





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Independent & Assisted Living Life Enrichment Program</p> <p align="center">Ailee McKain, Life Enrichment Director Office: 864-307-1953 Email: Ailee.McKain@PresHomeSC.org</p>		<p>9:30am Men's Morning Out/ML 1</p> <p>10:30am Music Appreciation/AR</p> <p>10:30am Devotions/L</p> <p>2:00pm Dining Committee/PDR</p> <p>2:30pm Card Games/E-1</p> <p>3:30pm Trivia Tuesday/PL</p>	<p>9:30am Walmart Shopping Trip/ML 2</p> <p>2:00pm Group Bridge/E-1</p> <p>2:00pm Facilities Committee/L</p> <p>3:00pm Sing-A-Long & Cider /SP</p> <p>4:00pm Men's Copacetic Crew/CR</p>	<p>10:30am Bible Study/L 3</p> <p>1:00pm Foothills Book Club/LL</p> <p>2:30pm BINGO/ MDR/PL</p> <p>4:30pm Music with the Keyboard Man/PL</p> <p>5:30pm Film Showing/Media</p>	<p>Employee Yard Sale 7am-3pm 4</p> <p>10:00am Reading Group with Margot/L</p> <p>11:00am Prayer Time/L</p> <p>5:00pm First Friday/MDR</p> <p>Please bring beverage of choice and a snack to share!</p>	<p>Activities Packets/ML 5</p> <p>10:30am</p> <p>1:30pm Pinochle Card Game with Claire/Pub</p> <p>2:00pm Movie & Popcorn /Media</p>
<p>8:30am 2nd Pres of Gville/900 6</p> <p>10:30am EPC Rides/ML</p> <p>11:00am 1st Pres Gville/900</p> <p>1:30pm Fort Hill Clemson/900</p> <p>2:00pm Peace Center/ML</p> <p>3:30pm Sunday Vespers led by Joseph Gaston/C/901</p> <p align="center"><small>Daylight Saving Time Ends</small></p>	<p>Christie & Ailee @ Conference 7</p> <p>10:00am Reading Group/L/900</p> <p>1:00pm Foothills Choir/AR</p> <p>2:30pm Life Enrichment & Wellness Comm. Meeting/CR</p> <p>4:00pm Bean Bag Baseball/RR</p> <p>5:30pm Film Showing/Media</p>	<p>Christie & Ailee @ Conference 8</p> <p align="center">ELECTION DAY</p> <p>Poles Open 7AM-7PM/Chapel</p> <p>8:00am The Breakfast Bunch/MDR</p> <p>10:30am Music Appreciation/AR</p> <p>10:30am Devotions/L</p> <p>1:30pm Arts & Crafts/CR</p> <p>2:30pm Card Games/E-1</p> <p>3:30pm Trivia Tuesday/C</p>	<p>Christie & Ailee @ Conference 9</p> <p>9:30am Ingles Shopping Trip/ML</p> <p>9:30am Coffee & Conversation/L</p> <p>10:30am Pound/AR</p> <p>11:00am Lifewise Education/CR</p> <p>2:00pm Singing with Miss SC/MDR</p> <p>3:00pm Sing-A-Long & Cider/SP</p> <p>4:00pm Ladies Oenophiles/MDR</p> <p>4:00pm Men's Copacetic Crew/CR</p> <p>6:00pm The Chosen Series/ML</p>	<p>Christie & Ailee @ Conference 10</p> <p>10:30am Resident Council /C</p> <p>10:30am Bible Study - Cancelled</p> <p>11:30am Foothills Friend Flip/MDR/PL</p> <p>2:00pm BINGO/ MDR/PL</p> <p>*Note temporary time change</p> <p>5:30pm Film Showing/Media</p> <p>3:00pm Grace Notes Concert/C</p>	<p>10:00am Reading Group/L/900 11</p> <p>11:00am Prayer Time/L/900</p> <p align="center">1:30pm Honoring Our Veterans/MDR</p> <p>4:00pm Bunco Ladies Night/E-1</p> <p align="center"><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>Activities Packets/ML 12</p> <p>1:30pm Pinochle Card Game with Claire/Pub</p> <p>2:00pm Movie & Popcorn /Media</p>
