

NOVEMBER 2021- ASPEN CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 <p>Assisted Living & Memory Care</p>	<p>1</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 Watercolor Painting 2:45 Exercise & Stretching 3:30 Ring Toss 4:30 Dinner 5:30 Movie</p>	<p>2</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 BINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 HORTICULTURE W/ JOHN 2:45 Travel Reminiscing 3:30 Exercise & Stretching 4:30 Dinner 5:30 Movie</p>	<p>3</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:15 MEMORY GAMES W/ CA GAME GIRLS! 11:30 Lunch 12:30 Current Events & Puzzles 1:00 Watercolor Painting 1:45 Afternoon Exercise & Stretching 2:30 Conversation Starter Cards 3:00 Fruit Reminiscing 3:30 History Reading- Theodore Roosevelt 4:00 Beach Ball Toss 4:30 Dinner and After-Dinner Movie</p>	<p>4</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Men's Club or Travel Reminiscing 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Horseshoes 4:30 Dinner 5:30 Movie</p>	<p>5</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 HOT COCOA & COOKIES! 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner 5:30 Movie</p>	<p>6</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Scenic Drive - Los Altos Hills or Round Table Readers 2:00 Brain Games 3:00 Exercise and Stretching 4:30 Dinner 5:30 Movie</p>		
<p>7 Daylight Savings Time Ends</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 Nature Video and Discussions 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner 5:30 Movie</p>	<p>8</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 Watercolor Painting 2:15 VETERAN'S DAY CONCERT W/ KEN SOSA 3:30 Ring Toss 4:30 Dinner 5:30 Movie</p>	<p>9</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 BINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 Trivia & Games 2:45 Travel Reminiscing 3:30 Exercise & Stretching 4:30 Dinner 5:30 Movie</p>	<p>10</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:15 Current Events & Puzzles 11:30 Lunch 12:30 Animal Reminiscing w/ Photos 1:00 Watercolor Painting 1:45 Afternoon Stretching 2:30 Conversation Starter Cards 3:00 Fruit Reminiscing 3:30 History Reading- Veteran's Day 4:00 Beach Ball Toss 4:30 Dinner and After-Dinner Movie</p>	<p>11 Veteran's Day</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Men's Club or Travel Reminiscing 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Horseshoes 4:30 Dinner 5:30 Movie</p>	<p>12</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 HOT COCOA & COOKIES! 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner 5:30 Movie</p>	<p>13</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Scenic Drive - Sandford or Round Table Readers 2:00 Brain Games 3:00 Exercise and Stretching 4:30 Dinner 5:30 Movie</p>		
<p>14</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 Nature Video and Discussions 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner 5:30 Movie</p>	<p>15</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 Watercolor Painting 3:00 Exercise & Stretching 3:30 Ring Toss 4:30 Dinner 5:30 Movie</p>	<p>16</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 BINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 ALZHEIMER'S ASSOCIATION MEMORIES IN THE MAKING PAINT W/ LAUREN 2:45 Travel Reminiscing 3:30 Exercise & Stretching 4:30 Dinner 5:30 Movie</p>	<p>17</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:15 MEMORY GAMES W/ CA GAME GIRLS! 11:30 Lunch 12:30 Current Events & Puzzles 1:00 Watercolor Painting 1:45 Afternoon Exercise & Stretching 2:30 Conversation Starter Cards 3:00 Fruit Reminiscing 3:30 History Reading- Beethoven & Music 4:00 Beach Ball Toss 4:30 Dinner and After-Dinner Movie</p>	<p>18</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:10 Arts and Craft 11:30 Lunch 12:30 Food Reminiscing w/Photos 1:00 Men's Club or Travel Reminiscing 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Horseshoes 4:30 Dinner 5:30 Movie</p>	<p>19</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 HOT COCOA & COOKIES! 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner 5:30 Movie</p> <p></p>	<p>20</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Scenic Drive - Palo Alto Bayland or Round Table Readers 2:00 Brain Games 3:00 Exercise and Stretching 4:30 Dinner 5:30 Movie</p> <p></p>		
