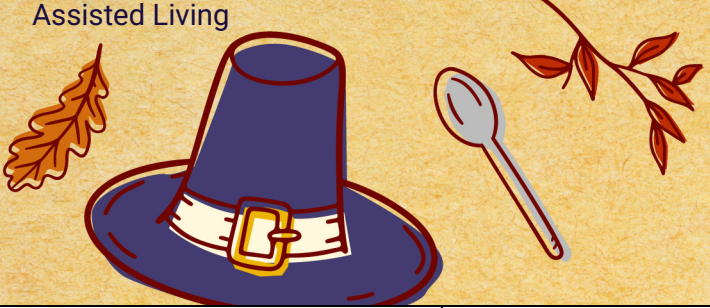
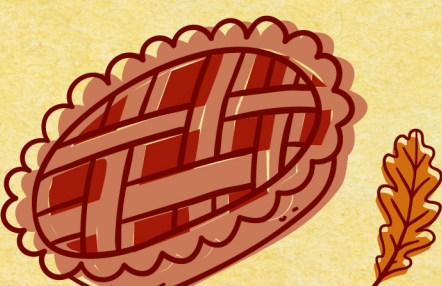


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assisted Living  November 2025 National Alzheimer's Disease Awareness Month Activities may vary 						All Saints Day. 1 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)
All Soul's Day. Daily Savings Time Ends 2 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Poker- AR 4:00 Rummikub- AR	World Kindness Day. 3 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Walgreen's 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)	Candy Day. 4 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 More Than Waffles 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker- AR	Monopoly Day. 5 9:15 Morning Walk & Chat 10:30 CVS 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Jewelry Making- AR 2:30 Spanish Lesson- AR 3:30 Happy Hour- AR	International Games Day. 6 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 Marshall's Encino 1:30 Bingo- AR 3:00 Intro- Cell Phone Apps-AR 4:00 Gabfest- AR	7-11 Day. 7 9:15 Morning Walk 10:30 Jon's Market 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 2:15 Arts & Crafts- AR 3:30 Poker- AR- AR	The Sunshine Boys Film Anniversary. 8 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)
Days of Our Lives Anniversary. World Freedom Day. Nurse Practitioner Week 9 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Poker- AR 4:00 Rummikub- AR	Marine Corp. Anniversary. 10 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 11:30 Green Apple Restaurant 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)	Veteran's Day. 11 9:15 Walk & Chat 10:30 Chase Bank 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Exercise w/ Music- LR 3:30 Poker- AR	National Pizza Day. 12 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Root Beer Floats w/ Theresa 2:30 Arts & Crafts w/ Celso- AR 3:30 Rummikub- LR	13 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 Celebration of Jewish Life w/ Rabbi Jim- AR 1:30 Bingo- AR 2:30 Target 2:45 Ageless Strength- LR 4:00 Rummikub- AR	Learn About Diabetes Day. 14 9:15 Morning Walk 10:30 Trader Joe's 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 2:30 Trivia- AR 3:30 Poker- AR	American Teddy Bear Day. 15 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)
Go Purple Week 16 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:30 Poker- AR 4:00 Rummikub- AR	World Peace Day. 17 9:15 Morning Walk 10:15 Mid Valley Library 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Wells Fargo Bank 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)	Happy Birthday Mickey Mouse Casino Outing 18 8:00 Solvang/ Chumash Casino 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker- AR	World Pianist Day. 19 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:30 Jewelry Making- AR 2:30 Spanish Lesson- AR 3:30 Happy Hour- AR	20 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Ross & DD's 1:30 Bingo- AR 2:45 Ageless Strength- LR 4:00 Rummikub- AR	Crazy Hat Day. 21 9:15 Morning Walk 10:30 Ralph's Market 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 2:30 Arts & Crafts w/ Theresa- LR 3:30 Poker- AR	Big Screen Blockbuster Day. 22 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)