<p>8:30am 2nd Pres of Gville/900 13</p> <p>10:30am EPC Rides/ML</p> <p>11:00am 1st Pres Gville/900</p> <p>1:30pm Fort Hill Clemson/900</p> <p>3:30pm Sunday Vespers led by Joseph Gaston/C/901</p>	<p>10:00am Reading Group/L/900 14</p> <p>10:00am Heart Strings/MDR</p> <p>10:30am History Discussion/C</p> <p>1:00pm Foothills Choir/AR</p> <p>2:00pm Good Grief Group/L</p> <p>4:00pm Bean Bag Baseball/RR</p> <p>5:30pm Film Showing/Media</p>	<p>10:30am Music Appreciation/AR 15</p> <p>10:30am Devotions/L</p> <p>1:30pm Spiritual Life Team/C</p> <p>2:30pm Card Games/E-1</p> <p>2:30pm Ice Cream Social/MDR</p> <p>3:30pm Trivia Tuesday/PL</p> <p>5:00pm Young at Heart with Providence Pres/ML</p> <p>5:00pm 5th Annual Dream Big Charity Event/ML</p>	<p>9:30 am Publix Shopping Trip/ML 16</p> <p>2:00pm Group Bridge/E-1</p> <p>2:30pm Clemson University Experimental Forest Presentation/C</p> <p>3:00pm Sing-A-Long & Cider/SP</p> <p>4:00pm Ladies Oenophiles/MDR</p> <p>4:00pm Men's Copacetic Crew/CR</p> <p>6:00pm The Chosen Series/ML</p>	<p>10:30am Bible Study/L 17</p> <p>1:30pm Assisted Living Resident Council/CR</p> <p>2:30pm BINGO/ MDR/PL</p> <p>3:30pm Foothills has got Talent Show/MDR</p> <p>5:30pm Film Showing/Media</p>	<p>10:00am Scenic Joy Ride/ML 18</p> <p>10:00am Reading Group/L/900</p> <p>11:00am Prayer Time/L/900</p>	<p>Activities Packets/ML 19</p> <p>9:30am Hagood Mill – Native American celebration/ML</p> <p>10:30am Needlework Ministry/L</p> <p>1:30pm Pinochle Card Game with Claire/Pub</p> <p>2:00pm Movie & Popcorn /Media</p>
<p>8:30am 2nd Pres of Gville/900 20</p> <p>10:30am EPC Rides/ML</p> <p>11:00am 1st Pres Gville/900</p> <p>1:30pm Fort Hill Clemson/900</p> <p>3:30pm Music Vespers led by Amanda Hall & Foothills Choir/C/901</p>	<p>10:00am Reading Group/L/900 21</p> <p>1:00pm Foothills Choir/AR</p> <p>2:00pm Caregiver Spiritual Support/L</p> <p>4:00pm Bean Bag Baseball/RR</p> <p>5:00pm Wine & Cheese & Music/MDR</p> <p>6:30pm* Film Showing/Media</p>	<p>9:00am Turkey Trot/Antique Show/ML 22</p> <p>10:30am Music Appreciation/AR</p> <p>10:30am Devotions/L</p> <p>1:30pm Arts & Crafts/CR</p> <p>2:30pm Card Games/E-1</p> <p>2:30pm Ice Cream Social/MDR</p> <p>3:30pm Trivia Tuesday/PL</p> <p>5:00pm Young at Heart with Providence Pres/ML</p>	<p>9:30am Walmart Shopping Trip/ML 23</p> <p>9:30am Coffee & Conversation/L</p> <p>11:00am Just Dance Exercise/AR</p> <p>3:00pm Sing-A-Long & Cider/SP</p> <p>4:00pm Ladies Oenophiles/MDR</p> <p>4:00pm Men's Copacetic Crew/CR</p> <p>6:00pm The Chosen Series/ML</p>	<p>Administrative Offices Closed 24</p> <p>11:00am – 1:00pm Thanksgiving Lunch/MDR</p> <p>Reservations to be made in Activities Sign-Up Book</p> <p align="center"></p> <p align="center"><small>Thanksgiving Day (US)</small></p>	<p>10:00am Reading Group/L/900 25</p> <p>11:00am Prayer Time/L/900</p> <p>4:00pm Bunco Ladies Night/E-1</p>	<p>Activities Packets/ML 26</p> <p>1:30pm Pinochle Card Game with Claire/Pub</p> <p>2:00pm Movie & Popcorn /Media</p>
