

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dining & Snacks at DMC

8 AM – Breakfast

10 AM – Hydration & Snack
Daily Chronicle

Noon – Lunch

3 PM – Hydration & Snack

5 PM – Dinner

7 PM – Hydration & Snack

November 2019

HAPPY BIRTHDAY!

Elsie 11/1 ~ Chuck 11/17 ~ Meg 11/25 ~ Bob 11/25

3 9:00...Coffee Corner 10:30...Circlecise 11:15...Who Am I? 1:00...Ball Toss 2:00...Spiritual Hour 3:30...Quiz Land (History) 6:00...Music of Yesteryear <i>Seahawk game 1:05 pm - Fox13</i> <small>Daylight Saving Time Ends</small>	4 9:00...Coffee Corner 10:30...Reach for the Stars 11:15...Decoding Will Rogers Puzzle 1:30...Move That Joint 2:30...Sing Along 3:30...Reminisce (Seasons) 6:00...Movie <small>Cowboy Philosopher Day</small>	5 9:00...Coffee Corner 10:30...Balance & Fall Prevention 11:15...Monopoly Word Map Puzzle 1:30...Chaos 2:30...Creating Fall Collages 3:30...Favorite Season 6:00...Sing Along <small>Monopoly Day</small>	6 9:00...Coffee Corner 9:30... Bible Study 10:00...Bus Outing <i>Scenic Dungeness Drive</i> 11:15...Resident Fun Committee 1:30...Shooting Hoops 3:30...Bingo (City) 6:00...Movie <small>Hoops Day</small>	7 9:00...Coffee Corner 9:30... Catholic Bible 10:30...Bean Bag Bullseye 11:15...Sorting and Matching 1:00...Discovery Art 2:00... Tales of The Past w/Kay 3:30...Chair Volleyball 6:00...Magazine <small>Welcome to November</small>	8 9:00...Coffee Corner 10:00... Crafting with Jeanie 11:15...States and Capitols 1:30...Kick Ball 2:30... Book Club w/Nancy 3:30... Veterans Celebration 6:00...Movie	9 9:00...Coffee Corner 10:30...Chair Aerobics 11:15...Resident Fun Committee 1:30...Move That Joint 2:30...Hangman (Animals) 3:30... Activities with David 6:00...Color by Number
10 9:00...Coffee Corner 10:30...Music in Motion 11:15...Sorting Towels 1:00...Balloon Badminton 2:00...Spiritual Hour 3:30...Quiz Land (Actors) 6:00...Relaxing Music	11 9:00...Coffee Corner 10:30...Yoga For the Mind 11:15...Shoulder Massage 1:30...Move to the Beat 2:30...Sing Along 3:30...Golf Putting 6:00...Magazines <i>Seahawk game 5:15 pm - ESPN</i> <small>Veterans Day (US) Remembrance Day (Canada)</small>	12 9:00...Coffee Corner 10:30...Balance & Fall Prevention 11:15...Sorting Towels 1:30... Just in Tyme 2:30...Ball Toss 3:30...Where in the World? <i>Discovering Tatvia</i> 6:00...Card Game	13 9:00...Coffee Corner 9:30... Bible Study 10:00...Bus Outing <i>Drive to Happy Valley</i> 11:15...Resident Fun Committee 1:30...Chair Soccer 3:30...Bingo (Travel) 6:00...Movie	14 9:00...Coffee Corner 9:30... Catholic Bible 10:30...Wiggle Room 11:15...Tongue Twisters 1:00...Discovery Art 2:00... Tales of The Past w/Kay 3:00... Birthday Party 6:00...Sing Along <small>Pickle Day</small>	15 9:00...Coffee Corner 10:00... Crafting with Jeanie 11:15...Trivia (Nifty 50's) 1:30...Golf Putting 2:30...Sorting Towels 3:30...Bingo 6:00...Movie	16 9:00...Coffee Corner 10:30...Reach for the Stars 11:15...Resident Fun Committee 1:30...Bean Bag Corn Hole 2:30...Read Aloud 3:30... Activities with David 6:00...Magazine
17 9:00...Coffee Corner 10:30...Full Body Workout 11:15...Mind Joggers 1:00...Pass to the Right 2:00...Spiritual Hour 3:30...Mystery Bag 6:00...Music for the Soul	18 9:00...Coffee Corner 10:30...Sittercise 11:15...What Am I? 1:30...Bean Bag Toss 2:30...Sing Along 3:30...Parachute 6:00...Movie	19 9:00...Coffee Corner 10:30...Balance & Fall Prevention 11:15...Neck Massage 1:30...Yoga for the Body 2:30...Favorite Scents 3:00... Old Time Fiddlers 6:00...Color Magic	20 9:00...Coffee Corner 9:30... Bible Study 10:00...Bus Outing <i>John Wayne Marina</i> 11:15...Resident Fun Committee 1:30...Chair Aerobics 3:30...Bingo (Food) 6:00...Movie	21 9:00...Coffee Corner 9:30... Catholic Bible 10:30...Holiday Trivia 11:30-1:00 DMC Resident and Family Thanksgiving 2:00... Tales of The Past w/Kay 3:30...Sit and Be Fit 6:00...Magazines	22 9:00...Coffee Corner 10:00... Crafting with Jeanie 11:15...Questions and Answers 1:30...Music in Motion 2:30... Book Club w/Nancy 3:30...Bingo (Car) 6:00...Movie	23 9:00...Coffee Corner 10:30...Sit and Be Fit 11:15...Resident Fun Committee 1:30...Chair Soccer 2:30...Who Am I? 3:30... Activities with David 6:00...Music for Your Ears
24 9:00...Coffee Corner 10:30...Chair Soccer 11:15...What Am I? 1:00...Chair Dancing 2:00...Spiritual Hour 3:30...Hot Potato 6:00...Magazine <i>Seahawk game 5:20 pm - NBC</i>	25 9:00...Coffee Corner 10:30...Golf Putting 11:15...Hand Massage 1:00... PA Senior Singers 2:30...Sing Along 3:30...Beach Ball Catch 6:00...Movie	26 9:00...Coffee Corner 10:30...Balance & Fall Prevention 11:15...Mind Joggers 1:30... Laff Pack Entertainers 2:30...Balloon Toss 3:30...Arm Chair Travelers <i>Australia</i> 6:00...Music for Memories	27 9:00...Coffee Corner 9:30... Bible Study 10:00...Bus Outing <i>Blyn Scenic Drive</i> 11:15...Resident Fun Committee 1:30...Shooting Hoops 3:30...Bingo (First Name) 6:00...Movie	28 9:00...Coffee Corner 9:30... Catholic Bible 10:30...Creative Movement 11:15...Names A-Z 1:00...Discovery Art 2:00... Tales of The Past w/Kay 3:30...Move That Joint 6:00...Color Magic <small>Thanksgiving Day (US)</small>	29 9:00...Coffee Corner 10:00... Crafting with Jeanie 11:15...What Am I? 1:30...Shuffleboard Bean Bag 2:30...Sorting Wash Cloths 3:30...Bingo (Name of Actors) 6:00...Movie	30 9:00...Coffee Corner 10:30...Reach for the Stars 11:15...Resident Fun Committee 1:30...Chair Volleyball 2:30...What Am I? 3:30... Activities with David 6:00...Music to Enjoy

Discovery Memory Care ~ 408 W. Washington Street ~ Sequim, WA 98382 ~ (360) 683-7047*Calendar and Bus Outings are subject to change.*