November 2019
Memory Support

created with Sagely

CascadeValley SENIOR LIVING

8400 207th Place NE
Arlington, WA 98223
360-435-3222

- CC COMMUNITY CONNECTIONS
- CE Continuing Education
- LL Lifestyle & Leisure
- PE Physical Engagement
- SS Spiritual Support

Healthy Snacks & Hydration offered throughout each day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 LL Morning Music and Coffee 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL The Wheel of Fortune! 2:00 LL Candy Bingo! 3:00 CE Puzzle Perfect! 4:30 LL Friday Night Movie - Residents Choice!	**2** 10:30 PE Morning Walk 12:00 LL Afternoon Cinema Hour - Residents Choice 2:30 CE Creative Coloring 3:30 CC Dining Room Music
3 **Daylight Saving Time Begins** **Project Teddy - Community Service Project** 9:00 SS Gospel Sing Along 10:00 LL Seattle Seahawks VS Tampa Bay Buccaneers 12:00 LL Movie Matinee 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Pastor Rick Long 3:30 CC Dining Room Music	**4** 9:00 LL Morning Music and Coffee 10:00 LL JC Pennys Shopping & Mod Pizza Lunch 10:00 PE Thai Chi with Jenna 12:00 LL Artistic Moments - Water Painting 2:00 CE Joggin your Noggin 3:00 CE Puzzle Perfect! 4:30 LL Movie Night: The Classics 5:30 SS **Hymn Sing with Dawn**	**5** **Election Day** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Christine** 12:00 LL Nail Salon 2:30 LL Short Stories 3:00 LL Musical Moments 5:00 LL Movie Night: The Classics	**6** **Doctor Day** 9:00 LL Morning Music and Coffee 10:00 PE Stretch and Flex! 12:00 LL Resident Cookbook 2:30 LL Lisa's birthday Celebration 3:00 CE Get to know me - one on one's! 4:30 LL Games with your neighbors: Qwirkle 5:30 SS Bible Study with Dawn	**7** **Beauty Shop** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Irene** 12:00 LL Nail Salon 1:00 CE Taste and Tell with Karmella 2:00 LL Brainiacs Book Club 2:00 LL Live Music with Marcia Kester 3:00 LL Creative Coloring 5:00 LL Movie Night: Mystery	**8** 9:00 LL Morning Music and Coffee 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Wooly Winter - Knit and Crochet Project 1:30 LL Dollar Tree and Grocery Outlet Shopping 3:00 CE Puzzle Perfect! 4:30 LL Friday Night Movie - Residents Choice!	**9** 10:30 PE Morning Walk 12:00 LL Afternoon Cinema Hour - Residents Choice 2:30 CE Creative Coloring 3:30 CC Dining Room Music
10 **Abbie Jeans Birthday!** **Project Teddy - Community Service Project** 9:00 SS Gospel Sing Along 12:00 LL Movie Matinee 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Arlington Free Methodist 3:30 CC Dining Room Music	**11** **Veterans Day** 9:00 LL Morning Music and Coffee 10:00 PE Thai Chi with Jenna 12:00 LL Artistic Moments - Twiddle Muffs 1:30 CC Veterans Day Ceremony 2:00 CE Totally Trivia 3:00 CE Puzzle Perfect! 4:30 LL Movie Night: The Classics 5:15 LL Seattle Seahawks VS San Fransisco 49ers	**12** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Christine** 12:00 LL Nail Salon 1:00 LL Shopping trip to Walmart 2:30 LL Short Stories 3:00 LL Historical Facts and Oddities 5:00 LL Movie Night: The Classics	**13** **Doctor Day** **World Kindness Day** 9:00 LL Morning Music and Coffee 12:00 LL Artistic Moments - Twiddle Muffs 2:00 LL Prize Bingo! 3:00 CE Get to know me - one on one's! 4:30 LL Games with your neighbors: Qwirkle 5:30 SS Bible Study with Dawn	**14** **Beauty Shop** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Irene** 12:00 LL Nail Salon 1:00 CC Town Hall 2:00 LL Brainiacs Book Club 2:00 LL Water Painting! 3:00 LL Creative Coloring 5:00 LL Movie Night: Mystery	**15** **America Recycles Day** 9:00 LL Morning Music and Coffee 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Wooly Winter - Knit and Crochet Project 2:00 LL November's Birthday Party with the NW Singers 3:00 CE Puzzle Perfect! 4:30 LL Friday Night Movie - Residents Choice!	**16** **Fay's Birthday!** 10:30 PE Morning Walk 12:00 LL Afternoon Cinema Hour - Residents Choice 2:30 CE Creative Coloring 3:30 CC Dining Room Music
