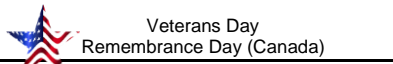


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Abbreviations & Location Key</p> <p>ALAR AL Activity Room 5th Floor ALDR AL Dining Room 6th Floor AUD Auditorium 8th Floor IHC In Home Channel 1851 L Library MC Memory Care RR Ravine Room WG Wesley Glen</p>	<p>1</p> <p>9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Today is Special because 11:00 Day of the Dead Puzzle 2:00 Singing Chimes Practice w/Mary Kerr (AUD) 3:15 Mixed-Up Authors puzzle 8:20 Monday Night Football</p>	<p>2</p> <p>ELECTION DAY 9:30 WG Today (ALAR, IHC) 10:00 Morning Prayer (AUD, IHC) 10:30 Today is Special because 11:00 Daniel Boone word search 2:00 Meet a Resident 3:15 Afternoon Stretch</p>	<p>3</p> <p>9:30 WG Today (ALAR, IHC) 10:00 Wesley Glen Book Club 10:00 Mary Kerr Sings (MC) 2:00 Mexican Train Dominoes 3:15 Afternoon Stretch 3:45 Cliché Day 7:00 Ed-Com (AUD, IHC)</p>	<p>4</p> <p>HAPPY BIRTHDAY 9:30 WG Today (ALAR, IHC) 10:00 Balance & Brains w/Spencer 10:30 AL Worship Service (AUD) 1:30 Chimpanzee cam 2:00 What is Diwali</p>	<p>5</p> <p>National Donut Day 9:30 WG Today (ALAR, IHC) 10:00 Creative Exercise 10:30 Monopoly Puzzles 2:00 Little House on the Prairie 3:00 A look into Bimbo Bakery 8:00 Hallmark Christmas Movie Bingo</p>	<p>6</p> <p>10:00 AL BINGO 12:00 OSU Game 2:00 Crafty Corner w/Jen 3:00 Praying the Rosary (RR) 3:30 Puzzle Packs 8:00 Hallmark Christmas Movie Bingo</p>
<p>7</p> <p>9:00 AM Traditional Worship at Trinity UMC, IHC 3:00 PM Annual Memorial Service, AUD & IHC 4:00 PM Catholic TV Mass, IHC 8:00 Hallmark Christmas Movie Bingo <small>Daylight Saving Time Ends</small></p>	<p>8</p> <p>National Cappuccino Day 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Today is Special because 11:00 Monthly Gazette 2:00 Singing Chimes Practice w/Mary Kerr (AUD) 3:15 Coffee and Current Events 8:20 Monday Night Football</p>	<p>9</p> <p>7:30 Men's Breakfast 9:30 WG Today (ALAR, IHC) 10:00 Morning Prayer (AUD, IHC) 10:30 Today is Special because 2:00 Meet a Resident 3:15 Afternoon Stretch</p>	<p>10</p> <p>HAPPY BIRTHDAY National Forget Me Not Day 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 2:30 Catholic Mass (AUD) 4:00 AL Birthday Party 7:00 ED-Com (AUD, IHC)</p>	<p>11</p> <p>9:30 WG Today (ALAR, IHC) 10:00 Balance & Brains w/Spencer 10:30 Trivia 2:00 Uno 3:00 Resident Update (AUD, IHC) 7:00 Veterans Program (AUD, IHC) </p>	<p>12</p> <p>National Chicken Soup for the Soul Day 9:30 WG Today (ALAR, IHC) 10:00 Creative Exercise 10:30 Chicken Soup Story 2:00 Little House on the Prairie 3:00 The Origins of the Cornucopia 7:00 Team Trivia (IHC) 8:00 Hallmark Christmas Movie Bingo</p>	<p>13</p> <p>10:00 AL BINGO 12:00 OSU Game?? 2:00 Crafty Corner w/Kimberly 3:00 Praying the Rosary (RR) 3:30 Puzzle Packs 8:00 Hallmark Christmas Movie Bingo</p>
<p>14</p> <p>9:00 Traditional Worship at Trinity UMC, IHC 3:00 PM Ecumenical Vespers, AUD & IHC 4:00 PM Catholic TV Mass, IHC 8:00 Hallmark Christmas Movie Bingo</p>	<p>15</p> <p>National America Recycles Day 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Today is Special because 2:00 Singing Chimes Practice w/Mary Kerr (AUD) 3:15 Coffee and Current Events 8:20 Monday Night Football</p>	<p>16</p> <p>National Button Day 9:30 WG Today (ALAR, IHC) 10:00 Morning Prayer (AUD, IHC) 10:30 Today is