











Frederick Health & Rehabilitation November 2022

National Diabetes Month

National Long-Term Care Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resident Rights # C Right to reside and receive services in a nursing home facility with reasonable accommodations of individual needs and preferences, except when accommodations would endanger the health or safety of the resident or other</p>	<p>Activity Key: D-Dinning Room R-Resident's Room NR-North Day Room C-Courtyard</p>	<p>1) Morning Rounds-R 9am 1:1 Visits-R 10:30am Spa Day-NR 11am Table Games-D 2pm Art BINGO-D 3:30pm Indoor Courtyard-NR NEW!</p> 	<p>2) Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 10:30am Trivia-NR 2 pm BINGO-D 4pm News Hour-D NEW! 5pm 1:1 Visits-R</p>	<p>3) National Sandwich Day Morning Rounds-R 9am 1:1 Visits-R 10am Slamwich Game-D NEW! 11am Chair Exercise-D 2pm Karaoke with Doug-D 4:30pm Traveling Music w/ Marsha</p> 	<p>4) Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 11am TV Shows-D 2pm Gospel Hour-D 3:30pm Traveling Library-R 4pm Weekend packets Distribution</p>	<p>5) National Football Day Morning Rounds-R 9:30am Independent Activity 10:30am Table Games-NR & D 2pm Football BINGO-D 4pm Indoor Courtyard-NR Family & Friends Visits</p> 
<p>6) Daylight Saving Day Morning Rounds-R 9am Spiritual—Mike Alley 11am Music & Devotion-D 2pm Piano Concert w/ Marcelle 4pm 1:1 Visits-R Family/Friends Visits</p>	<p>7) Morning Rounds-R 9:30am Coffee Social-D 10:30am Brain Yoga-NR 2pm Air Fryer Day-D 4pm Singing-D</p>	<p>8) Election Day Morning Rounds-R 9am 1:1 Visits-R 10:30am Spa Day-NR 11am Uno-D NEW! 2pm BINGO-D 3:30pm Indoor Courtyard-D FULL MOON</p>  	<p>9) Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 10:30am Joke Telling-NR 2pm BINGO-D 4pm News Hour-D 5pm 1:1 Visits-R</p>	<p>10) National Area Code Day Morning Rounds-R 9am 1:1 Visits-R 10am Puzzles-D 11am Chair Dancing-D 2pm Pokeno-D NEW! 4pm Indoor Courtyard-D</p> 	<p>11) Veterans Day Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 10:30am Deaf Bible Study-NR NEW! 11am TV Show-D 2pm Happy Hour & Music-D 3:30pm Resident Relaxation NEW! 4pm Weekend packets Distribution</p>	<p>12) National Happy Hour Day Morning Rounds-R 8:30am Coffee Social-D 9:30am 1:1 Visits-R 10:30am Ball Tossing-D 2pm BINGO-D 3:30pm Happy Hour Day! Family & Friends Visits</p> 
<p>13) Nurse Practitioner Week Morning Rounds-R 9am Spiritual—Mike Alley 11am Music & Devotion-D 2pm Piano Concert w/ Marcelle 4pm 1:1 Visits-R Family/Friends Visits</p>	<p>14) National Pickle Day Morning Rounds-R 9:30am Coffee Social-D 10:30am Trivia-NR 2pm Art Activity-D 4pm Indoor Courtyard-D</p> 	<p>15) Morning Rounds-R 9am 1:1 Visits-R 10:30am Spa Day-NR 2pm BINGO-D 3:30pm Indoor Courtyard-NR</p>	<p>16) National Fast Food Day Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 10:30am Brain Yoga-NR 2pm Keno-D 4pm News Hour-D 5pm 1:1 Visits-R</p> 	<p>17) Morning Rounds-R 9am 1:1 Visits-R 10am Cards-D 11am Chair Yoga -D 2pm Karaoke with Doug-D 4:30pm Traveling Music w/ Marsha</p>	<p>18) National Mickey Mouse Day Morning Rounds-R 9:30am Coffee Social-D 10am Mickey Mouse Activity-D 10:30am Table Games-NR 11am 1:1 Visits-R 2pm Happy Hour & Music-D 3:30pm Resident Relaxation 4pm Weekend packets Distribution</p> 	<p>19) Morning Rounds-R 9:30am Independent Activity 10:30am Table Games-NR & D 2pm Movie & Social-D 4pm Indoor Courtyard-NR Family & Friends Visits</p>
<p>20) Morning Rounds-R 9am Spiritual—Mike Alley 11am Music & Devotion-D 2pm Piano Concert w/ Marcelle 4pm 1:1 Visits-R Family/Friends Visits</p>	<p>21) Morning Rounds-R 9:30am Coffee Social-D 10:30am Word Game-NR 2pm Art Activity-D 4pm Indoor Courtyard-NR</p> 	<p>22) Morning Rounds-R 9am 1:1 Visits-R 10:30am Spa Day-NR 11am Checkers-D 2pm Resident Council-D NEW DATE! 3pm Food Council-D NEW DATE!</p>	<p>23) Drinksgiving Day Morning Rounds-R 9:30am Coffee Social -D 10am 1:1 Visits-R 10:30am Table Games-NR 2pm BINGO-D 4pm News Hour-D 5pm 1:1 Visits-R</p>	<p>24) Thanksgiving Morning Rounds-R 9am 1:1 Visits-R 10am Memory Game-D 11am Chair Dancing-D 2pm Thanksgiving Hour! 4pm Indoor Courtyard-D</p>	<p>25) Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 10:30am Deaf Bible Study-NR 11am TV Show-D 2pm Happy Hour & Music-D 3:30pm Resident Relaxation 4pm Weekend packets Distribution</p>	<p>26) National Health Day Morning Rounds-R 8:30am Coffee Social-D 9:30am 1:1 Visits-R 10:30am Health Trivia-D 2pm Movie & Social-D 4pm Indoor Courtyard-NR Family/Friends Visits</p> 
<p>27) Morning Rounds-R 9am Spiritual—Mike Alley 11am Music & Devotion-D 2pm Piano Concert w/ Marcelle 4pm 1:1 Visits-R Family/Friends Visits</p>	<p>28) Cyber Monday Day Morning Rounds-R 9:30am Coffee Social-D 10:30am Mad Libs-NR 2pm Art Activity-D 4pm Indoor Courtyard-D</p>  	<p>29) Morning Rounds-R 9am 1:1 Visits-R 10am Spa Day-NR 2pm BINGO-D 3:30pm Indoor Courtyard-D</p>	<p>30) Morning Rounds-R 9:30am Coffee Social-D 10am 1:1 Visits-R 10:30am Cards-NR 2pm Birthday Party-D 4pm News Hour-D 5pm 1:1 Visits-R Bulletin Board Activity</p> 		<p>Activities are subject to change. Some activities are held in different areas within the facility.</p>	