

November 2022



Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 WALK TO END ALZHEIMER'S
		10:00 AM Classic TV (MC) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM One to One Room Visits 1:30 PM Dance Workout 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Bingo! (MC) 4:00 PM Art Studio (MC) 6:00 PM Table Games (MC) 6:30 PM One to One (MC)	10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Wednesday Afternoon Cinema (MC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 4:00 PM Color Therapy (MC) 4:30 PM Bowling! (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)	10:00 AM Classic TV (MC) 11:30 AM Daily Chronicle (MC) 1:30 PM Dance Workout 1:30 PM Instructor Led Open Gym (FC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 6:00 PM Evening Meditation (MC) 6:30 PM One to One (MC)	11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Refreshment Break (MC) 3:00 PM <i>Friday Live! - Hugo Pazmino</i> (B) 6:00 PM Motor Week - Amazon Program (T) 6:30 PM Games & Puzzles (MC) 6:30 PM One to One (MC)	10:00 AM Classic TV (MC) 10:00 AM Rossini Quartets 4 & 5 (Video) (T) 10:30 AM Fur Friends Pet Visit (P) 11:00 AM Coffee Club (MC) 1:30 PM Bingo! (MC) 2:00 PM Gardening Cultivation (MC) 2:00 PM Refreshment Break (MC) 4:00 PM Afternoon Movie (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)
6 DAYLIGHT SAVING ENDS	7	8	9	10	11 VETERANS DAY	12
10:00 AM Classic TV (MC) 1:30 PM Daily Chronicle (MC) 2:00 PM Patio Gardening (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Paint Like the Greats (MC) 6:00 PM The Crown - Netflix Series (MC)	10:00 AM Classic TV (MC) 10:00 AM Coffee with Kendra (MC) 11:00 AM Jeopardy Style Trivia (B) 1:30 PM Bingo (MC) 1:30 PM Monday Music with Michael Quest (LR) 3:00 PM Documentary Club (MC) 6:00 PM Movie & Popcorn (MC) 6:00 PM Monday Night Movie - Snow White and the Huntsman	10:00 AM Classic TV (MC) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM One to One Room Visits 1:30 PM Dance Workout 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Bingo! (MC) 4:00 PM Art Studio (MC) 6:00 PM Table Games (MC) 6:30 PM One to One (MC)	10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Wednesday Afternoon Cinema (MC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 4:00 PM Color Therapy (MC) 4:30 PM Bowling! (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)	10:00 AM Classic TV (MC) 11:30 AM Daily Chronicle (MC) 1:30 PM Dance Workout 1:30 PM Instructor Led Open Gym (FC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Jeopardy Style Trivia (B) 6:00 PM Evening Meditation (MC) 6:30 PM One to One (MC)	11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Refreshment Break (MC) 3:00 PM <i>Honoring Our Veterans</i> (B) 6:00 PM Motor Week - Amazon Program (T) 6:30 PM Games & Puzzles (MC) 6:30 PM One to One (MC)	10:00 AM Classic TV (MC) 10:00 AM Wildest Places - Outback Desert (T) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:00 AM Floral Design (B) 1:30 PM Bingo! (MC) 2:00 PM Gardening Cultivation (MC) 2:00 PM Refreshment Break (MC) 4:00 PM Afternoon Movie (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 10:00 AM Classic TV (MC) 1:30 PM Daily Chronicle (MC) 1:30 PM Music with Matthew (MC) 2:00 PM Patio Gardening (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Paint Like the Greats (MC) 6:00 PM The Crown - Netflix Series (MC)	14 10:00 AM Classic TV (MC) 11:00 AM Jeopardy Style Trivia (B) 1:30 PM Bingo (MC) 3:00 PM Documentary Club (MC) 6:00 PM Movie & Popcorn (MC) 6:00 PM Monday Night Movie - Love & Friendship	15 10:00 AM Classic TV (MC) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM One to One Room Visits 1:30 PM Dance Workout 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Bingo! (MC) 4:00 PM Art Studio (MC) 6:00 PM Table Games (MC) 6:30 PM One to One (MC)	16 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Wednesday Afternoon Cinema (MC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 4:00 PM Color Therapy (MC) 4:30 PM Bowling! (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)	17 10:00 AM Classic TV (MC) 11:30 AM Daily Chronicle (MC) 1:30 PM Dance Workout 1:30 PM Instructor Led Open Gym (FC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM <i>November Birthday Celebration</i> (B) 6:00 PM Evening Meditation (MC) 6:30 PM One to One (MC)	18 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Refreshment Break (MC) 3:00 PM <i>Friday Live! with Jean Luc Pirou</i> (B) 4:30 PM Bowling! (MC) 6:00 PM Motor Week - Amazon Program (T) 6:30 PM Games & Puzzles (MC) 6:30 PM One to One (MC)	19 10:00 AM Classic TV (MC) 10:00 AM Schoenberg Symphony No. 2 (Video) (T) 10:30 AM Fur Friends Pet Visit (P) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:00 AM Floral Design (B) 1:30 PM Stretch & Meditation (A) 2:00 PM Gardening Cultivation (MC) 2:00 PM Refreshment Break (MC) 3:00 PM Bingo! (MC) 4:00 PM Afternoon Movie (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)
20 10:00 AM Classic TV (MC) 1:30 PM Daily Chronicle (MC) 2:00 PM Patio Gardening (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Paint Like the Greats (MC) 6:00 PM The Crown - Netflix Series (MC)	21 10:00 AM Classic TV (MC) 10:00 AM Coffee with Kendra (MC) 11:00 AM Jeopardy Style Trivia (B) 1:30 PM Bingo (MC) 3:00 PM Documentary Club (MC) 6:00 PM Movie & Popcorn (MC)	22 10:00 AM Classic TV (MC) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM One to One Room Visits 1:30 PM Dance Workout 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Bingo! (MC) 4:00 PM Art Studio (MC) 6:00 PM Table Games (MC) 6:30 PM One to One (MC)	23 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Wednesday Afternoon Cinema (MC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 4:00 PM Color Therapy (MC) 4:30 PM Bowling! (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)	24 THANKSGIVING DAY 9:00 AM Thanksgiving Day Parade (MC) 10:00 AM Classic TV (MC) 11:30 AM Daily Chronicle (MC) 1:30 PM Dance Workout 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM <i>Thanksgiving Social</i> (B) 6:00 PM Evening Meditation (MC) 6:30 PM One to One (MC)	25 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Refreshment Break (MC) 2:00 PM <i>Friday Live! with Stan Ayeroff</i> (B) 4:30 PM Bowling! (MC) 6:00 PM Motor Week - Amazon Program (T) 6:30 PM Games & Puzzles (MC) 6:30 PM One to One (MC)	26 10:00 AM Classic TV (MC) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:00 AM Floral Design (B) 1:30 PM Stretch & Meditation (A) 2:00 PM Gardening Cultivation (MC) 2:00 PM Refreshment Break (MC) 3:00 PM Bingo! (MC) 4:00 PM Afternoon Movie (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)
27 10:00 AM Classic TV (MC) 1:30 PM Daily Chronicle (MC) 2:00 PM Patio Gardening (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Paint Like the Greats (MC) 6:00 PM The Crown - Netflix Series (MC)	28 10:00 AM Classic TV (MC) 11:00 AM Jeopardy Style Trivia (B) 1:30 PM Bingo (MC) 3:00 PM Documentary Club (MC) 6:00 PM Movie & Popcorn (MC)	29 10:00 AM Classic TV (MC) 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM One to One Room Visits 1:30 PM Dance Workout 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 3:00 PM Bingo! (MC) 4:00 PM Art Studio (MC) 6:00 PM Table Games (MC) 6:30 PM One to One (MC)	30 10:45 AM Morning Stretch (MC) 11:00 AM Coffee Club (MC) 11:30 AM Patio Gardening (MC) 1:30 PM Chair Aerobics (MC) 2:00 PM Wednesday Afternoon Cinema (MC) 2:00 PM Refreshment Break (MC) 2:15 PM UNO (MC) 2:15 PM Nature Meditation 4:00 PM Color Therapy (MC) 4:30 PM Bowling! (MC) 6:00 PM Guesstures! and Trivia (MC) 6:30 PM One to One (MC)		Calendar legend Sign up mandatory	Location A Activities Room, 1st Floor B Bistro, 1st Floor FC Fitness Center, 3rd Floor LR Living Room, 1st Floor MC Memory Care, 2nd Floor P Patio, 1st Floor T Theatre, 1st Floor