Special because 11:00 Meet in ALAR for Outing to Villa Nova \$ 2:00 Meet a Resident 3:15 Afternoon Stretch</p>	<p>17</p> <p>7:30 Women's Waffle Wed 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Today is Special because 2:00 Mexican Train Dominoes 3:00 Buttons 7:00 ED-Com (AUD, IHC)</p>	<p>18</p> <p>National Princess Day 9:30 WG Today (ALAR, IHC) 10:00 RESIDENT COUNCIL-AUD 10:30 AL Worship Service (AUD) 2:00 Remembering November 3:00 Happy Bday, Mickey Mouse</p>	<p>19</p> <p>9:30 WG Today (ALAR, IHC) 10:00 Creative Exercise 10:30 National Play Monopoly Day 2:00 Little House on the Prairie 3:00 Family Fued 8:00 Hallmark Christmas Movie Bingo</p>	<p>20</p> <p>10:00 AL BINGO 12:00 OSU Game?? 2:00 Crafty Corner w/Jen 3:00 Praying the Rosary (RR) 3:30 Puzzle Packs 8:00 Hallmark Christmas Movie Bingo</p>
<p>21</p> <p>9:00 Traditional Worship at Trinity UMC, IHC 3:00 Ecumenical Vespers, (AUD,IHC) 4:00 Catholic TV Mass, IHC 8:00 Hallmark Christmas Movie Bingo</p>	<p>22</p> <p>National Cranberry Relish Day 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Today is Special because 2:00 Singing Chimes Practice w/Mary Kerr (AUD) 3:15 Coffee and Current Events 8:20 Monday Night Football</p>	<p>23</p> <p>National Eat a Cranberry Day 9:30 WG Today (ALAR, IHC) 10:00 Morning Prayer (AUD, IHC) 10:30 Today is Special because 2:00 Meet a Resident 3:15 Afternoon Stretch</p>	<p>24</p> <p>HAPPY BIRTHDAY 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Turkey Tails and Puns 2:00 Unexpected Thanksgiving Blessings story. 3:00 My life Story 7:00 ED-Com (AUD, IHC)</p>	<p>25</p> <p>Happy Thanksgiving 9-12 Macy's Day Parade (NBC) And Macy's Day Bingo 10:00 Treat w/Kimberly 12:00 National Dog Show (NBC) 12:30 Football: Bears vs Lions 4:30 Football: Raiders vs. Cowboys 8:20 Football: Bill vs Saints</p>	<p>26</p> <p>BLACK FRIDAY Native American Heritage Day 9:30 WG Today (ALAR, IHC) 10:00 Creative Exercise 10:30 Holiday Thoughts 2:00 Little House on the Prairie 3:00 Black Friday Game 8:00 Hallmark Christmas Movie Bingo</p>	<p>27</p> <p>10:00 AL BINGO 12:00 OSU Game?? 2:00 Crafty Corner w/Kimberly 3:00 Praying the Rosary (RR) 3:30 Puzzle Packs 8:00 Hallmark Christmas Movie Bingo</p>
<p>28</p> <p>9:00 Traditional Worship at Trinity UMC, IHC 9:30 Praying the Rosary (AUD) 10:00 Catholic Liturgy/Communion (AUD) 3:00 Ecumenical Vespers, AUD & IHC <small>Harukkah Begins</small></p>	<p>29</p> <p>Cyber Monday 9:30 WG Today (ALAR, IHC) 10:00 AL Exercise 10:30 Today is Special because 2:00 Singing Chimes Practice w/Mary Kerr (AUD) 3:15 Coffee and Current Events 8:20 Monday Night Football</p>	<p>30</p> <p>National Mason Jar Day 9:30 WG Today (ALAR, IHC) 10:00 Morning Prayer (AUD, IHC) 10:30 Today is Special because 2:00 Meet a Resident 3:15 Afternoon Stretch</p>	<p>Assisted Living Calendar</p> <h1>November 2021</h1>			

Activity Guide to Calendar

Spiritual Opportunities on the next page

AL Exercise Mornings @ 10:00 in the ALAR- See calendar

AL is a seated, low impact exercise that works the whole body through stretching, 1-5lb weights, bands, balls, and other creative means. This program is led by activity staff and is not meant to replace your physical therapy. If you are interested in more opportunities to be physical an additional calendar can be provided, IHC- Exercise kits are available for sale.

