

# NOVEMBER 2017

## Mountain Park Senior Living: Memory Care

Color your life with... Big Band Music

**Did you know?**

A "big band" typically consists of approximately 12-25 musicians and contains saxophones, trumpets, trombones, and a rhythm section.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER BIRTHDAYS  18 Tom O. 29 Marlene T. 30 Judy P.	CR: Community Room EDR: East Dining Room WC: Wellness Center WDR: West Dining Room		<b>1</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:00</b> Balloon Toss <b>10:15</b> Wheel of Fortune on the Grease Board <b>11:30</b> BIRTHDAY Celebration & Lunch EDR*  <b>1:30</b> Creative Corner <b>3:00</b> Bingo/Marvelous Minds  <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes -	<b>2</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:00</b> Dexter Pet Therapy <b>11:30</b> Lunch <b>1:30</b> Coffee in the AL Dining Room <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>3</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:00</b> Coffee Connection & Donuts - CR <b>11:30</b> Lunch <b>2:30</b> Happy Hour: Peter Davis - EDR <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>4</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Christian Worship <b>9:30</b> Balloon Toss <b>9:30</b> Spectrum Sit and Fit <b>11:30</b> Lunch <b>1:30</b> Cards/Board Games <b>2:30</b> Ice Cream Sundaes <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff
<b>5</b> Daylight Savings Ends  <b>7:30</b> Breakfast <b>9:30</b> Bean Bag Toss - Care Staff <b>10:00</b> Catholic Comm - VOL <b>11:30</b> Lunch <b>1:30</b> Bingo - Care Staff <b>3:30</b> "Kings in the Corner" Card Game: CARE <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>6</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle - Care Staff <b>10:45</b> Music Sing-a-long CD - Care Staff <b>11:30</b> Lunch <b>1:30</b> Card Games- Care Staff <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>7</b> Election Day  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>1:30</b> Balloon Toss <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>8</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:00</b> Accordion with Frank <b>10:00</b> Balloon Toss <b>11:30</b> Lunch <b>1:30</b> Creative Corner <b>3:00</b> Bingo/Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>9</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:30</b> Walking Club <b>11:30</b> Lunch <b>2:30</b> Happy Hour: Patriotic Songs w/ Mike Chamberlin - EDR <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>10</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Memory Magic w/ MARK <b>9:30</b> Spectrum Sit and Fit <b>9:45</b> Scattergories on The Grease Board <b>10:00</b> Bean Bag Toss/Ring Toss <b>10:00</b> Dominoes/Card Bingo <b>11:30</b> Lunch <b>1:30</b> Bus Ride with David <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards,	<b>11</b> Veterans Day  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>9:30</b> Balloon Toss <b>10:00</b> Music Enrichment w/ Melanie <b>11:30</b> Lunch <b>1:30</b> American Legion Flag Presentation - CR <b>2:30</b> Cards/Board Games <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff
<b>12</b>  <b>7:30</b> Breakfast <b>9:30</b> Bean Bag Toss - Care Staff <b>10:00</b> Catholic Comm - VOL <b>11:30</b> Lunch <b>1:30</b> Bingo - Care Staff <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>13</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle - Care Staff <b>10:45</b> Music Sing-a-long CD - Care Staff <b>11:30</b> Lunch <b>1:30</b> Dice Game - Care Staff <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>14</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Dominoes <b>11:30</b> Lunch <b>1:30</b> Parachute - VOL <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>15</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Bus Ride with David <b>10:00</b> Balloon Toss <b>11:30</b> Lunch <b>1:30</b> Creative Corner <b>3:00</b> Bingo/Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>16</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Social on the Patio <b>11:30</b> Lunch <b>1:30</b> Coffee in the AL Dining Room <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>17</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>9:45</b> Scattergories on The Grease Board <b>10:00</b> Bean Bag Toss/Ring Toss <b>10:00</b> Dominoes/Card Bingo <b>11:30</b> Lunch <b>2:30</b> Happy Hour: Rock'n Memories w/ Pam & Bruce EDR <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards,	<b>18</b>  <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Balloon Toss <b>9:30</b> Spectrum Sit and Fit <b>10:30</b> JoJo Pet Therapy <b>11:30</b> Lunch <b>1:30</b> Cards/Board Games <b>2:30</b> Ice Cream Sundaes <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> <b>7:30</b> Breakfast <b>9:30</b> Bean Bag Toss - Care Staff <b>10:00</b> Catholic Comm - VOL <b>11:30</b> Lunch <b>1:30</b> Bingo - Care Staff <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>20</b> <b>7:30</b> Breakfast <b>9:30</b> Sit and Fit/Kick Ball - Care Staff <b>10:45</b> Music Sing-a-long CD - Care Staff <b>11:30</b> Lunch <b>2:00</b> UNO Card Game - Care Givers <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>21</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Dominoes <b>11:30</b> Lunch <b>1:30</b> Golf - VOL <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>22</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:00</b> Balloon Toss <b>10:15</b> Wheel of Fortune on the Grease Board <b>11:30</b> Lunch <b>1:30</b> Creative Corner <b>3:00</b> Bingo/Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>23 Thanksgiving</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Puzzles <b>11:30</b> Lunch <b>1:30</b> Coffee in the AL Dining Room <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>24</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:30</b> "Charlie Chaplin's Gold Rush Musical" w/ Ricki Miles - EDR <b>11:30</b> Lunch <b>1:30</b> Chris Well's Presents "Hawaii & It's Two Volcanic Parks" - CR <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>25</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Balloon Toss <b>9:30</b> Spectrum Sit and Fit <b>11:30</b> Lunch <b>1:30</b> Carole Kepner on the Piano - EDR <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff
<b>26</b> <b>7:30</b> Breakfast <b>9:30</b> Bean Bag Toss - Care Staff <b>10:00</b> Catholic Comm - VOL <b>11:30</b> Lunch <b>1:30</b> Bingo - Care Staff <b>2:30</b> "LRC" Dice Game: CARE <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>27</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle - Care Staff <b>10:45</b> Music Sing-a-long CD - Care Staff <b>11:30</b> Lunch <b>1:30</b> Domino/Board Game - Care Staff <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>28</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Dominoes <b>11:30</b> J.U.L.I.E.T. Luncheon - EDR* <b>11:30</b> Lunch <b>1:30</b> Left Right Center Game - VOL <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff	<b>29</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Brunch Bunch: "BISCUITS" - L*^ <b>1:30</b> Creative Corner <b>3:00</b> Bingo/Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Game Night: Cards, Dice or Dominoes - Care Staff	<b>30</b> <b>7:30</b> Breakfast <b>9:15</b> Daily Chronicle <b>9:30</b> Spectrum Sit and Fit <b>10:15</b> Yahtzee Game <b>11:30</b> Lunch <b>1:30</b> Coffee in the AL Dining Room <b>2:50</b> Home Town Social: NYC, NJ, Maryland, Delaware - SL* <b>3:00</b> Marvelous Minds <b>4:00</b> Dinner <b>6:00</b> Movie Night - Care Staff		