Family Week Begins 23 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:30 Poker- AR 4:00 Rummikub- AR	Casablanca's Anniversary. 24 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 11:30 Brent's Deli 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)	Pursue Trivia Day. 25 9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Showtime Outing 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Exercise w/ Music- LR 3:30 Poker- AR	26 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Arts & Crafts- AR 2:30 Spanish Lesson- AR 3:30 Spa Hour!- LR	Thanksgiving Day. 27 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 12:00 Thanksgiving Celebration!- DR 1:30 Bingo- AR 2:45 Movie Night- LR 4:00 Rummikub- AL	28 9:15 Morning Walk 10:30 Ralph's Market 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Fab & Flt Yoga- LR 1:30 Target 2:30 Trivia- AR 3:30 Poker- AR	Bruce Lee Birth Anniversary. 29 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:00 Movie Matinee- LR (See Posting)
Crazy Hat Day. 30 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:30 Poker- AR 4:00 Rummikub- AR	 "Cheers to November, a month of endless adventures and growth!" Key Note: Living Room- LR Dining Room- DR Activity Room- AR 					

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday				
Memory Care  November 2025												Activities subject to change		9:15 Stretch & Flex 9:45 Art Therapy 10:30 Sing-Along 1:00 Balloon Volleyball 2:15 Matching Socks 3:00 Nature Travel 3:30 Sentimental Memories		1
Day Of All Saints 2		World Kindness Day 3		Candy Day 4		Monopoly Day 5		International Games Day 6		7		8				
9:15 Sit & Fit 9:45 Sorting Colors 10:30 Bowling 1:00 Day Of All Saints Celebration 1:45 Sentimental Memories 2:30 A Taste From Home 3:00 Garden Chat 3:30 Racquetball 4:00 Sing- Along		9:15 Morning Poem 9:45 Math 101 10:30 Balloon Toss/ Kick 1:00 Nature Travel 2:30 Bingo 3:00 Hand Building 3:30 Book Club 4:00 Trivia		9:15 Stretch & Flex 9:45 Pictionary 10:30 Balloon Volleyball 1:00 Sentimental Memories 1:45 Bingo! 2:15 Matching Cards 2:30 History Lesson 3:30 Unity In Motion		9:15 Morning Poem 9:45 Music & Therapy 10:30 Balloon Volleyball 1:00 Math 101 1:30 Painting w/ Armando 2:00 Memory Walk 2:30 Monopoly Game 3:00 Happy Hour!		9:15 Sit & Fit 9:30 Delightful Diners- Outing 9:45 Getting To Know You 10:30 Horseshoe Tossing 1:00 Art Therapy/ Scrapbooking 1:45 Writing Lesson 2:15 Balloon Volleyball 3:00 Sing-Along		9:15 Morning Poem 9:45 Matching Cards 10:30 Balloon Racquetball 1:00 Music Therapy 1:45 Math 101 2:15 Art Making 2:30 Yoga w/ Jenny 3:30 Sentimental Memories		9:15 Stretch & Flex 9:45 Art Therapy 10:30 Fold and Match 1:00 Sing-Along 2:15 Jewelry Making 3:00 Volleyball 4:00 Music Therapy				
9		10		11		12		13		14		15				
