

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER 2023
Alzheimer's Awareness Month
 "Never too early, never too late"



<p style="text-align: right;">5</p> <p>9:15 Bullseye- AR 10:30 Volleyball - AR 11:15 Sit & Fit - AR 1:30 Grace Community Church Services- AR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- AR (See posting)</p>	<p style="text-align: right;">6</p> <p>9:15 Morning Walk 10:00 Rummikub- AR 10:30 Volleyball - AR 11:15 Stretch & Flex- AR 1:30 Bingo- AR 3:30 Karaoke- AR</p>	<p style="text-align: right;"><u>Tennessee Waltz Day</u> 7</p> <p>9:15 Walk & Chat 10:00 Wells Fargo & Chase- TRP 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia w/ Emma- AR 2:30 Zumba Gold!- LR 3:30 Rummikub- AR</p>	<p style="text-align: right;"><u>National Author's Day</u> <u>Purple Wednesday</u> 1</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:15 Arts & Crafts- AR 2:30 Poker- AR 3:30 Rummikub- AR</p>	<p style="text-align: right;">2</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11: 00 Wells Fargo- TRP 11:15 Sit & Fit- LR 1:30 Bingo- LR 3:15 Rummikub- AR</p>	<p style="text-align: right;">3</p> <p>9:15 Morning Walk 10:30 Ralph's 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga- LR 2:30 Target- LR 2:30 Poker- AR 3:00 Rummikub- AR</p>	<p style="text-align: right;">4</p> <p>9:15 Walk & Chat 10:30 Volleyball- AR 11:00 Yosef's Mini Concert- AR 11:15 Stretch & Flex-AR 1:30 Bingo- AR 3:15 Painting w/ Rodrigo- AR 5:30 Movie Night (See Posting)- AR</p>
<p style="text-align: right;">12</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night - LR (See posting)</p>	<p style="text-align: right;">13</p> <p>9:15 Morning Walk 10:00 Rummikub- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Karaoke- AR</p>	<p style="text-align: right;">14</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 10:30 Post Office 11:15 Sit & Fit- LR 1:15 Inquiring Minds Want To Know w/Emma- AR 2:30 Unity In Motion- LR 2:30 Poker- AR 3:30 Rummikub- AR</p>	<p style="text-align: right;"><u>Tennessee Whiskey Day</u> <u>Purple Wednesday</u> 15</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1: 15 Root Beer Floats w/ Theresa- AR 3: 30 Music Therapy w/ Evan- LR</p>	<p style="text-align: right;">16</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Suzanne's Book Singing- LR</p>	<p style="text-align: right;"><u>World Peace Day</u> 17</p> <p>9:15 Morning Walk 10:30 Walgreens 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga- LR 2:00 WestField Mall 2:30 Poker- AR 3:30 Rummikub- AR</p>	<p style="text-align: right;">18</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Yosef's Mini Concert- AR 11:15 Stretch & Flex-LR 1:30 Bingo-AR 3:15 Painting w/ Rodrigo- AR 5:30 Movie Night - LR (See posting)</p>
<p style="text-align: right;">19</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Grace Community Church Services- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See posting)</p>	<p style="text-align: right;"><u>Memorabilia Monday</u> 20</p> <p>9:15 Morning Walk 10:00 Rummikub- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Memorabilia Monday w/ Oscar- AR</p>	<p style="text-align: right;"><u>Alzheimer's Awareness Celebration</u> 21</p> <p>9:15 Walk & Chat 10:00 CVS 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Alzheimer's Awareness Celebration!- CG 2:30 Zumba Gold- LR 3:30 Poker- AR</p>	<p style="text-align: right;"><u>Tweety Bird's Birthday</u> <u>Purple Wednesday</u> 22</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Jewelry Making- AR</p>	<p style="text-align: right;"><u>Thanksgiving</u> 23</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 12:30 Thanksgiving Celebration with Mozart- The Grand Duo- DR 1:30 Bingo- AR 3:00 Rummikub- AR</p>	<p style="text-align: right;"><u>International Men's Day</u> 24</p> <p>9:15 Morning Walk 10:30 Ralph's 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga- LR 2:30 Walmart 2:30 Family Feud w/Oscar- AR 3:30 Poker- AR</p>	<p style="text-align: right;">25</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Yosef's Mini Concert-AR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:15 Spa w/ Rodrigo- AR 5:30 Movie Night- LR (See posting)</p>
<p style="text-align: right;"><u>Bullseye Day</u> 26</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See posting)</p>	<p style="text-align: right;">27</p> <p>9:15 Morning Walk 10:00 Rummikub- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Family Feud w/ Oscar- AR</p>	<p style="text-align: right;">28</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Tea w/ Mona Lisa- AR 3:30 Poker- AR</p>	<p style="text-align: right;"><u>Do Si Do Day</u> <u>Purple Wednesday</u> 29</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:00 Resident Council- LR 1:30 Town Hall- LR 3:15 Happy Hour!- LR</p>	<p style="text-align: right;"><u>Crazy Hat Day</u> 30</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Rummikub- AR</p>	<p style="text-align: center;">Activities may vary Assisted Living</p> <p style="text-align: center;">"I Wear Purple For Alzheimer's Awareness- Every Wednesday"</p> <p style="text-align: center;">Key Note</p> <p>AR- Activity Room LR- Living Room RG- Rear Garden DR- Dining Room TRP- Trip CG- Center Garden</p> 	