<p>8:30am 2nd Pres of Gville/900 27</p> <p>10:30am EPC Rides/ML</p> <p>11:00am 1st Pres Gville/900</p> <p>1:30pm Fort Hill Clemson/900</p> <p>3:30pm Sunday Vespers led by Joseph Gaston/C/901</p>	<p align="center">Deck the Halls! 28</p> <p align="center">Christmas Decorating Begins</p> <p align="center">*Details to come →</p> <p>10:00am Reading Group/L/900</p> <p>10:30am Historical Storytelling with Vanessa Cole/C</p> <p>1:00pm Foothills Choir/AR</p> <p>4:00pm Bean Bag Baseball/RR</p> <p>5:30pm Film Showing/Media</p>	<p>10:30am Music Appreciation/AR 29</p> <p>10:30am Devotions/L</p> <p>1:30pm Arts & Crafts/CR</p> <p>2:30pm Card Games/E-1</p> <p>3:30pm Trivia Tuesday/C</p>	<p>9:30am Ingles Shopping Trip/ML 30</p> <p>2:00pm Group Bridge/E-1</p> <p>2:00pm Greater Anderson Horizon Band/C</p> <p>3:00pm Sing-A-Long & Cider/SP</p> <p>4:00pm Ladies Oenophiles/MDR</p> <p>4:00pm Men's Copacetic Crew/CR</p> <p>6:00pm The Chosen Series/ML</p>	<p align="center">November 2022</p> <p align="right">  THE FOOTHILLS RETIREMENT COMMUNITY <small>Presbyterian Communities of South Carolina</small> </p> <p align="right">  </p>		

Please note that activities are subject to change. Read weekly newsletter for updates. ALL highlighted items are off campus and require sign up at front desk. Red items require sign up at front desk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Calendar  		9:00 am Senior Style Video 1 9:30 am Chairobics/AR 10:30 am Pickleball/Pope Field 2:00 pm Curls and Crunches/AR 3:00 pm Sports Series: Cornhole/RR	9:00 am Senior Style Video 2 9:30 am Seated Stretch with Joy 10:15 am Better Balance 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 3:00 pm Water Aerobics/pool (If construction permits)	9:00 am Senior Style Video 3 9:30 am Chairobics/AR 10:00 am Tai Chi/Balance and Coordination/AR 11:00 am Curls and Crunches/AR 2:00 pm Chair Yoga/AR 3:00pm Billiards/ E Lounge 2 nd Floor	7:00 am-3:00 pm Employee Yard Sale 4 9:00 am Senior Style Video 10:15 am Better Balance 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works 2:30 pm Stretch and Flex/MC 3:00 pm Chair Volleyball/MDR	9:00 am Senior Style Video 5
6 <i>Rest Relax Refresh</i> <small>Daylight Saving Time Ends</small>		Christie & Ailee at Conference 7 9:00 am Senior Style Video 9:30 am Seated Stretch/AR 10:15 am Better Balance/AR 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 4:00 pm Bean Bag Baseball/RR	Christie & Ailee at Conference 8 9:00 am Senior Style Video 9:30 am Chairobics/AR 10:30 am Pickleball/Pope Field 2:00 pm Curls and Crunches/AR 3:00 pm Sports Series: Cornhole/RR	Christie & Ailee at Conference 9 9:00 am Senior Style Video 11:00 am Just Dance 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 