



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 Visit from St. Gregory Catholic Church 10:00 Golf Fun!! 1:00 Picture BINGO 2:00 Fruit Smoothies & Music 2:00 Hydration/Snack 3:00 Manicure Monday	2 9:30 Fab, Fit & Fun Exercise Class 10:00 Bus Outing 11:00 Cranium Crunches 1:00 Flower Arrangements 1:30 Sensory Activities 2:00 Hydration/Snack 2:30 Outside Activity	3 9:30 Let's Get Moving 10:00 Spiritual Session 11:00 Chair Yoga 1:00 Picture BINGO 1:30 Balloon Fun!! 2:00 Hydration/Snack 3:00 Number Game	4 9:30 Fab, Fit & Fun Exercise Class 10:00 Daily Chronicles & Tea 11:00 Outside Activity 1:00 Arts & Crafts 2:00 Hydration/Snack 2:30 Afternoon Movie w/ Popcorn	5 10:00 Let's Travel!! Outside Activity 11:00 Tic Tac Toe!!!! 1:00 Craft Activity 2:00 Hydration/Snack 2:30 Classic TV	6 9:30 Coffee and Current Events 10:00 Morning Stretches 10:30 Inside Walks 1:00 Cranium Crunches 2:00 Hydration/Snack 2:30 Fold and Sort Therapy 3:00 Tea & Cookies
7 9:30 Coffee and Current Events 10:00 Morning Stretches 10:45 Tea & Short Story 1:00 Hand Massages and Musical Memories 2:00 Hydration/Snack 2:30 Sunday Movie Matinee	8 9:45 Visit from St. Gregory Catholic Church 10:00 Golf Fun!! 1:00 Picture BINGO 2:00 Fruit Smoothies & Music 2:00 Hydration/Snack 3:00 Manicure Monday	9 9:30 Fab, Fit & Fun Exercise Class 10:00 Bus Outing 11:00 Cranium Crunches 1:00 Flower Arrangements 1:30 Sensory Activities 2:00 Hydration/Snack 2:30 Outside Activity	10 9:30 Let's Get Moving 10:00 Spiritual Session 11:00 Chair Yoga 1:00 Picture BINGO 1:30 Balloon Fun!! 2:00 Hydration/Snack 3:00 Number Game	11 Veterans Day 9:30 Fab, Fit & Fun Exercise Class 10:00 Daily Chronicles & Tea 11:00 Outside Activity 1:00 Veterans Day Celebration 2:00 Hydration/Snack 2:30 Afternoon Movie w/ Popcorn	12 10:00 Let's Travel!! Outside Activity 11:00 Tic Tac Toe!!!! 1:00 Craft Activity 2:00 Hydration/Snack 2:30 Classic TV	13 9:30 Coffee and Current Events 10:00 Morning Stretches 10:30 Inside Walks 1:00 Cranium Crunches 2:00 Hydration/Snack 2:30 Fold and Sort Therapy 3:00 Tea & Cookies
14 9:30 Coffee and Current Events 10:00 Morning Stretches 10:45 Tea & Short Story 1:00 Hand Massages and Musical Memories 2:00 Hydration/Snack 2:30 Sunday Movie Matinee	15 9:45 Visit from St. Gregory Catholic Church 10:00 Golf Fun!! 1:00 Picture BINGO 2:00 Fruit Smoothies & Music 2:00 Hydration/Snack 3:00 Manicure Monday	16 Happy Birthday Edna Whitacre 9:30 Fab, Fit & Fun Exercise Class 11:30 Picnic in the Park 1:00 Flower Arrangements 1:30 Sensory Activities 2:00 Hydration/Snack 2:30 Outside Activity	17 9:30 Let's Get Moving 10:00 Spiritual Session 11:00 Chair Yoga 1:00 Picture BINGO 1:30 Balloon Fun!! 2:00 Hydration/Snack 3:00 Number Game	18 9:30 Fab, Fit & Fun Exercise Class 10:00 Daily Chronicles & Tea 11:00 Outside Activity 1:00 Arts & Crafts 2:00 Hydration/Snack 2:30 Afternoon Movie w/ Popcorn 4:00 Thanksgiving Family Dinner	19 10:00 Let's Travel!! Outside Activity 11:00 Tic Tac Toe!!!! 1:00 Craft Activity 2:00 Hydration/Snack 2:30 Classic TV	20 9:30 Coffee and Current Events 10:00 Morning Stretches 10:30 Inside Walks 1:00 Cranium Crunches 2:00 Hydration/Snack 2:30 Fold and Sort Therapy 3:00 Tea & Cookies
21 Birthday Cheer Marjorie Powers 9:30 Coffee and Current Events 10:00 Morning Stretches 10:45 Tea & Short Story 1:00 Hand Massages and Musical Memories 2:00 Hydration/Snack 2:30 Sunday Movie Matinee	22 9:45 Visit from St. Gregory Catholic Church 10:00 Golf Fun!! 1:00 Picture BINGO 2:00 Fruit Smoothies & Music 2:00 Hydration/Snack 3:00 Manicure Monday	23 9:30 Fab, Fit & Fun Exercise Class 10:00 Bus Outing 11:00 Cranium Crunches 1:00 Flower Arrangements 1:30 Sensory Activities 2:00 Hydration/Snack 2:30 Outside Activity	24 9:30 Let's Get Moving 10:00 Spiritual Session 11:00 Chair Yoga 1:00 Picture BINGO 1:30 Balloon Fun!! 2:00 Hydration/Snack 2:30 Thanksgiving Party 3:00 Number Game	25 Thanksgiving 9:30 Fab, Fit & Fun Exercise Class 10:00 Daily Chronicles & Tea 11:00 Outside Activity 11:30 Thanksgiving Luncheon 1:00 Arts & Crafts 2:00 Hydration/Snack 2:30 Afternoon Movie w/ Popcorn	26 10:00 Let's Travel!! Outside Activity 11:00 Tic Tac Toe!!!! 1:00 Craft Activity 2:00 Hydration/Snack 2:30 Classic TV	27 9:30 Coffee and Current Events 10:00 Morning Stretches 10:30 Inside Walks 1:00 Cranium Crunches 2:00 Hydration/Snack 2:30 Fold and Sort Therapy 3:00 Tea & Cookies
28 9:30 Coffee and Current Events 10:00 Morning Stretches 10:45 Tea & Short Story 1:00 Hand Massages and Musical Memories 2:00 Hydration/Snack 2:30 Sunday Movie Matinee	29 9:45 Visit from St. Gregory Catholic Church 10:00 Golf Fun!! 1:00 Picture BINGO 2:00 Fruit Smoothies & Music 2:00 Hydration/Snack 3:00 Manicure Monday	30 9:30 Fab, Fit & Fun Exercise Class 10:00 Bus Outing 11:00 Cranium Crunches 1:00 Flower Arrangements 1:30 Sensory Activities 2:00 Hydration/Snack 2:30 Outside Activity		THOSE WITH DEMENTIA MAY HAVE A BRAIN THAT WORKS MUCH DIFFERENTLY THAN OURS. BUT IF WE LINK OUR HANDS TOGETHER, WE CAN OVERCOME ANYTHING.	Kindness is spreading sunshine into people's lives regardless of the weather. Be helpful. When you see someone without a smile, give them yours.	