

Life Enrichment Activities
Park Terrace Health Campus

NOVEMBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>A - Artisans CC - Creative Cooking I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears</p>	<p>1</p> <p>I 10:00 Morning Motivations/Media Cart IG 10:30 Walt Talks MM 11:30 Healthy Hands M 2:00 Channel 2 at 2:00 CC 2:30 Milkshake Monday V 4:30 Dancing to the Oldies</p>	<p>2 Election Day</p> <p>L 10:30 Lifelong Learning / Monarchs MM 11:30 Healthy Hands K 2:30 Bingo I 4:30 Gratitude Circle</p>	<p>3</p> <p>V 10:00 Breathe and Stretch A 10:30 Let's Create / Fall Wreath MM 11:30 Healthy Hands K 12:00 Conversation Starters O 2:00 Scenic Drive / Game Time</p>	<p>4</p> <p>V 10:45 Guided Meditation V 11:30 Healthy Hands K 12:00 Conversation Starters K 2:30 Bingo S 3:30 Inspired Living Committee</p>	<p>5</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Art with a Heart / Handmade Cards M 2:00 Happy Hour M 2:30 Channel 2 Concert V 4:30 Breathe and Stretch</p>	<p>6</p> <p>K 10:00 Media Cart MM 11:00 Healthy Hands V 11:30 Breath and Stretch K 2:30 Bingo</p>
<p>7 Daylight Saving Ends</p> <p>MM 10:00 Morning Inspiration/Media Cart I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 2:30 Group Games</p>	<p>8</p> <p>I 10:00 Morning Motivations/Media Cart MM 11:30 Healthy Hands M 2:00 Channel 2 at 2:00 CC 2:30 Milkshake Monday V 4:30 Dancing to the Oldies</p>	<p>9</p> <p>L 10:30 Lifelong Learning / Veterans Day Decor MM 11:30 Healthy Hands K 2:30 Bingo I 4:30 Gratitude Circle</p>	<p>10</p> <p>V 10:00 Breathe and Stretch A 10:30 Let's Create / Veterans Day Centerpiece MM 11:30 Healthy Hands K 12:00 Conversation Starters O 2:00 Scenic Drive / Game Time</p>	<p>11 Veterans Day</p> <p>V 10:45 Guided Meditation V 11:30 Healthy Hands K 12:00 Conversation Starters K 2:30 Bingo S 3:30 Veterans Day Celebration</p>	<p>12</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Art with a Heart / Handmade Cards M 2:00 Happy Hour M 2:30 Channel 2 Concert V 4:30 Breathe and Stretch</p>	<p>13</p> <p>K 10:00 Media Cart MM 11:00 Healthy Hands V 11:30 Breath and Stretch K 2:30 Bingo</p>
<p>14</p> <p>MM 10:00 Morning Inspiration/Media Cart I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 2:30 Group Games</p>	<p>15</p> <p>I 10:00 Morning Motivations/Media Cart MM 11:30 Healthy Hands K 2:00 Brainfit Class CC 2:30 Milkshake Monday V 4:30 Dancing to the Oldies</p>	<p>16</p> <p>L 10:30 Lifelong Learning / Lets Talk Turkey MM 11:30 Healthy Hands K 2:30 Bingo S 3:30 Resident Council Meeting I 4:30 Gratitude Circle</p>	<p>17</p> <p>V 10:00 Breathe and Stretch A 10:30 Let's Create / Thanksgiving Decor MM 11:30 Healthy Hands K 12:00 Conversation Starters O 2:00 Scenic Drive / Game Time</p>	<p>18</p> <p>V 10:45 Guided Meditation V 11:30 Healthy Hands K 12:00 Conversation Starters S 12:00 Taste of Town K 2:30 Bingo</p>	<p>19</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Art with a Heart / Handmade Cards M 2:00 Happy Hour M 2:30 Channel 2 Concert V 4:30 Breathe and Stretch</p>	<p>20</p> <p>K 10:00 Media Cart MM 11:00 Healthy Hands V 11:30 Breath and Stretch K 2:30 Bingo</p>
