November 2019

Mountain View Cottages Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Balloon Volleyball /Commons **1:30 Chat w/ Chaplain Mark** 2:30 Creative Arts and Crafts 3:30 Bells	**2** **10:00 Saddleback Church Service** 1:30 Thanksgiving Bingo 3:00 Snack and Chat 3:30 Sing Fit
3 9:45 Weights & Cardio 10:30 Balloon Ball 1:30 Bingo 2:30 Blackjack 3:00 Word Sweep 3:30 Afternoon Stretch Daylight Saving Time Ends	**4** 9:45 Morning Cardio 10:30 Balloon Volleyball 1:30 Fall Collaging 3:00 Twister Mat 3:30 Music Trivia	**5** **9:15 JOYRIDE** 1:30 Corn Painting 2:30 Corn Trivia 3:00 Parachute 3:30 Corn Hole Toss	**6** 9:45 Morning Stretch 10:30 Uplifting News 1:30 Picture Bingo 2:30 Charades 3:00 Bocce Ball 3:30 Sing Fit	**7** 9:45 Good News Reporting **10:15 Boxing w/ Gary** **1:30 Happy Hour** **2:00 Piano w/ John** 3:00 Marley's Hour 3:30 Practice Carols	**8** 10:00 Balloon Volleyball/Commons 1:30 Simple Cooking 3:00 Bowling 3:30 Bells	**9** **10:00 Saddleback Church Service** **10:30 Paws Pet Therapy** 1:30 O.J.& Ice Cream 2:30 Music Bingo 3:30 Sing Fit
10 9:45 Stretch & Flex 10:30 Bowling 1:30 Refreshments **2:00 Upbeat Music w/ Tom** 3:00 Sing Fit 3:30 Golf	**11** 9:45 Resistance Bands 10:30 Balloon Volleyball 1:30 Leaf Sponge painting 3:00 Basketball 3:30 Tambourine Fun Veterans Day (US) Remembrance Day (Canada)	**12** **9:15 JOYRIDE** 1:30 LCR Dice Game 2:30 Chair Tai Chi 3:00 Duck Races 3:30 Practice Carols	**13** 9:45 Chair Tai Chi 10:30 Horseshoes *1:00 Baking Fall Cookies* 1:30 Calm Coloring 2:30 You Be the Judge **3:00 Zumba W/ Lilya** 3:30 Sing Fit	**14** 9:45 Good News Reporting **10:15 Boxing w/ Gary** 1:30 Watercolor 3:00 Marley Hour 3:30 Refreshments	**15** 10:00 Balloon Volleyball /Commons **1:30 Chat w/ Chaplain Mark** 2:30 Ball Game 3:30 Bells	**16** **10:00 Saddleback Church Service** 1:30 Famous Faces Bingo **2:30 Happy Hour** **3:00 Ricky Sims**
17 9:45 Morning Cardio 10:30 Horseshoes 1:30 Jingo Bingo 2:30 Sundae's Sundays 3:00 Snack & Chat 3:30 Sing Fit	**18** 9:45 Stretch & Flex 10:30 Balloon Volleyball 1:30 "Grateful for" Banner 3:00 Hockey Game 3:30 Video Trivia	**19** **9:15 JOYRIDE** 1:30 Collaging 2:30 Chair Tai Chi 3:00 Basketball 3:30 Practice Carols	**20** 9:45 Morning Cardio 10:30 Stretch & Flex 1:30 Memories in the Making 3:00 Bowling 3:30 Sing Along **3:00 Dementia Talk w/ Rhoda & Families**	**21** 9:45 Good News Reporting **10:15 Boxing w/ Gary** 1:30 Cranberry Cookies 3:00 Marley Hour 3:30 Refreshments	**22** 10:00 Balloon Volleyball/Commons 1:30 Creative 2:30 Leaf Rubbings 3:00 Practice Carols 3:30 Bells	**23** **10:00 Saddleback Church Service** 1:30 Card Bingo 3:00 Floor Scrabble 3:30 Sing Fit
24 9:45 Resistance Bands 10:30 Balloon Ball 1:30 Cookie Baking 2:30 Milk & Cookies 3:00 Bocce Ball 3:30 Sing Along	**25** 9:45 Ball Exercise 10:30 Balloon Volleyball 1:30 Thanksgiving Cards 2:30 Pumpkin Ice Cream 3:30 Thanksgiving Trivia	**26** **9:15 JOYRIDE** 1:30 Resident Birthday Party 2:30 Bingo 3:00 Balloon Ball 3:30 Practice Carols	**27** 9:45 Weights & Cardio 10:30 Morning Stretch 1:30 Cookie Baking 2:30 Snack & Chat **3:00 Zumba W/ Lilya** 3:30 Sing Fit	**28** 9:45 Good News Reporting **10:15 Boxing w/ Gary** **1:30 Thanksgiving Celebration** Thanksgiving Day (US)	**29** 10:00 Balloon Volleyball /Commons **1:30 Chat w/ Chaplain Mark** 2:30 Mosaic Painting 3:30 Bells	**30** **10:00 Saddleback Church Service** Popcorn and refreshments 2:00 Saturday matinee Movie 3:00 Sing Fit