

NOVEMBER 2024

SUN

MON

TUE

WED

THU

FRI

SAT

LIST OF COMMITTEE MEETINGS

Library Committee: Library
1st Saturday; 9:30am
Facilities Committee: Party Room
2nd Tuesday 11am
Activities Committee: Conference Rm
2nd Thursday; 3 pm
Landscape Committee: Conf. Room
3rd Wednesday; 11am
Food Committee: Conf. Room
3rd Wednesday; 3 pm
Communications Committee: 2nd Monday 1pm (Nov. is on 3rd Monday Conference Room)
Decorating Committee: 1st Friday 1pm CR (Nov. is on 2nd Friday)

CELEBRATE NO SHAVE NOVEMBER



Exercise Intensity Level

Red-High

Blue-Moderate

Green-Low

Brown-Trips

Pink-Special Event/Activity

Calendar Abbreviations

TH-Theater
OD-Overflow Dining
GR-Great Room
FL-Fireside Lounge
LO-Lobby
LR-Library
SG-Small Gym
CL-Clubhouse
CY-Courtyard
MR-Mailroom
DR-Dining Room
PR-Party Room
CR-Conference Rm

November Birthdays

Bernice Durbin Nov. 5th
Muriel Sirett Nov. 6th
Carol Sittel Nov. 14th
John Douglas Nov. 18th
Lyle Durbin Nov. 30th

7 pm Vespers -
Great Room



DAY LIGHT SAVINGS DAY ENDS

7 pm Vespers -
Great Room

7 pm Vespers -
Great Room

7 pm Vespers -
Great Room

3

9:30 Nustep-Small gym
10:00-Strength Training-GR
11:00-UT Extension Senior
Nutrition Eat Well Feel Well-FL
1:00-Mahjong-PR
2:00-Volleyball in-GR
3:00-4 BINGO-OD

10

10:00-Resident Exercise-GR
11:00-UT Extension Senior
Nutrition Eat Well Feel Well-FL
1:00-Mahjong-PR
2:00-Volleyball-GR
6:30-Veterans Day Concert
The "HasBeens" in Great
Room

17

9:30 Nustep-Small gym
10:00-Strength Training-GR
11:00-UT Extension Senior Nutrition
Eat Well Feel Well-FL
1:00-Communications Meeting-CR
1:00-Mahjong-PR
2:00-Volleyball in-GR
3:00-4 BINGO-OD
Hot Apply Cider in FL all day
Wear Odd Socks

24

9:30 Nustep-Small gym
10:00-Strength Training-GR
11:00-UT Extension Senior
Nutrition Eat Well Feel Well-FL
1:00-Mahjong-PR
2:00-Volleyball in-GR
3:00-4 BINGO-OD

4

10:00-Resident Exercise-GR
1:00--Book Club-PR
1-3-Quilt, Crochet -PR
1:30-The Apostle Paul-TH
1:15-The Great Body Co.
3:00-Volleyball-GR
3:30-Bible Study-FL
4:00-HUR Machines-CL
6:45-Game Night-FL

11

10:00-Strength Training-GR
10:35-Wheel of Fortune-TH
11:00-Facilities Committee-PR
1-3pm-Quilt, Crochet -PR
1:30-KACL The Apostle Paul-TH
3:00-Volleyball-GR
3:30-Bible Study-FL
4:00-HUR Machines-CL

18

10:00-Strength Training-GR
10:00-Jim Williams: Overview of
Estate Planning
1:15-The Great Body Co.-GR
1-3pm-Quilt, Crochet -PR
1:30-KACL The Apostle Paul-TH
2:00-Patti Quarles
3:00-Volleyball-GR
3:30-Bible Study-GR
4:00-HUR Machines-CL
6:45-Game Night-FL

25

10:00-Strength Training-GR
10:35-Wheel of Fortune-TH
1:00-Quick Trip to Walmart
1-3pm-Quilt, Crochet -PR
3:00-Volleyball-GR
3:30-Bible Study-GR
4:00-HUR Machines-CL

