## Medicies Pacifica Memory Care

## **November 2018**



in Leg	ACUS Pacifica Memo	ry Care	Movember 2	2010		PORTLAND
Sunday 🥒	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Exercise Daily 10:00am  House Chores Daily	Than ksgiving	GOLDEN TOUCH SALON Thursday & Friday 9:00ам to 4:00рм	1 C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 1 1:30pm Memories in the Making	2 C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 2 3:00pm (S) Happy Hour Social	3 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO
4 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (S) Church Services	5 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) Art Goodman's One Man Band	6 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO	7 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  1:30pm (L) Wednesday Matinee	8 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 3 1:30pm Memories in the Making	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 4 3:00pm (S) Happy Hour Social	10 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO
(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (S) Church Services	12 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (M) Patricia Piano	13  (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO	14 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  1:30pm (L) Wednesday Matinee	15 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 5 1:30pm Memories in the Making	16 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 6 3:00pm (S) Happy Hour Social	17  (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO
C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	20 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 7 3:00pm (C) BINGO	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  1:30pm (L) Wednesday Matinee	22 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Thanksgiving Day 1:30pm Memories in the Making	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (S) Happy Hour Social	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO
25 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (S) Church Services	26  (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	27 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (C) BINGO	28 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  1:30pm (L) Wednesday Matinee	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Pie Outing Cottage 8  1:30pm Memories in the Making	30 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation  3:00pm (S) Happy Hour Social	Note: Scheduled activities subject to change without notice. See Bulletin board for possible changes.