<p>21</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 Nature Video and Discussions 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner 5:30 Movie</p>	<p>22</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 Watercolor Painting 2:15 BIRTHDAY CONCERT W/ KEN SOSA 3:30 Ring Toss 4:30 Dinner 5:30 Movie</p>	<p>23</p> <p>6:30 Continental Breakfast/AM Rise! 7:30 Looking Good for the Day! 8:30 Breakfast 9:30 Sensory & Music 10:30 Identifying & Recognizing 11:30 Lunch 12:30 Sensory & Music 1:00 THANKSGIVING CONCERT w/ Kimberlye GOLD 2:30 Hand Massages / Range of Motion 3:00 Fruit Reminiscing 3:30 Sing Along 4:00 Beach Ball Toss 4:30 Dinner and After-Dinner Movie</p>	<p>24</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:15 Current Events & Puzzles 11:30 Lunch 12:30 Animal Reminiscing w/ Photos 1:00 Watercolor Painting 1:45 Afternoon Stretching 2:30 Conversation Starter Cards 3:00 Fruit Reminiscing 3:30 History Reading- Bela Lugosi 4:00 Beach Ball Toss 4:30 Dinner and After-Dinner Movie</p>	<p>25 Thanksgiving</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:10 Thanksgiving Arts and Craft 11:30 Lunch 12:30 Sing Along 1:00 THANKSGIVING COOKING REMINISCING 2:00 GIVE THANKS & PUMPKIN PIE 4:30 Dinner 5:30 Movie</p>	<p>26</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 Beach Ball Toss 1:00 HOT COCOA & COOKIES! 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner 5:30 Movie</p>	<p>27</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Travel Reminiscing 1:00 Scenic Drive - Los Altos Hills or Round Table Readers 2:00 Brain Games 3:00 Exercise and Stretching 4:30 Dinner 5:30 Movie</p>		
<p>28 Hanukah, Begins at Sunset</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Hanukah Arts & Crafts 11:30 Lunch 12:30 Round Table Readers 1:15 HANUKAH STORY TELLING 1:40 Afternoon Stretching 2:30 Trivia 3:00 Afternoon Walk or Exercise & Stretching 3:30 Bean Bag Toss 4:30 Dinner 5:30 Movie</p>	<p>29</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 Bingo 11:30 Lunch 12:30 Flowers Reminiscing with Photos 1:00 Watercolor Painting 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Ring Toss 4:30 Dinner 5:30 Movie</p> <p></p>	<p>30</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Morning Stroll 10:20 BINGO 11:30 Lunch 12:30 Beach Ball Toss 1:00 Trivia & Games 2:45 Travel Reminiscing 3:30 Exercise & Stretching 4:30 Dinner 5:30 Movie</p>					<p>VETERAN'S DAY CONCERT <i>Ken Sosa!</i></p> <p>Veteran's Day Monday, November 8th 2:00pm</p>	

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 <p>1</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:20 Sorting & Polishing Silverware 10:50 Office Work 11:30 Lunch 12:30 SING-ALONG 1:00 Trivia & Games 2:00 Round Table Readers 2:30 ARTS & CRAFTS 3:00 Exercise & Stretching 3:30 Volleyball 4:30 Dinner and After-Dinner Movie</p>	<p>2</p> <p>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:20 Puzzles 10:45 Sorting Socks & Baby Clothes 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:00 Hand Washing and Looks Re-do 12:30 SING-ALONG 1:00 HORTICULTURE W/ JOHN 2:15 Travel Reminiscing / Word Games 3:00 Exercise & Stretching 3:30 Parachute Games 4:30 Dinner and After-Dinner Movies</p>	<p>3</p> <p>7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:15 MEMORY GAMES W/ CA GAME GIRLS! 11:30 Lunch 12:30 SING-ALONG 1:00 History Reading— Theodore Roosevelt 1:40 Afternoon Stretching 2:30 Conversation Starter Cards 3:30 Exercise & Stretching 4:00 Parachute Games 4:30 Sing-Along 4:30 Dinner and After-Dinner Movies</p>	<p>4</p> <p>6:30 Continental Breakfast/AM Rise! 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:20 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 SING-ALONG 1:00 Men's Club or Travel Reminiscing 2:30 Round Table Readers 3:00 Exercise & Stretching 3:30 Dancing w/ Scarves 4:30 Dinner and After-Dinner Movie</p>	<p>5</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:20 Travel Reminiscing 11:00 Trivia Challenge 11:30 Lunch 12:30 SING-ALONG 1:00 HOT COCOA & COOKIES! 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner 5:30 Movie</p>	<p>6</p> <p>6:30 Continental Breakfast/AM Rise 7:45 Sing-Along Music Video 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:20 Sorting Silverware/ Playing Cards 11:00 Ball Toss 11:30 Lunch 12:30 SING-ALONG 1:00 Board Games / Trivia 1:30 SCENIC DRIVE 2:30 Cooking Reminiscing 3:00 Brain Games 3:30 Dancing w/ Ribbons 4:30 Dinner and After-Dinner Movie</p>	
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