


November 2019
Memory Support

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div></div> <div>9325 East Stockton Blvd. Elk Grove, CA 95624 916-714-3755</div>				<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div> <div>Healthy Snacks & Hydration offered throughout each day!</div>						<div><div>Dia De Los Muertos</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>10:00 Bingo</div><div>11:00 <div>AE</div> Sing-a-Long</div><div>2:00 <div>CC</div> Happy Hour!</div><div>3:30 <div>LL</div> Hand Massages</div><div>4:00 <div>AE</div> Let's Talk: ART</div><div>6:00 <div>CE</div> Current Events</div></div> <div>1</div>		<div><div>Happy Birthday, George Williford!</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> sit and Be Fit</div><div>10:30 <div>AE</div> Art Corner</div><div>11:00 <div>PE</div> Lets Dance!</div><div>2:00 Mid-Day Movie</div><div>4:00 Hot Cocoa & Chat</div></div> <div>2</div>	
<div><div>Daylight Saving Time Begins</div><div>National Sandwich Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Sit and Be Fit Exercise</div><div>0:30 <div>LL</div> Bingo</div><div>1:30 Target Toss</div><div>2:00 Bible Pathways</div><div>3:30 Sing-a-Long</div><div>3:30 <div>LL</div> Uno</div><div>5:30 <div>LL</div> Hand Massage</div></div> <div>3</div>		<div><div>National Candy Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>10:00 <div>CE</div> Lets Talk: Roaring 20's</div><div>11:00 Trivia:1930 Music</div><div>1:30 <div>AE</div> Art Corner</div><div>2:00 <div>CC</div> Sundae on a Monday</div><div>3:30 Lets Bowl!</div><div>6:00 <div>CE</div> Current Events</div></div> <div>4</div>		<div><div>Election Day</div><div>National Donuts Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 Tuesday Talks: Reminiscing</div><div>9:30 <div>SS</div> Church Fellowship</div><div>11:00 Sing a Long</div><div>1:30 Word Games</div><div>2:00 Snack and Chat</div><div>4:00 <div>LL</div> Hand Massages</div><div>6:00 I Love Lucy</div></div> <div>5</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>2:00 <div>SS</div> Devotional Wednesday</div><div>2:30 <div>CC</div> Scenic Drive</div><div>3:00 <div>CE</div> Word Games</div><div>6:00 <div>CE</div> Current Events</div></div> <div>6</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>10:30 <div>CC</div> Taste & Tell : Blueberry Muffins & Hot Cocoa</div><div>1:30 Mid-Day Movie</div><div>3:30 Hand Massages</div><div>4:00 <div>PE</div> Evening Stroll through the Community</div></div> <div>7</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 Healthy Habits</div><div>10:00 Bingo</div><div>11:00 <div>AE</div> Sing-a-Long</div><div>1:30 <div>PE</div> Basketball</div><div>2:00 <div>CC</div> Happy Hour!</div><div>3:30 <div>LL</div> Hand Massages</div><div>4:00 <div>AE</div> Let's Talk: ART</div><div>6:00 <div>CE</div> Current Events</div></div> <div>8</div>		<div><div>Happy Birthday, Alvina Eck!</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Move & Groove</div><div>9:30 <div>PE</div> sit and Be Fit</div><div>2:00 Mid-Day Movie</div><div>4:00 Hot Cocoa & Chat</div><div>6:30 Reminisce</div></div> <div>9</div>	
<div><div>National Vanilla Cupcake Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Sit and Be Fit Exercise</div><div>10:30 <div>LL</div> Bingo</div><div>1:30 Target Toss</div><div>2:00 Bible Pathways</div><div>3:30 Sing-a-Long</div><div>5:30 <div>LL</div> Hand Massage</div></div> <div>10</div>		<div><div>Happy Birthday, Ida Butler!</div><div>Veterans Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>11:00 Trivia</div><div>1:30 <div>AE</div> Art Corner</div><div>2:30 Bake & Chat</div><div>3:30 Lets Bowl!</div><div>6:00 <div>CE</div> Current Events</div></div> <div>11</div>		<div><div>Full Moon Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>SS</div> Church Fellowship</div><div>10:00 Bingo</div><div>11:00 Sing a Long</div><div>1:30 Word Games</div><div>2:00 Afternoon Walk through the community</div><div>2:45 <div>LL</div> Bake & Chat: Roti and Eggs</div><div>6:00 I Love Lucy</div></div> <div>12</div>		<div><div>Happy Birthday, Betty Ring!</div><div>World Kindness Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>2:00 <div>SS</div> Devotional Wednesday</div><div>2:30 <div>CC</div> Scenic Drive</div><div>3:00 <div>CE</div> Word Games</div><div>6:00 <div>CE</div> Current Events</div><div>6:30 <div>LL</div> GSN</div></div> <div>13</div>		<div><div>National Pickle Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>AE</div> Thankful Tree Thursday</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>1:30 Mid-Day Movie</div><div>2:00 <div>SS</div> Make Me Laugh</div><div>3:30 Hand Massages</div><div>4:00 <div>PE</div> Evening Stroll through the Community</div></div> <div>14</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Stretch & Flex</div><div>10:00 Bingo</div><div>11:00 <div>AE</div> Sing-a-Long</div><div>2:00 <div>CC</div> Happy Hour!</div><div>2:00 Sing-a-Long</div><div>3:30 <div>LL</div> Hand Massages</div><div>3:30 Pokeno</div><div>4:00 <div>AE</div> Let's Talk: ART</div><div>6:00 <div>CE</div> Current Events</div></div> <div>15</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Chair Yoga</div><div>9:30 <div>PE</div> sit and Be Fit</div><div>2:00 Mid-Day Movie</div><div>4:00 Hot Cocoa & Chat</div></div> <div>16</div>	