3:00 pm Water Aerobics/pool (If construction permits)	Christie & Ailee at Conference 10 9:00 am Senior Style Video 9:30 am Chairobics/AR 10:00 am Tai Chi/Balance and Coordination /AR 11:00 am Curls and Crunches/AR 2:00 pm Chair Yoga/AR 3:00pm Billiards/ E Lounge 2 nd Floor	9:00 am Senior Style Video 11 10:15 am Better Balance 11:00 am Movin' and Groovin'/HC 2:00 pm Veterans Day Program/MDR 2:30 pm Stretch and Flex/MC 3:00 pm Chair Volleyball/MDR <small>Veterans Day Remembrance Day (Canada)</small>
13 <i>Rest Relax Refresh</i>		14 9:00 am Senior Style Video 9:30 am Seated Stretch/AR 10:15 am Better Balance/AR 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 4:00 pm Bean Bag Baseball/RR	15 9:00 am Senior Style Video 9:30 am Chairobics/AR 10:30 am Pickleball/Pope Field 2:00 pm Curls and Crunches/AR 3:00 pm Sports Series: Cornhole/RR	16 9:00 am Senior Style Video 9:30 am Seated Stretch with Joy 10:15 am Better Balance 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 3:00 pm Water Aerobics pool/(If construction permits)	17 9:00 am Senior Style Video 9:30 am Chairobics/AR 10:00 am Tai Chi/Balance and Coordination/AR 11:00 am Curls and Crunches/AR 2:00 pm Chair Yoga/AR 3:00pm Billiards/ E Lounge 2 nd Floor 3:30 pm Foothills Got Talent/MDR	18 9:00 am Senior Style Video 10:15 am Better Balance 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works 2:30 pm Stretch and Flex/MC 3:00 pm Chair Volleyball/MDR
20 <i>Rest Relax Refresh</i>		21 9:00 am Senior Style Video 9:30 am Seated Stretch/AR 10:15 am Better Balance/AR 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 4:00 pm Bean Bag Baseball/RR	22 9:00 am Senior Style Video 9:00 am Turkey Trot/Car Show/ML 10:30 am Pickleball/Pope Field 2:00 pm Curls and Crunches/AR 3:00 pm Sports Series: Cornhole/RR	23 9:00 am Senior Style Video 11:00 am Just Dance 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 3:00 pm Water Aerobics pool (If construction permits)	24 9:00 am Senior Style Video  <small>Thanksgiving Day (US)</small>	25 9:00 am Senior Style Video 10:15 am Better Balance 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works 2:30 pm Stretch and Flex/MC 3:00 pm Chair Volleyball/MDR
27 <i>Rest Relax Refresh</i>		28 9:00 am Senior Style Video 9:30 am Seated Stretch/AR 10:15 am Better Balance/AR 11:00 am Movin' and Groovin'/HC 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 4:00 pm Bean Bag Baseball/RR	29 9:00 am Senior Style Video 9:30 am Chairobics/AR 10:30 am Pickleball/Pope Field 2:00 pm Curls and Crunches/AR 3:00 pm Sports Series: Bocce Ball/RR	30 9:00 am Senior Style Video 9:45 am Doodle Trail Walk/ML 2:00 pm Body Works/AR 2:30 pm Stretch and Flex/MC 3:00 pm Water Aerobics pool(If construction permits)	 Christie Talbert, Wellness Director Office number: (864)307-1978 Email: Christie.talbert@prescomm.org	

Highlighted Items require a sign up at the front desk.