



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Good News 1 10:30 Chair Exercises 11:00 Sensory Stimulation- Guess the Scent 2:00 Watercolor pages 5:30 Bingo 6:15 Joggin Noggin	10:00 Good News 2 10:30 Chair Exercises 11:00 Pineapple Cutting Tutorial and tasting 2:00 Paper Airplane races 5:30 Music Bingo 6:15 Riddle Me This	10:00 Good News 3 10:30 Chair Exercises 11:00 Jeopardy 1:30 John Tolman Performs 2:00 Buttons-Fall Tree Craft 5:30 Word Game Wednesday 6:15 Conversation Cards	10:00 Good News 4 10:30 Cardio Drumming 11:00 Cooking Demo- Taco Soup 2:00 Bocce ball 3:30 Bob Shorten on Piano 5:30 Scattergories 6:15 Find-It Sheets	10:00 Scenic Drive- Tibble Fork Reservoir 5 2:00 Manicures and Movie 5:30 Friday Fun Facts 6:15 Color to music	10:30 Good News 6 10:45 Chair Exercises 11:15 What's in the Box 2:00 Conversation Cards and Short Stories 5:30 Roll a Topic/Games
2:30 LDS Sacrament Meeting Daylight Saving Time Ends	7 10:00 Good News 8 10:30 Chair Exercises 11:00 Glamour Hour- Hair & Beard Tutorials 2:00 Painting Pinecones- Dining Room Centerpieces 5:30 Poetry Reading 6:15 Flyswatter Balloon	9 10:00 Good News 10:30 Chair Exercises 11:00 Sing around the piano 2:00 Heart & Soul Performance 5:30 Alexa's Ukulele 6:15 Reminiscing	10 10:00 Good News 10:30 Chair Exercises 11:00 Name that song- Sing-along 2:00 Beaded Corn Craft 5:30 Word Game Wednesday 6:15 Roll a Topic	11 10:00 Good News 10:30 Chair Exercises 11:00 Cooking Demo- Apple Crisp 2:00 Honoring our Veterans 4:30 Music and More 5:30 Whiteboard Trivia 6:15 Reminiscing <small>Veterans Day Remembrance Day (Canada)</small>	12 10:00 Good News 10:30 Chair Exercises 11:00 Cornhole 2:00 Manicures and Movie 5:30 Armchair Travel 6:15 Joggin Noggin	13 10:30 Good News 10:45 Ribbon Dancing 11:15 Morning Crosswords 2:00 Thanksgiving craft 5:30 Throwback Movie Night: The Man Who Shot Liberty Valance (1962)
2:30 LDS Sacrament Meeting	14 10:00 Good News 15 10:30 Chair Exercises 11:00 Sensory Stimulation- Holiday Scents 2:00 Watercolor pages 5:30 Bingo 6:15 Joggin Noggin	16 10:00 Good News 10:30 Chair Exercises 11:00 Sing around the piano 2:00 Fast Food Day- French Fry Tasting/trivia 2:30 Chase Given Performs 5:30 A to Z 6:15 Short Stories	17 10:00 Good News 10:30 Chair Exercises 11:00 The Price is Right 2:00 Shaded Leaves Garland- craft 5:30 Word Game Wednesday 6:15 Conversation Cards	18 10:00 Good News 10:30 Cardio Drumming 11:00 Cooking Demo- Pumpkin Mug Cake 2:00 Find-It Sheets 5:30 Alexa's Ukulele 6:15 Tapping Tambourines	19 10:00 Scenic Drive- Dimple Dell Area 2:00 Manicures and Movie 5:30 Friday Fun Facts 6:15 Color to music	20 10:30 Good News 10:45 Chair Exercises 11:15 Conversation Cards 2:00 Roll a Topic/Games 5:30 Air Ball Soccer
2:30 LDS Sacrament Meeting	21 10:00 Good News 22 10:30 Chair Exercises 11:00 Who is it-Guessing game 2:00 Turkey Shoot Out- Nerf Guns 5:30 Poetry Reading 6:15 Flyswatter Balloon	23 10:00 Good News 10:30 Chair Exercises 11:00 Sing around the piano 2:00 Hot Cocoa & Stories- around the fireplace 5:30 Name That Show Tune 6:15 YouTube Funnies	24 10:00 Good News 10:30 Chair Exercises 11:00 What's in the Box? 2:00 Thank you Cna's- Flower Pen craft 5:30 Word Game Wednesday 6:15 Roll a Topic	25 Happy Thanksgiving! <small>Thanksgiving Day</small>	26 10:00 Scenic Drive- Draper Overlook 2:00 Manicures and Movie 5:30 Armchair Travel 6:15 Joggin Noggin	27 10:30 Good News 10:45 Chair Exercises 11:15 Find-It Sheets 2:00 Scattergories 5:30 Mindfulness & Meditation
2:30 LDS Sacrament Meeting Hanukkah Begins	28 10:00 Good News 29 10:30 Chair Exercises 11:00 Turkey Trot Dance- Armchair Travel 2:00 History of Morse Code 5:30 Bingo 6:15 Joggin Noggin	30 10:00 Good News 10:30 Chair Exercises 11:00 Sing around the piano 2:00 Spencer Debenham Performance 5:30 Alexa's Ukulele 6:15 Conversation Cards				

November 2021

Memory Care