17 **Project Teddy - Community Service Project** 9:00 SS Gospel Sing Along 12:00 LL Movie Matinee 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service w/ Bill Nicholson 3:30 CC Dining Room Music	**18** 9:00 LL Morning Music and Coffee 10:00 PE Thai Chi with Jenna 12:00 LL Artistic Moments - Thanksgiving Cards 2:00 CE Joggin your Noggin 3:00 CE Puzzle Perfect! 4:30 LL Movie Night: The Classics	**19** **Beverly's Birthday** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Christine** 12:00 LL Nail Salon 2:30 LL Short Stories 3:00 LL Musical Moments 5:00 LL Movie Night: The Classics	**20** **Doctor Day** **Universal Children's Day** 9:00 LL Morning Music and Coffee 12:00 LL Artistic Moments - Thanksgiving Cards 2:00 LL Prize Bingo! 3:00 CE Get to know me - one on one's! 4:30 LL Games with your neighbors: Qwirkle 5:30 SS Bible Study with Dawn	**21** **Beauty Shop** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Irene** 11:00 CC Library on Wheels 12:00 LL Nail Salon 2:00 LL Brainiacs Book Club 3:00 LL Creative Coloring 4:30 LL Thanksgiving Dinner and Piano Playing by Richelle 5:00 LL Movie Night: Mystery	**22** 9:00 LL Morning Music and Coffee 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Wooly Winter - Knit and Crochet Project 2:00 LL Candy Bingo! 3:00 CE Puzzle Perfect! 4:30 LL Friday Night Movie - Residents Choice!	**23** 10:30 PE Morning Walk 12:00 LL Afternoon Cinema Hour - Residents Choice 2:30 CE Creative Coloring 3:30 CC Dining Room Music
24 **Project Teddy - Community Service Project** 9:00 SS Gospel Sing Along 12:00 LL Movie Matinee 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service w/ Bill Nicholson 3:30 CC Dining Room Music 5:20 LL Seattle Seahawks VS Philadelphia Eagles	**25** 9:00 LL Morning Music and Coffee 10:00 PE Thai Chi with Jenna 12:00 LL Artistic Moments - Model Planes 2:00 CE Totally Trivia 3:00 LL Live Music with Rondo Swing 3:00 CE Puzzle Perfect! 4:30 LL Movie Night: The Classics	**26** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Christine** 12:00 LL Nail Salon 2:30 LL Short Stories 3:00 LL Guiness Book of World Records 5:00 LL Movie Night: The Classics	**27** **Doctor Day** 9:00 LL Morning Music and Coffee 12:00 LL Artistic Moments - Model Cars 1:00 LL Art Studio with Heidi 2:00 LL Prize Bingo! 3:00 CE Get to know me - one on one's! 4:30 LL Games with your neighbors: Qwirkle 5:30 SS Bible Study with Dawn	**28** **Thanksgiving** 9:00 LL On This Day in History 10:00 PE **Chair Dancercise with Irene** 12:00 LL Nail Salon 2:00 LL Brainiacs Book Club 2:00 LL Water Painting! 3:00 LL Creative Coloring 5:00 LL Movie Night: Mystery	**29** **Black Friday** **Square Dance Day** 9:00 LL Morning Music and Coffee 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Wooly Winter - Knit and Crochet Project 2:00 LL Candy Bingo! 3:00 CE Puzzle Perfect! 4:30 LL Friday Night Movie - Residents Choice!	**30** 10:30 PE Morning Walk 12:00 LL Afternoon Cinema Hour - Residents Choice 2:30 CE Creative Coloring 3:30 CC Dining Room Music