

# November 26-2.2023

# Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
<b>Morning Church</b> Sunday Devotional & Hymns  <b>Exercise</b> Muscle Strengthening  <b>Life Skills</b> Office Sorting	<b>Morning</b> <b>Monday Morning Inspirations</b> Start your week off being inspired & encouraged <b>Exercise</b> Parachute Fitness <b>Life Skills</b> Help Deliver Mail	<b>Morning Exercise</b> Shadow Fitness  <b>Cool Drinks &amp; Chronicles</b> Cool down after fitness with a cold drink & discuss on current & past events. <b>Life Skills</b> Help Organize & Clean Activity Corner.	<b>Morning</b> <b>This Day in History</b> Reminiscing and discussing events that happened on this day in a variety of years. <b>Exercise</b> Hand & Wrist Mobility  <b>Life Skills</b> Office Sorting	<b>Morning</b> <b>Coffee Chats with Courtney</b> Chats over coffee with LE Lead Courtney  <b>Exercise</b> Shoot "N" Hoops  <b>Life Skills</b> Wash "N" Fold	<b>Morning</b> <b>Friday Funnies</b> Knock, knock? Who's there? Friday Funnies! Start they day with a giggle. <b>Exercise</b> Full Body Stretch  <b>Life Skills</b> Help set up for Happy Hour	<b>Morning</b> <b>Coffee &amp; Chronicles</b> Enjoy A hot cup of coffee while discussing current events <b>Exercise</b> Music & Movement <b>Life Skills</b> Button Sorting
<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Movie Matinee:</b> Charlie Brown Thanksgiving 1973 30min  <b>Out &amp; About</b> Candy Bingo in 1CR with AL	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Pet Visits</b> Finn & Tom!!  <b>Out &amp; About</b> Monday Mixer: Nicole Johnson.	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Live Entertainment</b> Guitar with Bill  <b>November Birthday Bash!!</b>	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Way Back Wednesday</b>  <b>Out &amp; About</b> Live Entertainment with IL in Bistro. Come Sing Along with Steve & Rich.	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Manicures &amp; Music</b> Get nails polished by Life enrichment  <b>Salon Visits</b> Come relax & get pampered	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Happy Hour Hydration &amp; Karaoke</b> Sing Along to up-beat music while enjoying a delicious mocktail.  <b>Live Entertainment</b> Driving Guitars in Bistro with IL/AL	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes.  <b>Puzzle Pals</b> Jig Saw, Crosswords, Seek and find. Puzzles are more fun when done with a plus one.  <b>One-On-One Visits</b> Domino's
<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Word Searches  Community Crosswords	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Domino's  Starr Gazer	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Revivify  Curl up with a cozy blanket and enjoy a movie.	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Community Crosswords  Calm Coloring	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Star Gazer  Relaxing Music	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Domino's  Revivify	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b>  Uno  Word Searches

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 Shine. Everyday.