5

10:00-Strength Training-GR
10:45-United Women Faith-FL
1:00-4-Bridge/Cards-FL
2:00- Quick Trip Walmart
3:30-Paint & Pour-2nd FL
4:00-Cornhole-
GR/Smoothies

12

10:00-Strength Training-GR
10:00-Rick Currie:
Photographic Journey of
France
1:00-4-Bridge/Cards-FL
2:00-Quick Trip Walmart
3:30-Paint & Pour-2nd FL
4:00-Corn Hole Ice Cream-GR

19

10:00-Strength Training-GR
11:00-Landscape Committee-CR
1:00-4-Bridge/Cards-FL
2:00-Quick Trip Walmart
3:00-Food Committee-CR
3:30-Make Stain Glass
Ornaments-OD

26

10:00-Residents Exercise-GR
1:00-4-Bridge/Cards-FL
2:00-Jack Stallard Lobby
3:00-Movie in the Theater-"A
Christmas Carol" Popcorn,
Candy, & Drink
4:00-Melanie's Chat-GR

6

10:00-Strength Training-GR
1:00-Presbyterian Worship -TH
1-3pm-Quilt, Knit, Crochet-PR
2:00-Judge Cook American
Buffalo-TH
3:00-Yoga-GR
4:00-Social Hour Curt
Mathson (Fall Photos-GR)

13

10:15-The Great Body Co.-GR
1:00-Presbyterian Worship -TH
2:00-Yoga CY/GR-weather
1-3pm-Quilt, Knit, Crochet-PR
2:00-Tavelogue MacFarlane
3:00-Activities Committee-CR
4:00-Social Hour-Jessica
Lequieu

20

10:00-Strength Training-GR
11:15-St. Dominics Mass -GR
1:00-Presbyterian Worship-TH
1:30-Make Gingerbread Art-FL
1-3pm-Quilt, Knit, Sew-PR
2:00-Judge Cook American
Buffalo-TH
3:30-Jack Mahaffey-Oddities
4:00-Social Hour-Perkins

27

All Day-Find the Turkey
Scavenger Hunt-Winner gets a
Prize at Front Desk
2:00-Movie in the Theater-It's
a Wonderful Life
Happy Thanksgiving!

7

10:00-Strength Training-GR
1:00-Presbyterian Worship -TH
1-3pm-Quilt, Knit, Crochet-PR
2:00-Judge Cook American
Buffalo-TH
3:00-Yoga-GR
4:00-Social Hour Curt
Mathson (Fall Photos-GR)

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10:00-Hamricks Trip
10:30-Episcopal Church-
PR
1:00-Ping Pong-CL
2:00-Tai Chi-CY/GR
2:35-Jeopardy-TH
3:30-Scrabble-FL

21

10:00-Active Drums-GR
10:45-Kingsport Aquatics
Center
1:00-Ping Pong-CL
3:00-Talent Show-GR
3:30-Dominoes-FL

28

2:00-Movie in the Theater-
"Home Alone" Popcorn,
Candy, & Drink
1:00-Ping Pong-CL
3:30-Dominoes-FL

1

9:30 Library
Committee-LR
3:00-Movie in
Theater "The
Letters"-Untold story
of Mother Teresa

8

2:00-Birthday Party-
Great Room
3:00-Movie in Theater
"Twisters"-New Movie

15

10:30-1pm-Brunch in
DR
3:00-Movie in
Theater "The Singing
Nun"

22

11:30-1:00-
Thanksgiving
Lunch with
Entertainment
3:00-Movie in Theater
"Elf"

29

3:00-Movie in Theater
"Reagan the Movie"
New Movie
7:00-Night Bingo

2

9

16

23

30

November Birthdays
Bernice Durbin Nov. 5th
Muriel Sirett Nov. 6th
Carol Sittel Nov. 14th
John Douglas Nov. 18th
Lyle Durbin Nov. 30th

HAPPY
THANKSGIVING

QUICK CALL LIST

Asbury Main: 423-830-8500

Salon: 423-765-3059

Therapy Department: 423-245-0360

Kitchen Food Order: 423-830-8523

Work Orders: 423-830-8500

Chaplain/Larry: 423-247-2433

Security: 423-326-6510

Suzy Cloyd: 423-830-8502