Activities may vary

Memory Care

November 2023

Alzheimer's Awareness Month

"Never too early, never too late"

			<p><u>National Author's Day</u> <u>Purple Wednesday</u> 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Writing Lesson 1:45 Bullseye 2:30 Family Feud</p>	<p>9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Kickball 12:45 Sing Along 1:30 Bingo 3:00 Family Feud</p>	<p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Dance! 2:15 Yoga w/ Jenny! 3:00 Bullseye 3:30 Getting To Know You</p>	<p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Reading 101</p>
<p>9:15 Sit & Fit 10:30 Walk & Chat 11:45 Bullseye 1:00 Karaoke 1:30 Grace Community Church- LR 2:00 Racquetball 3:00 Let's Dance</p>	<p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Karaoke w/ Emma!</p>	<p><u>Tennessee Waltz Day</u> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Getting To Know You 12:45 Reading 101 1:45 Volleyball 2:30 Bingo 4:00 Zumba Gold!</p>	<p><u>Casino Night</u> 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events 12:45 Math 101 1:45 Racquetball 3:00 Sing Along 6:00 Casino Night!- DR</p>	<p>9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Kickball 11:00 Celebration of Jewish Life w/ Rabbi Jim- AL AR 12:45 Sing-Alongs 1:30 Balloon Volleyball 2:30 Let's Dance 3:00 Bingo</p>	<p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Show & Tell 2:15 Yoga w/ Jenny! 3:00 Garden Gabfest!</p>	<p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell Veterans Day Remembrance Day (Canada)</p>
<p>9:15 Sit & Fit 10:30 Walk & Chat 11:45 Bullseye 1:00 Sing- A longs 2:00 Racquetball 3:00 Garden Reading Corner w/ Emma</p>	<p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Bingo 2:30 Let's Bake Cookies! 3:30 Sing Along</p>	<p>9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Racquetball 2:30 Sing A longs 3:30 Unity In Motion- LR</p>	<p><u>Purple Wednesday</u> 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Reading w/ Rodrigo 12:45 Racquetball 1:30 Tea Party 3:00 Writing Lesson 3:45 Music Therapy w/ Evan- AccentCare</p>	<p>9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Racquet Ball 12:45 Sing-Alongs 1:30 Arts & Crafts 3:00 Kickball</p>	<p><u>World Peace Day</u> 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia w/ Emma 2:30 Yoga w/ Jenny! 3:30 Family Feud</p>	<p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Garden Party! 12:45 Reading 101 2:00 History w/ Emma 3:00 Kickball</p>
<p>9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Longs 1:30 Grace Community Church- LR 1:30 Radio Days 2:00 Racquetball 3:00 Pairing Socks</p>	<p><u>Memorabilia Monday</u> 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:45 Let's Bake Cookies! 2:30 Bingo 3:30 Sing- A longs</p>	<p><u>Alzheimer's Awareness Celebration</u> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:15 Alzheimer's Awareness Celebration!- CG 3:30 Zumba Gold!</p>	<p><u>Tweety Bird Day</u> <u>Purple Wednesday</u> 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Math with Rodrigo 1:45 Chat & Ice Cream 2:45 Getting To Know You 3:00 Let's Dance</p>	<p><u>Thanksgiving</u> 9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Arts & Crafts 12:45 Sing-Alongs 1:30 Dot Painting 2:30 Mozart- Classical Music 3:00 Bingo</p>	<p><u>International Men's Day</u> 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Car Show Videos 2:30 Yoga W/ Jenny! 3:30 Bullseye!</p>	<p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History 3:00 Show & Tell</p>
<p>9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Longs 1:00 Bullseye 1:30 Grace Bible Study 2:30 Racquetball 3:00 Garden Reading Corner w/ Emma</p>	<p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Folding Towels</p>	<p>9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke w/ Lina 12:45 Charades 2:00 Card Match 3:15 Puzzle Pieces</p>	<p><u>Do Si Do Day</u> <u>Purple Wednesday</u> 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Getting To Know You w/ Rodrigo 12:45 Racquetball 1:30 Zen Garden Spa 2:15 Charades 3:00 Happy Hour!</p>	<p><u>Crazy Hat Day</u> 9:15 Walk & Chat 9:30 Sit & Fit 9:30 Outing w/ Yenni 10:30 Racquet Ball 12:45 Sing-Alongs 1:30 Arts & Crafts 3:00 Kickball</p>	<p style="text-align: center;">"Forget Me Not" "I wear purple for Alzheimer's Awareness- Every Wednesday" <u>Key Note</u> AL /AR= Activity Room AL/DN= Dining Room</p>	