November 2019 In The Moment – M				a et a		created Sagery
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flastone	3325 Columbia View Drive The Dalles, OR 97058 541-298-5656	AE Artistic Expression	Healthy Snacks & Hydration offered throughout each day!		8:30 PE Musical Moments 1 9:15 PE Fitness Fun 1 10:30 AE Fancy Friday (Nails, Makeup & Hair) 1 12:00 CE Aromatherapy Hand Towels 1 1:00 Game Time 2:00 Snack & Relax 3:00 PE Wild Walkers 5:00 Evening Movie	9:15 PE Sit and Be Fit 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 PE Game Time 2:00 L Snack & Relax 3:00 PE Musical Moments 5:00 L Evening Movie
Daylight Saving Time Begins 8:30 I Nostalgic News 9:15 I Sit and Be Fit310:00 I Bible Reading (Snack)10:30 I Sit Catholic Communion (RR)12:00 I Aromatherapy Hand Towels1:00 I Noodle Ball2:00 I Snack & Relax3:30 I Sit Sunday Church Service (RR)5:00 I Evening Movie		Election Day 8:30 C Nostalgic News 5 9:15 P Sit and Be Fit 10:30 A Crafts for Halloween 12:00 A romatherapy Hand Towels 12:45 Rides with Debbie (8 Mile) 2:00 Snack & Relax 3:00 Reading/Games Round Table 5:00 Evening Movie	9:15 PE Fitness Fun 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 AE Creative Crafts 2:00 II Snack & Relax 3:00 PE Game Time 5:00 II Evening Movie	8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:30 AE Watercolor Painters 12:00 CE Aromatherapy Hand Towels 12:45 CR Rides with Debbie (Cherry Heights) 2:00 II Snack & Relax 3:00 CE Reading Round Table/Games 5:00 II Evening Movie	8:30PEMusical Moments89:15PEFitness Fun10:30AEFancy Friday (Nails, Makeup & Hair)12:00CEAromatherapy Hand Towels1:00Game Time2:00Snack & Relax3:00PEWild Walkers5:00Evening Movie	9:15 PE Sit and Be Fit 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 PE Game Time 2:00 CE Snack & Relax 3:00 PE Musical Moments 5:00 CE Evening Movie
8:30 Standbarrier Rews 9:15 Stand Be Fit 10:00 Stanck) 10:30 Statholic Communion (RR) 12:00 Aromatherapy Hand Towels 1:00 Noodle Ball 2:00 Stanck & Relax 3:30 Standay Church Service (RR) 5:00 Statholic Communion (RR)	Veterans Day118:30Sit and Be Fit9:15Fitness Fun10:30Remember When?12:00Aromatherapy Hand Towels1:00Creative Craft2:00Snack & Relax3:00Swild Walkers5:00Evening Movie	8:30 C Nostalgic News 9:15 P Sit and Be Fit 10:30 A Crafts for Halloween 12:00 A romatherapy Hand Towels 12:45 Rides with Debbie (7 mi/ Freeway) 2:00 Snack & Relax 3:00 Reading/Games Round Table 5:00 E Evening Movie	9:15 PE Fitness Fun 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 AE Creative Crafts 2:00 L Snack & Relax 2:00 L Ted Horowitz on the Piano (MS) 3:00 PE Game Time 5:00 L Evening Movie	8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:30 AE Watercolor Painters 12:00 CE Aromatherapy Hand Towels 12:45 CC Rides with Debbie (15 Mile) 2:00 CE Snack & Relax 3:00 CE Reading Round Table/Games 5:00 CE Evening Movie	8:30 PE Musical Moments 9:15 PE Fitness Fun 10:30 AE Fancy Friday (Nails, Makeup & Hair) 12:00 PE Aromatherapy Hand Towels 1:00 PE Game Time 2:00 Snack & Relax 3:00 PE Wild Walkers 5:00 PE Evening Movie	9:15 PE Sit and Be Fit 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 PE Game Time 2:00 Snack & Relax 3:00 PE Musical Moments 5:00 State Evening Movie
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8:30 S Nostalgic News 9:15 S Sit and Be Fit 10:00 S Bible Reading (Snack) 10:30 S Catholic Communion (RR) 12:00 Aromatherapy Hand Towels 1:00 Noodle Ball 2:00 Snack & Relax 3:30 S Sunday Church Service (RR) 5:00 E Evening Movie	8:30 PE Sit and Be Fit 25 9:15 PE Fitness Fun 25 10:30 CC Remember When? 12:00 CE Aromatherapy Hand Towels 1:00 PE Creative Craft 2:00 L Snack & Relax 2:00 L Ted Horowitz on the Piano (MS) 3:00 PE Wild Walkers 5:00 L Evening Movie	8:30 CE Nostalgic News 9:15 PE Sit and Be Fit 10:30 AE Crafts for Halloween 12:00 CE Aromatherapy Hand Towels 12:45 C Rides with Debbie (Biggs Loop) 2:00 CE Snack & Relax 3:00 CE Reading/Games Round Table 5:00 CE Evening Movie	9:15 PE Fitness Fun 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 AE Creative Crafts 2:00 LL Snack & Relax 3:00 PE Game Time 5:00 LL Evening Movie	Thanksgiving 8:30289:15Sit and Be Fit10:30Sit and Be Fit12:00Aromatherapy Hand Towels2:00Snack & Relax3:00Reading Round Table/ Games5:00Evening Movie	8:30 PE Musical Moments 29 9:15 PE Fitness Fun 29 10:30 AE Fancy Friday (Nails, Makeup & Hair) 12:00 CE Aromatherapy Hand Towels 1:00 CE Game Time 2:00 CE Snack & Relax 3:00 PE Wild Walkers 5:00 CE Evening Movie	9:15 PE Sit and Be Fit 10:30 PE Wild Walkers 12:00 CE Aromatherapy Hand Towels 1:00 PE Game Time 2:00 LL Snack & Relax 3:00 PE Musical Moments 5:00 LL Evening Movie