


November 2020

In The Moment - Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Daylight Saving Time Begins 1 9:30 Busy Hands 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:30 AE Artistic Moments 6:00 Evening Stroll	2 10:30 CE Reading Round table 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 LL Whistle while you work. 3:45 Sittercise 6:00 Reminisce	3 Election Day 9:30 LL Famous Quotes 10:30 CC Service Project 11:30 PE Fitness Fun 1:00 Kitchen crafts 2:30 Puzzle Perfect 6:00 Finish the Phrase	4 9:30 Art Therapy 11:15 PE Exercise 12:00 Family Council 1:00 CE Word Games 3:30 Let's Sing 6:00 Aromatherapy	5 9:00 Coffee and Crossword 10:15 SS Spiritual Moments 11:15 Tap your Toes 2:30 Cards/Games 4:15 PE Sittercise 6:00 Games	6 9:00 CE Mind Joggers 10:00 Snacks and Chats 11:15 Tap your Toes 3:30 Balloon Toss 4:00 Stretch and strengthen 6:00 LL Reminisce	7 9:30 AE Creative corner 10:15 CE Reading Roundtable 1:00 Spa Time 2:30 Busy Hands 3:30 Sing-a-Long 6:30 Games 6:30 CE Trivia		
8 9:30 Art fun 10:30 SS Mike & Friends 1:00 Baking/Busy Hands 3:00 Snacks and Chats 6:00 LL Games	9 9:30 Folding 10:30 CE Reading Round table 1:00 Spa Time 2:30 Curt Entertains 4:15 Stretch and Flex 6:00 CE Arm Chair Travels	10 9:30 CE Positive Quotes 10:00 Snacks and Chats 10:30 Busy Hands 1:00 Desert Making [DR] 3:30 AE Sing-a-Long 6:00 Ball Toss	11 Veterans Day 9:45 CE Taste and Tell 11:15 Sittercise 1:30 Alvin Entertains 3:30 Rhythms & Motion 6:00 LL Movie Time	12 9:00 Puzzles 10:15 SS Spiritual Moments 11:30 Let's move it! 2:30 Cards/Games 3:00 Ice Cream Sandwiches 6:00 Mind Joggers	13 9:30 Folding 11:15 PE Let's move it! 1:00 Puzzles/Spa Time 3:45 Fitness Fun 4:15 AE Sing-a-Long 6:30 LL Spa Time	14 9:30 AE Art fun 10:15 CE Reading Roundtable 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Rhythm & Motion 6:00 Evening Stroll 6:30 Games		
15 10:00 Folding 11:00 PE Move and Groove 1:00 Sewing Circle 4:00 Singing 6:00 Catch that Ball	16 9:00 Folding 9:30 AE Artistic Moments 10:30 Alexis Entertains 1:00 Watercolors 3:30 LL Sing-a-Long 7:00 Snacks and Chats	17 9:30 LL Busy Hands 10:00 Tea Time 10:30 CC Service Project 1:30 Spa Time 4:15 PE Tap your Toes 6:00 Hand Massages	18 9:00 Artistic Moments 10:45 CC Lisa Entertains 11:15 PE Flexible Stretch 2:00 CC Sewing Circle 3:30 Musical Moments 6:00 CE Finish the Phrase	19 3:30 Musical Moments 9:00 Word games 9:30 Artistic Moments 10:30 Diana Entertains 2:30 Cards/Games 6:00 Tall Tales	20 10:00 Snacks and Chats 1:00 LL Cooking Fun 3:00 Puzzles 4:00 PE Rhythms & Motion 6:00 Reminisce	21 9:30 LL Busy Hands 10:15 CE Reading Roundtable 11:15 Silver Sneakers 1:00 Magazines 3:00 Snacks and Chats 4:00 AE Singing 6:30 Games		
22 9:30 Art fun 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:30 Art fun 4:15 Sit and be Fit 6:00 CE Finish the Phrase	23 9:00 Folding 10:30 AE Artistic Moments 11:15 Stretch and Flex 1:00 Craft Fun 3:30 Music Time 6:00 Evening Stroll	24 9:30 Puzzle Perfect 10:30 Artistic Moments 10:30 Busy Hands 11:30 Tap your Toes 3:30 AE Musical Moments 6:00 Ball Toss	25 9:00 CE Word Games 10:30 Artistic Moments 11:15 Light and Lively 1:00 Music Therapy 3:00 LL Birthday Bash 7:00 Snacks and Chats	26 Thanksgiving 9:00 Puzzles 10:15 SS Spiritual Moments 1:00 LL Kitchen crafts 3:30 Games 4:15 PE Simple Stretches 7:00 Conversations	27 9:30 Busy Hands 10:00 Snacks and Chats 11:15 Fitness fun 1:00 CE Puzzle Perfect 3:30 AE Sing-a-Long 6:30 Matinee	28 9:30 Art fun 10:00 Snacks and Chats 10:15 CE Reading Roundtable 11:15 PE Stretch and Flex 1:00 LL Spa Time 3:30 Music Time 6:00 Matinee 6:30 Games		
29 9:30 Art/Folding 10:30 Reading Roundtable 11:15 PE Stretch and Flex 1:00 AE Crafty Corner 2:00 Puzzle Perfect 6:00 Aromatherapy	30 9:00 Busy Hands 10:30 CE Reading Round table 11:15 Sit and be Fit 1:00 Art Fun 2:30 LL Whistle while you work 6:00 CE Trivia						Location Keys Dining Room DR	Healthy Snacks & Hydration offered throughout each day!
				AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support				