

November 2023 Memory Care Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Movin' to Music 11:30 Communion with Holy Spirit	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Cooking Club: Mini Smores Pie	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Balloon Volley	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Seated Strength: Resistance Bands	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Scarf Dancing	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Art Hour: Water Painting 11:00 Veteran's Luncheon (IDR)	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion
<u>Afternoon</u> 1:30 Church with Abraham (E) Board Games & Puzzles	<u>Afternoon</u> 1:45/2:45 Music Therapy with Maggie Snack Social Mindful Meditation & Stretching	<u>Afternoon</u> One on One Engagements (E) 1:30 Exercise with Active for Life (S) Hand Massages & Relaxation 3:00 Therapy Dog Visits with Duke	<u>Afternoon</u> 2:00 Music & Mocktails: Caramel Apple Pie Mocktail (E) Bingo!	<u>Afternoon</u> Making Fall Centerpieces (E) 2:00 Manicures with Alyssa (South residents) Virtual Reality: Bird Watching	<u>Afternoon</u> 2:00 Music with Bethany Svobda (S) Seated Strength- Weights	<u>Afternoon</u> Sweatin' to the Oldies Sensory Discovery: Pumpkin Pie Clay Works
<u>Evening Wind Down</u> Short Stories	<u>Evening Wind Down</u> Classical Music & Puzzles	<u>Evening Wind Down</u> Movie Night	<u>Evening Wind Down</u> Create & Color	<u>Evening Wind Down</u> Crossword	<u>Evening Wind Down</u> Friday Night Musical	<u>Evening Wind Down</u> Word Games with Friends