


















# NOVEMBER 2023

# MUSCLE SHOALS LIVING CENTER

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|--|---|--|---|
| Don't forget!!<br>Tell<br>EVERYONE<br>about our<br><b>Christmas<br/>Tree<br/>Fundraiser</b><br>                           | <b>HAPPY BIRTHDAY in NOVEMBER to:</b><br>Terry Bott – 2 <sup>nd</sup><br>Steve Risner – 2 <sup>nd</sup><br>Inez McLean – 2 <sup>nd</sup> Virginia Sanders – 3 <sup>rd</sup><br>Edwin Hampton – 3 <sup>rd</sup> Sandy Barker 3 <sup>rd</sup><br>Sara Rea – 8 <sup>th</sup> Leslie Craig – 8 <sup>th</sup><br>Helen Davis – 11 <sup>th</sup> Maxine Horton – 19 <sup>th</sup><br>Cheslene Walker – 25 <sup>th</sup> David Nichols – 25 <sup>th</sup><br> |  | 1 9:30 BINGO<br>10:00 Exercise<br>10:30 Blood<br>Pressure Checks<br><i>Enhabit<br/>Home Health</i>                  | 2 9:30 BINGO<br>10:00 Exercise<br>12:00 Ceramics<br>Class<br>  | 3 9:30 BINGO<br>10:00 Coffee<br>& Donuts <br>10:15 November<br>& Thanksgiving<br>Trivia | 4 <b>6:00 ESPN</b><br><b>Bama vs. LSU</b><br><b>6:30 ESPN2</b> <br><b>Auburn vs. Vandy</b><br><u>Set your clocks</u><br><u>BACK 1 hr. before</u><br><u>going to bed!</u> |
| 5<br>  | 6 9:30 BINGO<br>10:00 Exercise<br>12:00 CRAFT CLASS<br><b>Make<br/>Christmas<br/>Bracelets</b>   | 7 9:30 BINGO<br>10:00 Exercise<br>11:45 Birthday<br>Ice Cream<br>Social                                   | 8 9:30 BINGO<br>10:00 Exercise<br>11:30 Health Talk<br>with Janet<br>'Holiday Stress<br>Management'  | 9 9:30 BINGO<br>10:00 Exercise<br>11:30 Honoring<br>Those Who <br>Served<br>12:00 Ceramics<br>Class  | 10 <b>CENTER<br/>CLOSED<br/>for<br/>Veteran's<br/>Day</b><br>                           | 11<br><b>Bama vs. Kentucky</b><br><b>Auburn vs.</b><br><b>Arkansas</b>   |
| 12 <b>Happy Anniversary!</b><br>Jan & Rich Johnston-14th<br>Charles & Carolyn<br>Maness-17 <sup>th</sup><br>Danny & Gina Borden-21 <sup>st</sup><br>Barbara & Waymon Fike-<br>29th                         | 13 9:30 BINGO<br>10:00 Exercise<br>11:15 Elaine Softley,<br><i>Nutritionist</i><br>11:30 Fall Pies<br>& Ice Cream    | 14 9:30 BINGO<br>10:00 Exercise<br>11:45 BINGO<br>with Brooke<br><i>Mitchell</i><br><i>Hollingsworth</i>  | 15 9:30 BINGO<br>10:00 Exercise<br>11:30 Penny Auction<br>w/ <i>Ericka –</i><br><i>Columbia</i><br><i>Cottage</i>   | 16 9:30 BINGO<br>10:00 Exercise<br>11:30 Penny <br>Auction<br>w/ <i>Amy Bradford</i><br><i>Genesis Healthcare</i><br>12:00 Ceramics              | 17 9:30 BINGO<br>10:00 Bingo<br>w/ Amanda<br><i>Renaissance</i><br><i>of Florence</i>   | 18<br>11:00 SEC<br><b>Bama vs.</b><br><b>Chattanooga</b><br><b>Auburn vs.</b><br><b>New Mexico State</b>   |
| 19 <b>Thanksgiving<br/>Meal<br/>Wednesday<br/>November 22</b><br><u>Ceramics Gift Shop</u><br><u>10-2 Mon thru Wed</u>  | 20 9:30 BINGO<br>10:00 Exercise<br>12:00 ART CLASS<br>with Lucy<br>Swindle   | 21 9:30 BINGO<br>10:00 Exercise<br><b>10:00 Holiday<br/>Ceramics<br/>Gift Shop &amp;<br/>Bake Sale</b>  | 22 9:30 BINGO<br>10:00 Exercise<br>10:30 Today I'm<br>Thankful For...<br>11:45 <b>IRON BOWL</b><br><b>A BINGO</b>  | 23 8:00 Ch. 4<br><i>Macy's 97<sup>th</sup></i><br><i>Thanksgiving</i><br><i>Day Parade</i> <br><b>CENTER Closed for</b><br><b>THANKSGIVING</b> | 24 <b>CENTER<br/>CLOSED<br/>for<br/>THANKSGIVING<br/>Holiday</b>   | 25<br><b>IRON BOWL!!!</b><br><b>BAMA</b><br><b>vs.</b><br><b>AUBURN</b><br>2:30 CBS<br>  |
| 26<br>   | 27 9:30 BINGO<br>10:00 Exercise<br>10:45 Medicare Spotlight<br>12:00 CRAFT CLASS<br><b>Painted<br/>Ornaments</b>  | 28 <b>CENTER<br/>CLOSED TODAY<br/>for<br/>District<br/>Managers<br/>Meeting</b>  | 29 9:30 BINGO<br>10:00 Exercise<br>11:30 Tea Bombs<br>with Ericka<br><i>The Cottages</i>   | 30 9:30 BINGO<br>10:00 Exercise<br><b>10:30 DECEMBER<br/>CALENDAR REVIEW</b><br>11:45 Ice<br>Cream Floats<br>12:00 Ceramics<br>                | <b>THERE IS</b><br><i>always, always,</i><br><b>ALWAYS</b><br><b>something</b><br><i>to be thankful for</i>  |   |