<p>21</p> <p>MM 10:00 Morning Inspiration/Media Cart I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC S 11:30 Sunday Brunch K 2:30 Group Games</p>	<p>22</p> <p>I 10:00 Morning Motivations/Media Cart MM 11:30 Healthy Hands M 2:00 Channel 2 at 2:00 CC 2:30 Milkshake Monday V 4:30 Dancing to the Oldies</p>	<p>23</p> <p>L 10:30 Lifelong Learning / History of Thanksgiving MM 11:30 Healthy Hands K 2:30 Bingo I 4:30 Gratitude Circle</p>	<p>24</p> <p>V 10:00 Breathe and Stretch A 10:30 Let's Create / Pinecone Ornament MM 11:30 Healthy Hands K 12:00 Conversation Starters O 2:00 Scenic Drive / Game Time</p>	<p>25 Thanksgiving</p> <p>V 10:45 Guided Meditation V 11:30 Healthy Hands K 12:00 Conversation Starters K 2:30 Bingo</p>	<p>26 Black Friday</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Art with a Heart / Handmade Cards M 2:00 Happy Hour M 2:30 Channel 2 Concert V 4:30 Breathe and Stretch</p>	<p>27</p> <p>K 10:00 Media Cart MM 11:00 Healthy Hands V 11:30 Breath and Stretch K 2:30 Bingo</p>
<p>28</p> <p>MM 10:00 Morning Inspiration/Media Cart I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 2:30 Group Games</p>	<p>29 Hanukkah Begins</p> <p>I 10:00 Morning Motivations/Media Cart MM 11:30 Healthy Hands M 2:00 Channel 2 at 2:00 CC 2:30 Milkshake Monday V 4:30 Dancing to the Oldies</p>	<p>30</p> <p>L 10:30 Lifelong Learning / Seed Collecting MM 11:30 Healthy Hands K 2:30 Bingo I 4:30 Gratitude Circle</p>	<p>O - Out & About S - Signature Events V - Vitality</p>		<p>Birthdays Michael G. 11-12</p>	<p>Brunch is Back! Join us Sunday November 21st for fabulous Sunday Brunch!</p>

Park Terrace Legacy Lane
Daily Rhythms

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theme Dinner Oktoberfest 10-14	1 V Don't Worry, Be Happy K Autumn Poem CC Rise and Shine Parfaits Relax & Recharge A Corncob Painting M Who Am I? GG Image Snap Game Healthy Hands	2 Election Day V Cornucopia Pass K Create A Caption CC Tropical Trail Mix Relax & Recharge A Orange Clove Gift M Campfire Songs GG Noodle Hockey Healthy Hands	3 V Stein Exercises K Yard Sale A Let's Create / Butterfly Garden Art CC Mother's Pumpkin Bread Relax & Recharge A Button Trees M Name That Instrument	4 V Turkey Trot K Let's Spell Thanksgiving CC Classic Chocolate Chip Cookie Relax & Recharge A Gourd-geous Craft M Groovin' Gospel GG Turkey Toss Healthy Hands	5 V Basketball K Football Frenzy CC Strawberry Hand Pies Relax & Recharge A Creative Storytelling M Happy Hour M October Happy Hour GG Games We Played As Kids	6 V Chair Swimming K Quick Words CC Italian Pinwheel Sandwiches with Cream Cheese Relax & Recharge A Thanksgiving Gratitude Tree M Feel the Rhythm GG Lollipop Paddles
7 Daylight Saving Ends V #BurnBeforeTheBird K Fall Memories CC Blueberry Oat Muffins Relax & Recharge A Deck of Wit & Wisdom M Celebrity Sunday GG Categories Game Healthy Hands	8 V Don't Worry, Be Happy K Autumn Poem CC Apple Yogurt Parfaits Relax & Recharge A Paint by Number M Who Am I? GG Image Snap Game Healthy Hands	9 V Cornucopia Pass K Create A Caption CC Chocolate Raspberry Trail Mix Relax & Recharge A Foam Fortune Cookies M Campfire Songs GG Noodle Hockey Healthy Hands	10 V Stein Exercises K Yard Sale A Let's Create / Butterfly Garden Art CC Orange Cranberry Bread Relax & Recharge A Feather Paint M Name That Instrument	11 Veterans Day V Turkey Trot K Let's Spell Thanksgiving CC Peanut Butter Cookies Relax & Recharge A Veterans Day Heart Card M Salute to Veterans GG Turkey Toss Healthy Hands	12 V Basketball K Football Frenzy CC Apple Hand Pies Relax & Recharge A Autumn Leaf Stamping M Happy Hour M October Happy Hour GG Games We Played As Kids	13 V Chair Swimming K Quick Words CC Sandwich Pinwheels Relax & Recharge A Beaded Pumpkins M Feel the Rhythm GG Lollipop Paddles Healthy Hands