Balance and Brains Thursdays @ 10:00 in the AUD (might be moving to ALAR).

This program is offered 3-4 times a month and is taught by our in-house exercise physiologist, Spencer.

Book Club the first Wednesday of the month @ 10:00 in the library.

A new book is ordered through the library and then discussed as a group.

Card Clubs Monday nights in various location depending on the game.

*These clubs are for experienced players.

Choir Practice Fridays @ 1:15pm in the Auditorium.

Covid-19 Update w/ Jill Easterling Monday and Friday @ Noon on the IHC

Creative Exercise Fridays @ 10:00 am in the ALAR

A great time to get out our games that require getting physical. Bowling, parachute, balloon volley...

In the summer, Creative Exercise becomes Wesley Walks Outside.

Edcom Wednesdays (weekly) @ 7:30pm AUD and IHC

This presentation is meant to engage your brain. This is a resident volunteer lead program.

Hallmark Christmas Movie Bingo- This program is only during November and December **Friday, Saturday and Sundays @ 8:00 pm on the Hallmark channels**

Knit & Crochet Club w/IL

Fridays @ 10:00 in the Ravine Room. *This club is for residents with experience. Club works on blankets to donate. Speak with Chad Simpson for more details.

Little House on the Prairie Fridays @ 2:00pm in the ALAR

This timeless classic is requested by the residents. We are currently on session 8, a fun time of comments and discussion afterwards.

Meet a Resident Tuesdays @ 2:00 pm Nov 2nd, 9th, 16th

This program started out as meet the new resident, sometimes we didn't have a new resident, or they were not comfortable enough to participate.

The goal of this program is to introduce residents to each other and find common interest. This is a time of making a resident feel welcome answer any questions they might have and put them in the hot spot to play 20 questions.

To help with this program families are invited to fill out the My Life Story Packet.

This packet helps us to get to know the resident and help them find value and purpose during their time with us.

Men's Breakfast (second Tuesday of the month).

Tuesday Nov 9th @ 7:30 am, 5th floor Activity room.

Come enjoy time with the guys! This breakfast is lacking in hormones but not taste.

Enjoy eggs cooked to order, bacon/sausage, pancakes, and toast.

Please sign up, this allows us to let dining services know you will not be eating in the 6th floor dining room. Sign up also allows for Activities to be prepared for the right amount of guest.

Mexican Train Dominoes Wednesday Nov 3rd and Nov 17th @ 2:00 in the ALAR

Its o.k. if you don't know how to play!

Lois our volunteer (from outside the community) has been teaching this game to WG residents for years.

Resident Council Nov 18th The third Thursday of the month @ 10:00 am in the Auditorium.

Federal and state laws give residents the right to meet as a Council. Councils have the right to meet privately. WG AL invites staff leaders to our council to insure any issues can be resolved quicker. Staff, relatives, friends and members of community organizations may participate at the invitation of the Council.

Resident Council Board: President-Sharon Tegethoff, Vice President- Bill Voisard, Secretary- Barb Yates. New board members are nominated this month.

Resident Update Nov 11th @ 3:00 pm The second Thursday of the month. Hosted by Jill Easterling. This program is to keep you informed of things happening in the community.

Activity Guide to Calendar **Spiritual Opportunities on the next page**

Singing Chimes Mondays @ 2:00 pm in the Auditorium
Nov 1st, 8th, 15th, 22nd, 29th and Dec 6th,
Dec 13th is dress rehearsal and **Dec 20th will be the concert.**
Will try to do a zoom feed.

Support Group **Friday Nov 26th** @ 10:30 in the Garrison Room (Wellness Center).
The fourth Friday of each month. Call Melissa for more details.

