



November

Assisted Living
Life Enrichment Program Schedule

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---|--|---|--|--|--|--|--|--|--|---|--|--|--|
| <div>1</div> <div></div> | | <div>2</div> <div></div> | | <div>3</div> <div></div> | | <div>4</div> <div></div> | | <div>5</div> <div></div> | | <div>6</div> <div></div> | | <div>7</div> <div></div> | |
| <div>5</div> <div>9:30 Songs of Yester Year</div> <div>10:30 Church Service: Gym</div> <div>Pastor Combs</div> <div>1:30 Dominoes</div> <div>2:30 Movie: Gym</div> <div></div> | | <div>6</div> <div>10:30 Balance Fitness</div> <div>12:00 Root Beer Floats</div> <div>1:00 Intro Massage Free 15 min.</div> <div>Chair Massage by T.C. :</div> <div>Activity Room</div> <div>5:30 Monday Night Football</div> <div>Detroit/Green Bay</div> | | <div>7</div> <div>9:30 Puzzles in the Library</div> <div>10:30 Balance Fitness</div> <div>1:30 Checkers</div> <div>3:00 Dogz W/Thumbs With</div> <div>Cocktail Hour</div> <div></div> | | <div>8</div> <div>9:30 Biography: Elizabeth Taylor</div> <div>10:30 Balance Fitness Testing</div> <div>1:30 Giant Connect Four</div> <div>3:00 Painting Rocks for Kindness</div> <div>Movement</div> <div></div> | | <div>9</div> <div>9:30 Say The Rosary</div> <div>9:30 Coffee & Poetry</div> <div>10:30 Balance Fitness Testing</div> <div>1:15 Walker/Wheelchair Tune-u</div> <div>1:30 Documentary</div> <div>3:30 Crazy about Board Games</div> <div></div> | | <div>10</div> <div>2-4 Staff Meeting</div> <div>9:30 Current Events</div> <div>10:30 Balance Fitness</div> <div>1:00 UNO</div> <div>2:30 Christian Communion</div> <div>in the GYM</div> <div>3:45 Happy Hour</div> | | <div>11</div> <div>Veteran's Day</div> <div>9:30 \$1.00 Stop Shop</div> <div>10:00 Story Time with Bella</div> <div>10:30 Balance Fitness</div> <div>1:00 Watering Plants Inside</div> <div>2:00 Baking Yellow Ribbon Cookies</div> <div>6:30 Movie: Gym</div> | |
| <div>12</div> <div>9:30 Bible on CD</div> <div>10:30 Balance Fitness</div> <div>1:30 Dominoes</div> <div>2:30 Movie: Gym</div> | | <div>13</div> <div>10:00 RX Pets</div> <div>10:30 Balance Fitness</div> <div>12:00 Milk Shake Monday</div> <div>1:30 Vision Resource Presentat</div> <div>3:00 Making Caramel Apples</div> <div>5:30 Monday Night Football</div> <div>Miami/Carolina</div> <div></div> | | <div>14</div> <div>9:30 Who am I?</div> <div>10:30 Balance Fitness</div> <div>12:00 Music Medley W/ Marty</div> <div>1:30 Shasta Historical Society:</div> <div>Shasta Dam Presentation</div> <div>3:00 Arm Chair Yoga</div> <div>3:45 Cocktail Hour</div> | | <div>15</div> <div>9:30 Bible Study: Sonshiners</div> <div>10:30 Balance Fitness</div> <div>1:00 Scrabble</div> <div>2:00 Men's Group</div> <div>2:30 Movie in Gym: True Story</div> <div>"The Glass Castle"</div> <div></div> | | <div>16</div> <div>9:30 Say The Rosary</div> <div>9:30 Thanksgiving Memory Game</div> <div>10:30 Balance Fitness</div> <div>1:30 Toss & Tell</div> <div>3:00 Old Kennett String