↔ Bingo [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 Bible Study [AR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p> <p>6:15 Resident Led Card Games [GR]</p>
		<p>9:00 ★ Coffee & Chit Chat</p> <p>10:30 🦋 Hymn Sing-A-Long [PL] 13</p> <p>1:00 ❤️ Visitation Wagon</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 🍷 Game Time [GR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 14</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>10:30 🦋 Catholic Communion [GR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 🕒 F.Y.I. [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>10:00 ↔ Morning Exercise [AR] 15</p> <p>11:00 🐾 Pet Therapy Visits</p> <p>11:00 🕒 Trivia [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:00 🍷 Wine and Friends/Music w/ DJ Debbie & Tony [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee and Chit Chat [FL] 16</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 ★ Resident Council Meeting [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Matinee & Popcorn [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 17</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 ↔ Painting w/ a Purpose [AR]</p> <p>11:00 🦋 Sojourners Ministry Bible Study [GR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 18</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>1:00 ★ Shopping Trip</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 🍷 Turner Classic Movies [MT]</p>	<p>9:00 ★ Coffee & Chit Chat [FL] 19</p> <p>11:00 ↔ Bingo [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 Bible Study [AR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p> <p>6:15 Resident Led Card Games [GR]</p>
		<p>9:00 ★ Coffee & Chit Chat</p> <p>10:30 🦋 Hymn Sing-A-Long [PL] 20</p> <p>1:00 ❤️ Visitation Wagon</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 🍷 Game Time [GR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 21</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>10:30 🦋 Catholic Communion [GR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 🕒 F.Y.I. [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>10:00 ↔ Morning Exercise [AR] 22</p> <p>11:00 🕒 Trivia [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee and Chit Chat [FL] 23</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>3:00 🍷 Wine and Friends/ Birthday Celebration Music w/ Johnathan Brady [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>Thanksgiving 24</p> <p>9:00 ☕ Coffee & Chit Chat [FL]</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🦋 Sojourners Ministry Bible Study [GR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 25</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 🕒 Wheel of Fortune [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 🍷 Turner Classic Movies [MT]</p>	<p>9:00 ★ Coffee & Chit Chat [FL] 26</p> <p>11:00 ↔ Bingo [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 Bible Study [AR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p> <p>6:15 Resident Led Card Games [GR]</p>
		<p>9:00 ★ Coffee & Chit Chat</p> <p>10:30 🦋 Hymn Sing-A-Long [PL] 27</p> <p>1:00 ❤️ Visitation Wagon</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:30 🍷 Game Time [GR]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee & Chit Chat [FL] 28</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>10:30 🦋 Catholic Communion [GR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>2:00 🕒 F.Y.I. [AR]</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>10:00 ↔ Morning Exercise [AR] 29</p> <p>11:00 🐾 Pet Therapy Visits</p> <p>11:00 🕒 Trivia [AR]</p> <p>2:00 🕒 Quarter Bingo [AR]</p> <p>3:00 🍷 Wine and Friends/ Music w/ Sweet Melissa [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>9:00 ☕ Coffee and Chit Chat [FL] 30</p> <p>10:00 ↔ Morning Exercise [AR]</p> <p>11:00 🕒 Quarter Bingo [AR]</p> <p>12:00 ★ Lunch Bunch Outing</p> <p>3:15 🍷 Wine and Friends [PL]</p> <p>6:00 ★ Turner Classic Movies [MT]</p>	<p>GB *Give Back</p> <ul style="list-style-type: none"> ❤️ Emotional 💡 Intellectual ↔ Physical ★ Purposeful 🍷 Social 🦋 Spiritual 		<p>5 Positive Affirmations</p> <p>I am worthy</p> <p>I am grateful</p> <p>Today is mine for the taking</p> <p>I forgive myself</p> <p>I choose to be hopeful</p>

“It is not happy people who are thankful, it is thankful people who are happy.”
– Unknown