


Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p>7:00 Heart of the Nation 1 Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 2:00 Sweet Bingo 6:15 Movie, "The Prisoner Of 2nd Ave." On TCM-68</p> <p style="font-size: small;">Daylight Saving Time Ends</p>	<p>9:45 What's in the news? 2 10:00 30 minute Chair Yoga 10:40 Brain Game 11:00 Rosary w/Honor 1:30 Coloring Fall  2:30 One on One &amp; Family Visits 3:30 Yoga Stretch</p>	<p>9:45 What's in the news? 3 10:00 HasFit Exercise  10:40 WORD of the Day 10:45 Word Makers 2:00 Spanish Class 3:00 One on One &amp; Family Visits</p>	<p>9:45 What's in the News 4 10:00 Silver Sneakers/exer. 10:40 Documentary 12:00 Lunch in from Mattito's Mexican Cafe 1:30 In House Movie 1:30 One on Ones 2:30 Hallway Horse Shoes 3:30 Family Visits</p>	<p>9:45 What's in the news? 5 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 In-House Movie 2:00 Happy Hour Cart 2:30 Family Visits </p>	<p>9:45 What's in the News? 6 10:00 Qi Gong Exercise 10:30 Family Visits 11:00 Fresh Nails 1:30 In House Movie  2:30 Family Visits 3:00 One on One visits</p>	<p>10:00 Popeye, "Me Musical Nephews" On TCM-68 1:30 Movie(TBD)Popcorn 6:00 Movie Encore </p>
<p>7:00 Heart of the Nation 8 Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 2:00 Sweet Bingo 5:45 Movie, "The Yellow Rolls Royce" On TCM-68</p>	<p>9:45 What's in the news? 9 10:00 30 minute Chair Yoga 10:40 Brain Game 11:00 Rosary w/Honor 1:30 Whimsical Turkey  Wreath 2:30 One on One Visits 3:00 Yoga Stretch</p>	<p>9:45 What's in the news 10 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 Music Theater Hour  2:30 One on One &amp; Family Visits 6:00 Movie Night</p>	<p>9:45 What's in the News 11 10:00 Silver Sneakers Exercise 10:40 Brain Aerobics 12:00 Lunch in from I Fratelli Pizza 2:30 Honoring Our Veterans 3:30 Family visits <small>Veterans Day Remembrance Day (Canada)</small></p>	<p>9:45 What's in the news 12 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 Music Hour 2:00 Birthday Happy Hour  3:00 Family Visits</p>	<p>9:45 What's in the News 13 10:00 Qi Gong Exercise 10:40 Jeopardy Game 1:30 In House Movie 1:30 Life Engagement Mtg. 2:30 1 on 1 visits/family Calls/window </p>	<p>11:45 Popeye, "Too Weak To Work" On TCM-68  1:30 Movie and Popcorn 6:00 Movie Encore</p>
<p>7:00 Heart of the Nation 15 Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 1:30 Sweet Bingo 3:45 Movie, "High Society" On TCM-68 </p>	<p>9:45 What's in the news 16 10:00 Silver Sneakers 10:40 Boggle Game 11:00 Rosary w/Honor 1:30 Painting a Bridge at Sunset  2:30 One on One &amp; Family 3:00 Yoga Stretch Class</p>	<p>9:45 What's in the news 17 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 Resident Council forms 2:00 Poetry Reading 2:30 One on One &amp; Family 6:00 Movie Night</p>	<p>9:45 What's in the News 18 10:00 Silver Sneakers Exercise 10:40 Documentary 12:00 Lunch In from Asian Mint 1:30 In House Movie 2:30 Hallway Bowling 3:30 Family Visits</p>	<p>9:45 What's in the news 19 10:00 HasFit Exercise 10:40 WORD of the Day  10:45 Word Makers 1:30 Family Visits 2:00 Happy Hour Cart 3:00 Family Visits</p>	<p>9:45 What's in the News 20 10:00 Qi Gong Exercise 10:15 Fresh Nails  1:30 In House Movie 2:30 1 on 1 visits/family Calls/window</p>	<p>10:00 Popeye "A Jolly Good Furlough" 21  TCM-68 1:30 Movie and Popcorn 6:00 Movie Encore</p>
<p>7:00 Heart of the Nation 22 Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 2:00 Sweet Bingo 3:45 Movie, "Splendor in The Grass?" Natalie Wood OnTCM-68</p>	<p>9:45 What's in the News 23 10:00 30 minute Chair Yoga Dance 10:40 Brain Game 11:00 Rosary w/Honor 1:30 Gratitude Ornament 2:30 One on One &amp; Family Visits 3:00 HasFit Stretch Class</p>	<p>9:45 What's in the news 24 10:00 HasFit Exercise 10:40 WORD of the day 10:45 Wordmakers 1:30 Music Hour 2:30 One on One/Family Visits 6:00 Movie Night </p>	<p>9:45 What's in the News 25 10:00 Silver Sneakers Exercise 10:40 Brain Aerobics 12:00 Lunch/In from Haystack Burgers 2:00 Movie Chooser's Forum 3:00 Family Visits</p>	<p style="text-align: center;">26 <i>Happy Thanksgiving!</i> 9:00 Macy's Thanksgiving Day Parade NBC-ch 5  1:30 Family Visits <small>Thanksgiving Day (US)</small></p>	<p>9:45 What's in the News 27 10:00 Qi Gong Exercise 10:30 Trivia  11:00 Fresh Nails 1:30 In House Movie 2:30 1 on 1 visits/family Calls/window</p>	<p>10:00 Popeye, "TBD" 28 TCM-68 1:30 Movie and Popcorn  6:00 Movie Encore</p>

7:00 Heart of the Nation 29  
Cath. Mass on ch-25  
8:00 Lakewood Church  
On channel 51  
2:00 Sweet Bingo  
  
3:45 Movie, " TBD"  
OnTCM-68

9:45 What's in the News 30  
10:00 30 minute Chair Yoga Dance  
10:40 Brain Game  
11:00 Rosary w/Honor  
1:30 Smiley Face Masks  
  
2:30 One on One & Family  
3:00 HasFit Stretch Class

**Birthdays This Month:**  
Lloyd K.----- November 11<sup>th</sup>  
Gwendolyn R.--November 25<sup>th</sup>

# November 2020

## Assisted Living Crystal Creek at Preston Hollow

Crystal Creek at Preston Hollow, 11409 North Central Expressway, Dallas, Texas 75243. Events may be subject to change due to circumstances outside of our control. Check the weekly schedule for any changes.