

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2019

## Mountain View Cottages Memory Care

					10:00 Balloon Volleyball / Commons <b>1:30 Chat w/ Chaplain Mark</b> 2:30 Burlap and Button Napkin Rings 3:30 Bells	<b>10:00 Saddleback Church Service</b> 1:30 Thanksgiving Bingo 3:00 Snack and Chat 3:30 Sing Fit
9:45 Weights & Cardio 10:30 Balloon Ball 1:30 Bingo 2:30 Blackjack 3:00 Word Sweep 3:30 Afternoon Stretch  <small>Daylight Saving Time Ends</small>	9:45 Morning Cardio 10:30 Balloon Volleyball 1:30 Fall Collaging 3:00 Twister Mat 3:30 Music Trivia	<b>9:15 JOYRIDE</b> 1:30 Corn Painting 2:30 Corn Trivia 3:00 Parachute 3:30 Corn Hole Toss	9:45 Morning Stretch 10:30 Uplifting News  1:30 Picture Bingo 2:30 Charades 3:00 Bocce Ball 3:30 Sing Fit	9:45 Good News Reporting <b>10:15 Boxing w/ Gary</b> <b>1:30 Happy Hour</b> <b>2:00 Piano w/ John</b> 3:00 Marley's Hour 3:30 Practice Carols	10:00 Balloon Volleyball/ Commons 1:30 Simple Cooking 3:00 Bowling 3:30 Bells	<b>10:00 Saddleback Church Service</b> <b>10:30 Paws Pet Therapy</b> 1:30 O.J. & Ice Cream 2:30 Music Bingo 3:30 Sing Fit
9:45 Stretch & Flex 10:30 Bowling 1:30 Refreshments <b>2:00 Upbeat Music w/Tom</b> 3:00 Sing Fit 3:30 Golf	9:45 Resistance Bands 10:30 Balloon Volleyball 1:30 Leaf Sponge painting 3:00 Basketball 3:30 Tambourine Fun  <small>Veterans Day (US) Remembrance Day (Canada)</small>	<b>9:15 JOYRIDE</b> 1:30 LCR Dice Game 2:30 Chair Tai Chi 3:00 Duck Races 3:30 Practice Carols	9:45 Chair Tai Chi 10:30 Horseshoes <i>1:00 Baking Fall Cookies</i> 1:30 Calm Coloring 2:30 You Be the Judge <b>3:00 Zumba W/ Lilya</b> 3:30 Sing Fit	9:45 Good News Reporting <b>10:15 Boxing w/ Gary</b> 1:30 Watercolor 3:00 Marley Hour 3:30 Refreshments	10:00 Balloon Volleyball / Commons <b>1:30 Chat w/ Chaplain Mark</b> 2:30 Ball Game 3:30 Bells	<b>10:00 Saddleback Church Service</b> 1:30 Famous Faces Bingo <b>2:30 Happy Hour</b> <b>3:00 Ricky Sims</b>
9:45 Morning Cardio 10:30 Horseshoes 1:30 Jingo Bingo 2:30 Sundae's Sundays 3:00 Snack & Chat 3:30 Sing Fit	9:45 Stretch & Flex 10:30 Balloon Volleyball 1:30 "Grateful for" Banner 3:00 Hockey Game 3:30 Video Trivia	<b>9:15 JOYRIDE</b> 1:30 Collaging 2:30 Chair Tai Chi 3:00 Basketball 3:30 Practice Carols	9:45 Morning Cardio 10:30 Stretch & Flex 1:30 Memories in the Making 3:00 Bowling 3:30 Sing Along <b>3:00 Dementia Talk w/ Rhoda &amp; Families</b>	9:45 Good News Reporting <b>10:15 Boxing w/ Gary</b> 1:30 Cranberry Cookies 3:00 Marley Hour 3:30 Refreshments	10:00 Balloon Volleyball/ Commons 1:30 Creative 2:30 Leaf Rubbings 3:00 Practice Carols 3:30 Bells	<b>10:00 Saddleback Church Service</b> 1:30 Card Bingo 3:00 Floor Scrabble 3:30 Sing Fit
9:45 Resistance Bands 10:30 Balloon Ball 1:30 Cookie Baking 2:30 Milk & Cookies 3:00 Bocce Ball 3:30 Sing Along	9:45 Ball Exercise 10:30 Balloon Volleyball 1:30 Thanksgiving Cards 2:30 Pumpkin Ice Cream 3:30 Thanksgiving Trivia	<b>9:15 JOYRIDE</b> 1:30 Resident Birthday Party 2:30 Bingo 3:00 Balloon Ball 3:30 Practice Carols	9:45 Weights & Cardio 10:30 Morning Stretch  1:30 Cookie Baking 2:30 Snack & Chat <b>3:00 Zumba W/ Lilya</b> 3:30 Sing Fit	9:45 Good News Reporting <b>10:15 Boxing w/ Gary</b>  <b>1:30 Thanksgiving Celebration</b>  <small>Thanksgiving Day (US)</small>	10:00 Balloon Volleyball / Commons <b>1:30 Chat w/ Chaplain Mark</b> 2:30 Mosaic Painting 3:30 Bells	<b>10:00 Saddleback Church Service</b> Popcorn and refreshments 2:00 Saturday matinee Movie 3:00 Sing Fit