14 V #BurnBeforeTheBird K Fall Memories CC Banana Nut Muffins Relax & Recharge A A Man's Masterpiece M Celebrity Sunday GG Categories Game Healthy Hands	15 V Don't Worry, Be Happy K Autumn Poem CC Peanut Butter Banana Yogurt Parfaits Relax & Recharge A Q-tip Fall Trees M Who Am I? GG Image Snap Game	16 V Cornucopia Pass K Create A Caption CC Ginger Apricot Trail Mix Relax & Recharge A Sensory Paint M Campfire Songs GG Noodle Hockey Healthy Hands	17 V Stein Exercises K Yard Sale A Let's Create / Butterfly Garden Art CC Apple Praline Bread Relax & Recharge A Creative Storytelling M Name That Instrument	18 V Turkey Trot K Let's Spell Thanksgiving CC S'more Cookies S Taste of Town Relax & Recharge A Collaborative Weaving M Groovin' Gospel GG Turkey Toss	19 V Basketball K Football Frenzy CC Blackberry Hand Pies Relax & Recharge M Happy Hour A Thumbprint Dandelions M October Happy Hour GG Games We Played As Kids	20 V Chair Swimming K Quick Words CC Buffalo Chicken Pinwheels Relax & Recharge A Poppy Field Collage M Feel the Rhythm GG Lollipop Paddles Healthy Hands
21 V #BurnBeforeTheBird K Fall Memories CC Lemon Poppyseed Muffins Relax & Recharge A Picture Prompts M Celebrity Sunday GG Categories Game Healthy Hands	22 V Don't Worry, Be Happy K Autumn Poem CC Pumpkin Parfaits Relax & Recharge A Thanksgiving Napkin Rings M Who Am I? GG Image Snap Game Healthy Hands	23 V Cornucopia Pass K Create A Caption CC Thanksgiving Trail Mix Relax & Recharge A Seasonal Adult Coloring M Campfire Songs GG Noodle Hockey Healthy Hands	24 V Stein Exercises K Yard Sale A Let's Create / Butterfly Garden Art CC Fresh Fruit Bread Relax & Recharge A Drama Club-Short Story M Name That Instrument	25 Thanksgiving V Turkey Trot K Let's Spell Thanksgiving CC Birthday Cake Cookies Relax & Recharge A Thankfulness Collage M Give Thanks GG Turkey Toss Healthy Hands	26 Black Friday V Basketball K Football Frenzy CC Tomato Jam Hand Pies Relax & Recharge M Happy Hour A Spice Painting M October Happy Hour GG Games We Played As Kids	27 V Chair Swimming K Quick Words CC Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge A Chihuly Inspired Glass Art M Feel the Rhythm GG Lollipop Paddles
28 V #BurnBeforeTheBird K Fall Memories CC Apple Cinnamon Muffins Relax & Recharge A Aurora Borealis Rock M Celebrity Sunday GG Categories Game Healthy Hands	29 Hanukkah Begins V Don't Worry, Be Happy K Autumn Poem CC Cheesecake Berry Parfait Relax & Recharge A Ribbon Tree Ornament M Who Am I? GG Image Snap Game Healthy Hands	30 V Cornucopia Pass K Create A Caption CC Snowy Day Trail Mix Relax & Recharge A Creative Storytelling M Campfire Songs GG Noodle Hockey Healthy Hands	"Act as if What you do makes a difference. It does" ~William James ~	Activities are subject to change.		