Sun	Mon	Tue	Wed	Thu	Fri	Sat
Hillcrest Silver Ridge	Novemb	er 2025 r House		Meal/Snack Schedule 7:30 Breakfast 10:00 Hydration 11:30 Lunch 2:00 Snack 4:30 Dinner 6:00 Snack		9:00 Exercise 9:30 Coffee & Conversation 1:00 Movie 3:00 Games 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music
2 10:30 Heritage Hill Virtual	3 9:00 Exercise	4 9:00 Exercise	5 9:00 Exercise	6 9:00 Exercise	7 9:00 Exercise	8 9:00 Exercise
Church 1:30 Exercise 3:00 Games	9:30 Prayer & Worship 1:00 Nail Care 3:00 Games	9:30 Coffee & Conversation 1:00 Sing-Along 3:00 Games	9:30 Coffee & Conversation 1:00 Happy Hour 1:30 Music with Denell	9:30 Coffee & Conversation 1:00 Bingo 3:00 Games	9:30 Coffee & Conversation 1:00 Fun Friday 3:00 Games	9:30 Coffee & Conversation 1:00 Movie 3:00 Games
5:30 Daily Chronicles/Reminisce7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	3:00 Games5:30 Daily Chronicles/Reminisce7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music
9	10	11	12	13	14	15
10:30 Heritage Hill Virtual Church 1:30 Exercise 3:00 Games	9:00 Exercise 9:30 Prayer & Worship 1:00 Nail Care 3:00 Games	9:00 Exercise 9:30 Coffee & Conversation 1:00 Sing-Along 3:00 Games	9:00 Get Ready for Scenic Drive 9:30 Load the Bus for Drive 1:00 Happy Hour 3:00 Games	9:00 Exercise 9:30 Coffee & Conversation 1:00 Bingo 3:00 Games	10:00 Exercise 10:30 Coffee & Conversation 1:30 Root Beer Floats 3:00 Games	9:00 Exercise 9:30 Coffee & Conversation 1:00 Movie 3:00 Games
5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music
16	17	18	19	20	21	22
10:30 Heritage Hill Virtual Church 1:30 Exercise	9:00 Exercise9:30 Prayer & Worship1:00 Nail Care	9:00 Exercise9:30 Coffee & Conversation1:00 Sing-Along	9:00 Exercise9:30 Coffee & Conversation1:00 Happy Hour	9:00 Exercise9:30 Coffee & Conversation1:00 Bingo	9:00 Exercise9:30 Coffee & Conversation1:00 Fun Friday	9:00 Exercise9:30 Coffee & Conversation1:00 Movie
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23	24	25	26	27	28	29
10:30 Heritage Hill Virtual Church5:30 Daily Chronicles/Reminisce7:00 Relaxing Music	9:00 Exercise 9:30 Prayer & Worship 1:00 Nail Care	9:00 Exercise 9:30 Coffee & Conversation 1:00 Sing-Along 3:00 Games 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	9:00 Get Ready for Scenic Drive 9:30 Load the Bus 1:00 Happy Hour	9:30 Coffee & Conversation 1:00 Bingo	10:00 Exercise10:30 Coffee & Conversation1:00 Christmas Movie	9:00 Exercise9:30 Christmas Decorating1:00 Christmas Decorating
30 10:30 Heritage Hill Virtual Church 5:30 Daily Chronicles/Reminisce 7:00 Polyging Music	3:00 Games 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music		3:00 Games5:30 Daily Chronicles/Reminisce7:00 Relaxing Music	3:00 Games 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	3:00 Games 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	3:00 Games5:30 Daily Chronicles/Reminisce7:00 Relaxing Music
7:00 Relaxing Music				Thanksgiving		