

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2019

Aspen Cottage Bartels Retirement Community

1922 5th Ave NW Waverly IA // Phone : 319-352-6080

8:30 – Early Morning Stretch 3 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Erroneous Headlines 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn <small>Daylight Saving Time Ends</small>	68:30 – Lap Count 4 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Gender Reveal Party 2:30 - Prayer Square 3:30 – Dream Catcher 5:15 – Rides with Carolina	8:30 – Lap Count 5 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Wartburg Music 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 6 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Pool Noodles 1:00 – Bible Study 2:00 - Google Travel 3:30- Lap Count 5:30 – Bingo 6:30 – 6:30 – Book Club	8:30 – Coffee & News 7 9:30 – Church Hymns 10:00 - Wartburg Music 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:30 –Turkey Ticklers 6:30 – Movie and Popcorn	8:30 – Lap Count 8 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 –Wacky Wordies 1:00 – Music Sing-Along 2:00 – Turkey Bandit 2:30 –Lotion Bars 5:30 – Question Ball	9:30 –Chair Yoga 2 10:00 – Ker plunk 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 3:30 – Puzzle's 4:00 – Patio N Chat 5:00 – Lap Count 5:30 – Resident Band Music
8:30 – Early Morning Stretch 10 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:00 – Coffee and Music (GS) 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 11 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:00 - Music Sing-Along 2:30 - Prayer Square 3:30 –Wood Cut out 5:15 –Rides with Carolina <small>Remembrance Day (Canada)</small>	8:30 – Lap Count 12 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Wartburg Music 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 13 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Quick Qigong 1:00 – Church Hymns 2:00 - Google Travel 3:30- Lap Count 5:30 – Bingo 6:30 – Book Club	8:30 – Coffee & News 14 9:30 – Church Hymns 10:00 - Wartburg Music 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:30 –Famous Duos 6:30 – Birthday Bash (GS)	8:30 – Lap Count 15 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 –Wacky Wordies 1:00 – Music Sing-Along 2:00 – Turkey Bandit 2:30 –Bean Dip 5:30 – Country Drive	9:30 –Chair Yoga 16 10:00 – Ker plunk 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 3:30 – Puzzle's 4:00 – Patio N Chat 5:00 – Lap Count 5:30 – Resident Band Music
8:30 – Early Morning Stretch 17 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Erroneous Headlines 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 18 9:00 – Resident Council 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:00 - Music Sing-Along 2:30 - Prayer Square 3:30 – Paper Pumpkins 5:15 –Quick Qigong	8:30 – Lap Count 19 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Wartburg Music 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 20 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Pool Noodles 1:00 – Bible Study 2:00 - Google Travel 3:30- Lap Count 5:30 – Bingo 6:30 – Book Club	8:30 – Coffee & News 21 9:30 – Church Hymns 10:00 - Wartburg Music 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:30 –Turkey Ticklers 6:30 – Movie and Popcorn	8:30 – Lap Count 22 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 –Wacky Wordies 1:00 – Music Sing-Along 2:00 – Turkey Bandit 2:30 –Window Art 5:30 – Question Ball	9:30 –Chair Yoga 23 10:00 – Ker plunk 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 3:30 – Puzzle's 4:00 – Patio N Chat 5:00 – Lap Count 5:30 – Resident Band Music
8:30 – Early Morning Stretch 24 9:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Erroneous Headlines 3:30 – Lap Count 5:00 – Bowling 6:30 – Movie and Popcorn	8:30 – Lap Count 25 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:00 - Music Sing-Along 2:30 – Prayer Square 3:30 – Leaf Wreath 5:15 –Rides with Carolina	8:30 – Lap Count 26 10:30 - Sit N Be Fit 11:15 – Question and Talk 12:45 – Music Sing-Along 2:30 – Ice Cream Shop 5:30 – Airplane Quiz and Chat 6:00 - Resident Band Music 6:30 – Movie and Popcorn	8:30 – Early Morning Stretch 27 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Quick Qigong 1:00 – Bible Study 2:00 - Google Travel 3:30- Lap Count 5:30 – Bingo 6:30 – Book Club	8:30 – Coffee & News 28 9:30 – Church Hymns 10:00 - Wartburg Music 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:30 –Famous Duos 6:30 – Movie and Popcorn <small>Thanksgiving Day (US)</small>	8:30 – Lap Count 29 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 –Wacky Wordies 1:00 – Music Sing-Along 2:00 – Turkey Bandit 2:30 –Fall Canvas 5:30 – Country Drive	9:30 –Chair Yoga 30 10:00 – Ker plunk 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 3:30 – Puzzle's 4:00 – Patio N Chat 5:00 – Lap Count 5:30 – Resident Band Music

Every Morning at 7:45 Am Daily Chronicles