Today is special because... Weekday mornings @10:30 am in the ALAR
This program is a group discussion.
Materials used include: This Day in History, Daily Chronicle, National Days, Jokes, Puns,
Famous Quotes, Celebrity b-days...
This program is just flat out a good reason to celebrate every day.

Walking Program Fridays @10:00 am
Nov 5th, 12th, 19th, 26th starts from the ALAR.
Volunteer resident Bill leads these walks, great for new residents to learn their way around
or someone who want a different scenery.
During summer months Wesley Walks are on Monday and Wednesdays @1:00 p.m.
Walks starts in the ALAR and goes around the Ravin.

Women's Waffle Wednesday (third wed of the month)
Wednesday Nov 17th @7:30 am 5th floor Activity Room
This is a time to enjoy a fresh, hot, breakfast prepared right in front of you.
This is a nice social time to enjoy coffee, waffles w/toppings and bacon.
**Please sign up, this allows us to let dining services know
you will not be eating in the 6th floor dining room.**
Sign up also allows for Activities to be prepared for the right amount of guest.

The In-House Channel (IHC) 1851 on any WG T.V. or residents T.V.

This is a Wesley Glen Channel and only available in the community.

The IHC offers additional community information, updates or changes to the programs offered that day, menu, birthday and anniversary announcement, pictures, Covid-19 updates and upcoming events.

IHC is not just typed information on slides but also offers live programing: exercises classes, church services, devotions, bingo, trivia games, movies and visual programing to enhance the Life Enrichment themes.

The \$ symbol

by an activity denotes an additional charge for outings and ordering food.

These charges will be applied to the resident's statement if they participate.

These programs require prior sign up, have limited seating and possible limitation.

A charge still might occur for cancelations.

For more information contact Kimberly

Location Key

ALAR	Assisted Living Activity Room 5 th Floor
ALDR	Assisted Living Dining Room 6 th Floor
AUD	Auditorium 8 th Floor
IHC	In Home Channel 1851
L	Library
MC	Memory Care
RR	Ravine Room

Spiritual Moments

(these events are open to all care areas), if you need assistance to get to these events please contact Kimberly or Dawn Swartz.

Weekdays (M-F)

9:30 AM Daily Devotional on the IHC, (this is open to all care areas)

Tuesdays

10:00 AM Morning Prayer, (this is open to all care areas)

Tues Nov 2nd, IHC (morning prayer is via broadcast only on this day)

Tues Nov 5th, 16th, 23rd, 30th IHC and Auditorium.

Wednesdays

1:30 PM Bible Study in the Ravine Room (this is open to all care areas)

A new Bible study is scheduled for Nov., led by *Rev. Wayne Morrison*

Thursdays

10:30 AM *Assisted Living Worship Service, Auditorium (This month on the 4th and 18th only)*

Saturdays

3:00 PM Rosary in the Ravine (this is open to all care areas)

Sundays

9:00 AM on the IHC Traditional Worship at Trinity UMC

Broadcast of traditional worship service at Trinity United Methodist Church in Columbus

4:00 PM on the IHC Catholic TV Mass, Sunday Mass from the Catholic TV Network

Sunday, Nov 7th

3:00 PM Annual Memorial Service, AUD & IHC

Each year, we gather for a time of remembering those whom we have lost.

Our tradition includes music, readings, naming, sharing photos, and candle lighting.

Chaplain Dawn will lead, with many staff, residents, and volunteers participating and with music by Melissa Robol.

A video link will be available for families and friends (email dswartz@thewesleyway.org).

Sunday, Nov 14th

3:00 PM Ecumenical Vespers, AUD & IHC

Led by Rev. Terry Heck, Chaplain for Wesley Woods, who has pastored many UM churches, including N. Broadway. Music by Anne Droste.

Sunday Nov 21st

3:00 PM Ecumenical Vespers, AUD & IHC

Reign of Christ Sunday, with Music by Marty Bruner and Sara Garnes.

Sunday Nov 28th

9:30 AM Praying the Rosary, AUD- Come and pray the rosary with Deacon Fortkamp.

10:00 AM Catholic Liturgy of the Word and Communion, AUD

Led by Deacon Fortkamp from Our Lady of Peace Church.

3:00 PM Ecumenical Vespers, AUD & IHC

First Sunday of Advent, with music by Marty Bruner. - Enter into Advent with Chaplain Dawn.