

NOVEMBER 2021 KIRKWOOD LANE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **FITIFY Fitness (AR) **Happy Hands Hydration Snack/Chat Social (AR)	2 **Walking Club **Happy Hands Hydration Snack/Chat Social (AR) 11:00 Hungry Valley Boys (C) **Exercise (Hall)	3 **FITIFY Fitness (AR) **Happy Hands Hydration Snack/Chat Social (AR) 10:30 BINGO (AR) 3:30 Kirkwood Bible Study (AR)	4 9:35 Gentle Chair Yoga with Gloria (AR) **Happy Hands Hydration Snack/Chat Social (AR) 11:00 Kirkwood Worship All Saints Day Service (C)	5 9:15 Laughter Yoga with Kim (AR) **Happy Hands Hydration Snack/Chat Social (AR) 3:00 The Alexander's Sax/ Vocals (C)	6 **Happy Hands Hydration Snack/Chat Social (AR) 1:30 Rose Moreland Piano/Sing Along (AR)
7 DAYLIGHT SAVING ENDS (SET CLOCKS BACK ONE HOUR) **Devotion 10:00 Dawson Worship on TV **Hydration Snack/Chat Social (AR) **BINGO(AR)	8 9:30 Jazzin' with Jackie (C) **Hydration Snack/Chat Social (AR) 2:30 November Birthdays Celebration (C)	9 **Walking Club ** Hydration Snack/Chat Social (AR) 11:00 Walker Wright Rejoicing Rhythms(AR) ** Exercise (AR) 3:30 Ray Reach and Tena Wilson Piano/Vocals (C)	10 **FITIFY Fitness (AR) **Hydration Snack/Chat Social (AR) 10:30 BINGO (AR) 3:30 Kirkwood Bible Study (AR)	11 **Exercise (AR) **Hydration Snack Chat Social (AR) 11:00 Kirkwood Worship and Communion (C) 2:00 Veterans Day- Remembrance and Celebration (C)	12 ** Exercise (AR) **Hydration Snack/Chat Social (AR) 10:30 Win Schepps Banjo/Vocals (AR) 3:00 Johnny Wayne Abbott Country and Pop Concert (C)	13 **Hydration Snack/Chat Social (AR)
14 **Devotion 10:00 Dawson Worship on TV **Happy Hands Hydration Snack/Chat Social (AR) ** BINGO(AR)	15 **FITIFY Fitness (AR) **Happy H ands Hydration Snack/Chat Social (AR)	16 **Walking Club **Happy Hands Hydration Snack/Chat Social (AR) 10:30 Loyce and Fred Piano/Sing Along (AR) ** Exercise (AR)	17 **FITIFY Fitness (AR) **Happy Hands Hydration Snack/Chat Social (AR) 10:30 BINGO (AR) 3:30 Kirkwood Bible Study (AR)	18 9:35 Gentle Chair Yoga w/ Gloria(AR) ** Hydration Snack/Chat Social (AR) 11:00 Kirkwood Worship (C) 2:45 Susan Lawrence Music(C)	19 **Exercise (AR) **Happy Hands Hydration Snack/Chat Social (AR) 10:30 Ricky and Mary Anne and Patsy Music (C)	20 **Happy Hands Hydration Snack/Chat Social (AR) 1:30 Carolyn Price Piano and Sing Along (AR)

NOVEMBER 2021 KIRKWOOD LANE (CONTINUED)

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21 **Devotion 10:00 Dawson Worship on TV **Happy Hands Hydration Snack/Chat Social (AR) ** BINGO with your Neighbors (AR)	22 9:30 Jazzin' with Jackie (C) **Happy Hands Hydration Snack/Chat Social (AR) 2:00 Art Class with <u>She She</u> (C)	23 **Walking Club **Hydration Snack Chat Social (AR) 10:30 <u>Jessica Scott</u> <u>Guitar/Vocals (AR)</u> ** Exercise (AR) 3:00 <u>Walker Wright</u> Rejoicing Rhythms (AR) 7:00 KW Sing Along <u>Patsy/Joe/Friends C</u>	24 ** FITIFY Fitness (AR) **Happy Hands Hydration Snack/Chat Social (AR) 10:30 BINGO(AR) 3:30 Kirkwood Bible Study (AR)	25 **Exercises (AR) **Happy Hands Hydration Snack/Chat Social (AR) 11:00 Kirkwood Thanksgiving Day Worship (C)	26 ** Exercise (AR) **Happy Hands Hydration Snack/Chat Social (AR)	27 **Happy Hands Hydration Snack/Chat Social (AR) 1:30 <u>Susan</u> <u>Lawrence</u> <u>Guitar/Vocals (AR)</u>																
28 **Devotion 10:00 Dawson Worship on TV **Happy Hands Hydration Snack/Chat Social (AR) 2:00 <u>Blake</u> <u>Franklin</u> <u>Guitar/Vocals</u> (AR)	29 ** FITIFY Fitness (AR) **Happy Hands Hydration Snack/Chat Social (AR) 1:00 <u>Amaryllis Affair</u> <u>Heatherwood Garden</u> <u>Club C)</u>	30 **Walking Club **Happy Hands Hydration Snack/Chat Social (AR) ** Exercise (AR)	CLAUDIA REACH Life Enrichment Director CATHY MCMILLAN Life Enrichment Coordinator KYRA CAPERS Life Enrichment Coordinator 205-956-2184 X172 creach@kirkwoodbytheriver.com cmcmillan@kirkwoodbytheriver.com	<h2>HAPPY BIRTHDAY!</h2> <table> <tr> <td>Elizabeth Downs</td> <td>5th</td> <td>Ben Arellano</td> <td>5th</td> </tr> <tr> <td>Mary Anne Sanford</td> <td>10th</td> <td>Tom Adams</td> <td>11th</td> </tr> <tr> <td>Jeanette Hancock</td> <td>12th</td> <td>Navona Brinkley</td> <td>15th</td> </tr> <tr> <td>Marmie Moyer</td> <td>18th</td> <td>Rita Spencer</td> <td>26th</td> </tr> </table>			Elizabeth Downs	5th	Ben Arellano	5th	Mary Anne Sanford	10th	Tom Adams	11th	Jeanette Hancock	12th	Navona Brinkley	15th	Marmie Moyer	18th	Rita Spencer	26th
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				LEGEND (AL-DR) Assisted Living Dining Room (H) Hideaway (AR) Activity Room (L) Library (C) Chapel (LR) Living Room (CR) Cahaba Room (MDR) Main Dining Room (GR) Game Room (P) Pool (RMP) Riverview Mtg Place (SN) Skilled Nursing																		

*DEPARTURE TIMES – PLEASE MEET IN LOBBY AT THE DESIGNATED - TIME-ALL ACTIVITIES SUBJECT TO CHANGE.