<div><div>World Peace Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Healthy Habits</div><div>9:30 <div>PE</div> Sit and Be Fit Exercise</div><div>0:30 <div>LL</div> Bingo</div><div>1:30 Target Toss</div><div>2:00 Bible Pathways</div><div>3:30 Sing-a-Long</div><div>3:30 <div>LL</div> Uno</div><div>5:30 <div>LL</div> Hand Massage</div><div>6:30 <div>LL</div> GSN</div></div> <div>17</div>		<div><div>National Princess Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 Bingo</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Wellness Workout</div><div>11:00 Trivia</div><div>1:30 <div>AE</div> Art Corner</div><div>2:00 <div>CC</div> Sundae on a Monday</div><div>3:30 Lets Bowl!</div><div>6:00 <div>CE</div> Current Events</div><div>6:30 <div>AE</div> Classical Music</div></div> <div>18</div>		<div><div>Happy Birthday, Tom Smith!</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>SS</div> Church Fellowship</div><div>10:00 <div>CC</div> Bake & Chat: Banana Bread</div><div>10:00 Bingo</div><div>11:00 Sing a Long</div><div>1:30 Word Games</div><div>2:00 Snack and Chat</div><div>4:00 <div>LL</div> Hand Massages</div><div>6:00 I Love Lucy</div></div> <div>19</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>11:00 <div>SS</div> Puppy Therapy</div><div>2:00 <div>SS</div> Devotional Wednesday</div><div>2:30 <div>CC</div> Scenic Drive</div><div>3:00 <div>CE</div> Word Games</div><div>6:00 <div>CE</div> Current Events</div></div> <div>20</div>		<div><div>World Hello Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>AE</div> Thankful Tree Thursday</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>1:30 Mid-Day Movie</div><div>3:30 Hand Massages</div><div>4:00 <div>PE</div> Evening Stroll through the Community</div></div> <div>21</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>10:00 Bingo</div><div>11:00 <div>AE</div> Sing-a-Long</div><div>1:30 <div>PE</div> Basketball</div><div>2:00 <div>CC</div> Happy Hour!</div><div>2:00 Sing-a-Long</div><div>3:30 <div>LL</div> Hand Massages</div><div>4:00 <div>AE</div> Let's Talk: ART</div><div>6:00 <div>CE</div> Current Events</div></div> <div>22</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> sit and Be Fit</div><div>2:00 Mid-Day Movie</div><div>4:00 Hot Cocoa & Chat</div><div>6:30 <div>LL</div> I Love Lucy</div></div> <div>23</div>	
<div><div>Happy Birthday, David Decker!</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Fitness Fun</div><div>9:30 <div>PE</div> Sit and Be Fit Exercise</div><div>0:30 <div>LL</div> Bingo</div><div>1:30 Target Toss</div><div>2:00 Bible Pathways</div><div>3:30 Sing-a-Long</div><div>5:30 <div>LL</div> Hand Massage</div><div>6:30 <div>LL</div> I Love Lucy</div></div> <div>24</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Chair Yoga</div><div>11:00 Trivia</div><div>1:30 <div>AE</div> Art Corner</div><div>2:30 Bake & Chat</div><div>3:30 Lets Bowl!</div><div>6:00 <div>CE</div> Current Events</div><div>6:30 <div>SS</div> Soothing Jazz</div></div> <div>25</div>		<div><div>National Cake Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>SS</div> Church Fellowship</div><div>10:00 <div>CE</div> Bake & Chat : Greek Dessert</div><div>10:00 Bingo</div><div>11:00 Sing a Long</div><div>1:30 Word Games</div><div>2:00 Snack and Chat</div><div>4:00 <div>LL</div> Hand Massages</div><div>6:00 I Love Lucy</div></div> <div>26</div>		<div><div>National Word Puzzle Day</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>10:00 <div>LL</div> Musical Guest: Alvin</div><div>2:00 <div>SS</div> Devotional Wednesday</div><div>2:30 <div>CC</div> Scenic Drive</div><div>3:00 <div>CE</div> Word Games</div><div>6:00 <div>CE</div> Current Events</div></div> <div>27</div>		<div><div>Thanksgiving</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>AE</div> Thankful Tree Thursday</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Indoor Walking Group</div><div>1:30 Mid-Day Movie</div><div>2:00 <div>SS</div> Make Me Laugh</div><div>3:30 Hand Massages</div><div>4:00 <div>PE</div> Evening Stroll through the Community</div><div>6:30 GSN</div></div> <div>28</div>		<div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Stretch & Flex</div><div>10:00 Bingo</div><div>11:00 <div>AE</div> Sing-a-Long</div><div>2:00 <div>CC</div> Happy Hour!</div><div>2:00 Sing-a-Long</div><div>3:30 <div>LL</div> Hand Massages</div><div>4:00 <div>AE</div> Let's Talk: ART</div><div>6:00 <div>CE</div> Current Events</div></div> <div>29</div>		<div><div>Happy Birthday, Thomas Mackey!</div><div>8:00 <div>LL</div> Morning Music</div><div>9:00 <div>CE</div> The Daily Chronicles</div><div>9:30 <div>PE</div> Chair Yoga</div><div>9:30 <div>PE</div> sit and Be Fit</div><div>9:45 <div>PE</div> Indoor Walking Group</div><div>2:00 Mid-Day Movie</div><div>4:00 Hot Cocoa & Chat</div></div> <div>30</div>	

Healthy Snacks &
Hydration offered
throughout each day!