Band</div> <div></div> | | <div>17</div> <div>9:30 Seated Scavenger Hunt</div> <div>10:30 Balance Fitness</div> <div>1:30 Craft: Scarecrow Bottles</div> <div>3:30 Bountiful Blessings w/</div> <div>Happy Hour</div> <div></div> | | <div>18</div> <div>9:30 \$1.00 Stop Shop</div> <div>10:00 Story Time with Bella</div> <div>10:30 Balance Fitness</div> <div>1:00 Watering Plants Inside</div> <div>1:30 Balloon Bat</div> <div>3:00 Baking Group</div> <div>6:30 Movie: Gym</div> <div></div> | |
| <div>19</div> <div>9:30 Audio Book</div> <div>10:30 Church Service: Gym</div> <div>Pastor Combs</div> <div>1:30 Dominoes</div> <div>2:30 Movie: Gym</div> <div></div> | | <div>20</div> <div>10:30 Balance Fitness</div> <div>12:00 Root Beer Floats</div> <div>1:30 Resident & Food Council</div> <div>3:00 Wrapping boxes for Christmas</div> <div>5:30 Monday Night Football</div> <div>Atlanta/Seattle</div> <div></div> | | <div>21</div> <div>9:30 Puzzles in the Library</div> <div>10:30 Balance Fitness</div> <div>1:30 Craft: Making Christmas</div> <div>cards</div> <div>3:45 Cocktail Hour</div> <div></div> | | <div>22</div> <div>9:30 Thanksgiving Facts</div> <div>10:30 Balance Fitness</div> <div>1:00 Manicures W/Chris</div> <div>1:30 Mexican Train</div> <div>3:30 360 Degree Band</div> <div>Dick, Nadeen and Mike</div> <div></div> <div></div> | | <div>23</div> <div>Happy Thanksgiving</div> <div></div> | | <div>24</div> <div>9:30 Rock Sorting for Vases</div> <div>10:30 Balance Fitness</div> <div>1:30 5-Min. Hand Massage</div> <div>2:00 Goody Goody Band W/</div> <div>Happy Hour</div> <div></div> | | <div>25</div> <div>9:30 \$1.00 Stop Shop</div> <div>10:00 Story Time with Bella</div> <div>10:30 Balance Fitness</div> <div>1:00 Watering Plants Inside</div> <div>1:30 Take down Fall Decorations</div> <div>3:00 Baking Group</div> <div>6:30 Movie: Gym</div> | |
| <div>26</div> <div>9:30 Bible on CD</div> <div>10:30 Balance Fitness</div> <div>1:30 Dominoes</div> <div>2:30 Movie: Gym</div> | | <div>27</div> <div>10:30 Balance Fitness</div> <div>12:00 Milk Shake Monday</div> <div>1:00 Fluffing Christmas Trees</div> <div>and Decorating</div> <div>5:30 Monday Night Football</div> <div>Houston/Baltimore</div> | | <div>28</div> <div>9:30 Putting Christmas Up</div> <div>10:30 Balance Fitness</div> <div>11:30 Signing Birthday Cards</div> <div>12:00 Music Medley W/ Marty</div> <div>1:00 Putting Christmas Up</div> <div>3:00 Goodtime Jazz Band W/</div> <div>Veteran's Mixer Cocktail Hour</div> | | <div>29</div> <div>9:30 Putting up Big Tree in Lobby</div> <div>w/ Egg Nog and Brandy</div> <div>10:30 Balance Fitness</div> <div>1:00 Putting Christmas Up</div> <div>2:00 Men's Group</div> <div>3:30 Welcome Wagon</div> <div></div> | | <div>30</div> <div>9:30 Say The Rosary</div> <div>9:30 Putting Christmas Up</div> <div>10:30 Balance Fitness</div> <div>1:30 Presentation: Women's</div> <div>Breast Health</div> <div>3:30 Craft:Pumpkin Picture Frame</div> | | <div>31</div> <div></div> | | | |