9:15 Sit & Fit 9:45 Sorting Cards 10:30 Horseshoe Tossing 1:00 Shared Reading 1:45 Painting w/ Emma 2:30 Book Club 3:00 Fold & Match 3:30 Racquetball		9:15 Morning Poem 9:45 Math 101 10:30 Balloon Toss/ Kick 1:00 Art Therapy/ Collaging 2:30 Bingo 3:00 Sentimental Memories 3:30 Let's Play Bullseye 4:00 Matching Socks		9:15 Stretch & Flex 9:45 Arts & Crafts 10:30 Sing-along 1:00 Racquetball 1:45 Veteran's Celebration 2:30 Nature Travel 3:30 Zumba Gold		9:15 Morning Poem 9:45 Move To Music 10:30 Book Club 1:00 Matching Socks 1:30 Pictionary 2:00 Walk For Wellness 2:45 Bingo 3:15 Painting w/ Armando 3:30 Book Club		9:15 Sit & Fit 9:30 Delightful Diners- Outing 9:45 Getting To Know You 10:30 Garden Chat 1:00 Math 101 1:45 A Taste From Home 2:45 Sentimental Memories 4:00 Ageless Strength- 3:30 Bingo!		9:15 Morning Poem 9:45 Matching Colors 10:30 Let's Travel 1:00 Matching Cards 1:45 Ice Cream Social 2:30 Yoga w/ Jenny 3:30 Bowling		9:15 Stretch & Flex 9:45 Art Therapy 10:30 Bird Watching/ Nature 1:00 Let's Bake Cookies 2:15 Music Therapy 3:00 Matching Socks 4:00 Nature Travel				
Go Purple Week 16		17		18		19		20		21		22				
9:15 Sit & Fit 9:45 Sorting Socks 10:30 Bowling 1:00 Painting w/ Emma 1:45 Matching Cards 2:30 History 101 3:00 Fold & Match 3:30 Let's Bake Cookies		9:15 Morning Poem 9:45 Math 101 10:30 Nature Travel 1:00 Sing-along 1:45 Hand Building 2:30 Shared Reading 3:00 Zumba Gold		9:15 Stretch & Flex 9:45 Pictionary 10:30 Horseshoe Tossing 1:00 Matching Cards 1:45 Bullseye 2:15 Ice Cream Social 3:00 Shared Reading 3:30 Unity In Motion		9:15 Morning Poem 9:45 Music Therapy 10:30 Reading Group 1:00 November Birthday Bash! 1:30 Math 101 2:45 Memory Walk 3:00 ALZ Memory Wall 3:30 Outdoor Happy Hour!		9:15 Sit & Fit 9:30 Delightful Diners Outing 9:30 Getting To Know You 10:30 Math 101 1:00 Remembrance Ceremony 1:45 Spa Day 2:45 Hand Building 4:00 Ageless Strength		9:15 Morning Poem 9:45 Matching Socks 10:30 Pictionary 11:00 Trivia Time 1:45 Writing Lesson 2:30 Yoga w/ Jenny 3:30 Arts & Crafts		9:15 Stretch & Flex 9:45 Art Therapy 10:30 Music Therapy 1:00 Fold & Match 2:15 Math 101 3:00 A Taste From Home 4:00 Bullseye				
23		24		25		26		27		28		29				
9:15 Sit & Fit 9:45 Sorting Cards 10:30 Math 101 1:00 Match Cards 1:45 Let's Make Cookies 2:30 Crossword Puzzles 3:30 Racquetball 4:00 Fold & Match		9:15 Morning Poem 9:45 Math 101 10:30 Balloon Toss/ Kick 1:00 Reminiscence Therapy 2:00 Hand Building 3:00 Shared Reading 3:30 Bingo!		9:15 Stretch & Flex 9:45 Pictionary 10:30 Trivia Time 1:00 Painting w/ Armando 1:45 Hand Building 2:15 Bingo! 3:15 Sentimental Memories 3:30 Zumba Gold		9:15 Morning Poem 9:45 Sing-Along 10:30 Balloon Volleyball 1:00 Painting w/ Armando 1:45 Hand Building 2:15 Happy Feet Walk 3:00 Arts & Crafts 3:30 Garden Tea Party		9:15 Thanksgiving Day 9:15 Sit & Fit 9:45 Getting To Know You 10:30 Puzzle Pieces 1:15 Thanksgiving Celebration! 1:45 Sentimental Memories 2:45 Bingo!		9:15 Morning Poem 9:45 Pictionary 10:30 Balloon Volleyball 11:30 Folding Towels 1:15 Art Making 1:45 Bowling 2:30 Yoga W/ Jenny 3:30 Horseshoe Tossing		9:15 Stretch & Flex 9:45 Art Therapy 10:30 Nature Travel 1:00 Let's Bake Cookies 2:15 Music Therapy 3:00 Matching Socks 4:00 Nature Travel				
30		"Where there is love, there is memory that never fades."														
The Gardens at Park Balboa				7046 Kester Ave., Van Nuys, CA. 91405				Phone Number (818) 787-0462				LIC.#: 197602434				