


November 2019  
In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	3325 Columbia View Drive The Dalles, OR 97058 541-298-5656	<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 &amp; Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div> <div>Healthy Snacks &amp; Hydration offered throughout each day!</div>			8:30 <div>PE</div> Musical Moments 9:15 <div>PE</div> Fitness Fun 10:30 <div>AE</div> Fancy Friday (Nails, Makeup & Hair) 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>LL</div> Game Time 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Wild Walkers 5:00 <div>LL</div> Evening Movie	9:15 <div>PE</div> Sit and Be Fit 10:30 <div>PE</div> Wild Walkers 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Game Time 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Musical Moments 5:00 <div>LL</div> Evening Movie
Daylight Saving Time Begins 8:30 <div>CE</div> Nostalgic News 9:15 <div>PE</div> Sit and Be Fit 0:00 <div>CE</div> Bible Reading (Snack) 0:30 <div>SS</div> Catholic Communion (RR) 2:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Noodle Ball 2:00 <div>LL</div> Snack & Relax 3:30 <div>SS</div> Sunday Church Service (RR) 5:00 <div>LL</div> Evening Movie	8:30 <div>PE</div> Sit and Be Fit 9:15 <div>PE</div> Fitness Fun 10:30 <div>CC</div> Remember When? 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Creative Craft 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Wild Walkers 5:00 <div>LL</div> Evening Movie	Election Day 8:30 <div>CE</div> Nostalgic News 9:15 <div>PE</div> Sit and Be Fit 10:30 <div>AE</div> Crafts for Halloween 12:00 <div>CE</div> Aromatherapy Hand Towels 12:45 <div>CC</div> Rides with Debbie (8 Mile) 2:00 <div>LL</div> Snack & Relax 3:00 <div>CE</div> Reading/Games Round Table 5:00 <div>LL</div> Evening Movie	9:15 <div>PE</div> Fitness Fun 10:30 <div>PE</div> Wild Walkers 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>AE</div> Creative Crafts 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Game Time 5:00 <div>LL</div> Evening Movie	8:30 <div>CE</div> Nostalgic News 9:15 <div>PE</div> Sit and Be Fit 10:30 <div>AE</div> Watercolor Painters 12:00 <div>CE</div> Aromatherapy Hand Towels 12:45 <div>CC</div> Rides with Debbie (Cherry Heights) 2:00 <div>LL</div> Snack & Relax 3:00 <div>CE</div> Reading Round Table/Games 5:00 <div>LL</div> Evening Movie	8:30 <div>PE</div> Musical Moments 9:15 <div>PE</div> Fitness Fun 10:30 <div>AE</div> Fancy Friday (Nails, Makeup & Hair) 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>LL</div> Game Time 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Wild Walkers 5:00 <div>LL</div> Evening Movie	9:15 <div>PE</div> Sit and Be Fit 10:30 <div>PE</div> Wild Walkers 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Game Time 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Musical Moments 5:00 <div>LL</div> Evening Movie
8:30 <div>CE</div> Nostalgic News 9:15 <div>PE</div> Sit and Be Fit 0:00 <div>CE</div> Bible Reading (Snack) 0:30 <div>SS</div> Catholic Communion (RR) 2:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Noodle Ball 2:00 <div>LL</div> Snack & Relax 3:30 <div>SS</div> Sunday Church Service (RR) 5:00 <div>LL</div> Evening Movie	Veterans Day 8:30 <div>PE</div> Sit and Be Fit 9:15 <div>PE</div> Fitness Fun 10:30 <div>CC</div> Remember When? 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Creative Craft 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Wild Walkers 5:00 <div>LL</div> Evening Movie	8:30 <div>CE</div> Nostalgic News 9:15 <div>PE</div> Sit and Be Fit 10:30 <div>AE</div> Crafts for Halloween 12:00 <div>CE</div> Aromatherapy Hand Towels 12:45 <div>CC</div> Rides with Debbie (7 mi/ Freeway) 2:00 <div>LL</div> Snack & Relax 3:00 <div>CE</div> Reading/Games Round Table 5:00 <div>LL</div> Evening Movie	9:15 <div>PE</div> Fitness Fun 10:30 <div>PE</div> Wild Walkers 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>AE</div> Creative Crafts 2:00 <div>LL</div> Snack & Relax 2:00 <div>LL</div> Ted Horowitz on the Piano (MS) 3:00 <div>PE</div> Game Time 5:00 <div>LL</div> Evening Movie	8:30 <div>CE</div> Nostalgic News 9:15 <div>PE</div> Sit and Be Fit 10:30 <div>AE</div> Watercolor Painters 12:00 <div>CE</div> Aromatherapy Hand Towels 12:45 <div>CC</div> Rides with Debbie (15 Mile) 2:00 <div>LL</div> Snack & Relax 3:00 <div>CE</div> Reading Round Table/Games 5:00 <div>LL</div> Evening Movie	8:30 <div>PE</div> Musical Moments 9:15 <div>PE</div> Fitness Fun 10:30 <div>AE</div> Fancy Friday (Nails, Makeup & Hair) 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>LL</div> Game Time 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Wild Walkers 5:00 <div>LL</div> Evening Movie	9:15 <div>PE</div> Sit and Be Fit 10:30 <div>PE</div> Wild Walkers 12:00 <div>CE</div> Aromatherapy Hand Towels 1:00 <div>PE</div> Game Time 2:00 <div>LL</div> Snack & Relax 3:00 <div>PE</div> Musical Moments 5:00 <div>LL</div> Evening Movie
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Healthy Snacks &  
Hydration offered throughout  
each day!