



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning Readings Include:</b> Chicken Soup for the Soul, The Daily Chronicles, and Morning Trivia.</p> <p><b>Activities are Subject to Change</b></p> 	<p><b>1</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Tree of Thanks Art Project 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>2</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 Karaoke Fun 3:00 Puzzles &amp; Coloring 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>3</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Flip Card &amp; Dice Game 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>4</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>5</b></p> <p>9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 November Trivia 3:00 Life Station Activity 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>6</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Color &amp; Puzzles 4:00 Nature Walk by the River 6:00 Tea &amp; the Classics</p>
<p><b>7</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p> <p>Daylight Saving Time Ends</p>	<p><b>8</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Tree of Thanks Art Project 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>9</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 <b>Makeover Party</b> 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>10</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:30 <b>Ihop Lunch Outing</b> 1:00 Relaxing Music 2:00 Flip Card &amp; Dice Game 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>Happy Birthday Pyong!</b> <b>11</b></p> <p>9:30 Morning Readings, A Veteran's Day Discussion 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p><b>12</b></p> <p>9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 Trivia, What Battleship am I 3:00 Life Station Activity 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>13</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Color &amp; Puzzles 4:00 Nature Walk by the River 6:00 Tea &amp; the Classics</p>
<p><b>14</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>15</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Tree of Thanks Art Project 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>16</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 Karaoke Fun 3:00 Puzzles &amp; Coloring 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>17</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 11:30 <b>Men Lunch Outing</b> 1:00 Relaxing Music 2:00 Flip Card &amp; Dice Game 3:00 Reminiscing Therapy 4:00 Gardening 6:00 Late Snack with Soft Music</p>	<p><b>18</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Tea &amp; Hand Massage</p>	<p><b>19</b></p> <p>9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 Giving &amp; Kindness Trivia 3:00 Life Station Activity 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>20</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Color &amp; Puzzles 4:00 Nature Walk by the River 6:00 Tea &amp; the Classics</p>
<p><b>21</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>22</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Leaves Art Project 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>23</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Relaxing Music 2:00 Karaoke Fun 3:00 Puzzles &amp; Coloring 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>24</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Happy Hour &amp; Snack Time 3:30 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>25</b></p> <p>9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Relaxing Music 2:00 Karaoke &amp; Snacks 3:30 Armchair Travel 6:00 Tea &amp; Hand Massage</p> <p>Thanksgiving Day</p>	<p><b>26</b></p> <p>9:30 Morning Readings 10:30 Chair Dancing 11:00 Golf Putty 1:00 Relaxing Music 2:00 Random Trivia 3:00 Life Station Activity 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	<p><b>27</b></p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Color &amp; Puzzles 4:00 Nature Walk by the River 6:00 Tea &amp; the Classics</p>
<p><b>28</b></p> <p>9:30 Morning Readings 10:00 Live Church Service 11:00 Chair Volleyball 1:00 Relaxing Music 2:00 Color &amp; Puzzles 3:00 Trivia &amp; Reminiscing 4:00 Walk by the River 6:00 Late Snack with Soft Music</p> <p>Hanukkah Begins</p>	<p><b>29</b></p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Life Station Activity 1:00 Relaxing Music 2:00 Leaves Art Project 3:00 Nature Walk by the River 4:00 Gardening 6:00 Music to Sooth the Soul</p>	<p><b>Happy Birthday Louise!</b> <b>30</b></p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Pumpkin Patch Bingo 1:00 Relaxing Music 2:00 Karaoke Fun 3:00 Puzzles &amp; Coloring 4:00 Nature Walk by the River 6:00 Late Snack with Soft Music</p>	 <p style="text-align: center;"><b>November 2021</b></p> <p style="text-align: center;">Memory Care Activity Calendar</p> 