

NOVEMBER 2022- ASPEN CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 BINGO! 12:30 SING ALONG 1:00 PASTIMES REMINISCING 1:30 STORY READING 2:00 SNACK & CHAT! 2:15 CHAIR EXERCISE / AFTERNOON WALK 3:00 PARACHUTE GAMES 3:30 TRIVIA & GAMES 5:30 MOVIE NIGHT	2 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:15 ART & CRAFT 11:00 HISTORY READING 12:30 KARAOKE 1:00 CURRENT EVENTS / PUZZLES 1:30 CONVERSATION STARTER CARDS 2:00 SNACK & CHAT! 2:15 CATEGORIZATION 3:00 CHAIR AEROBICS / ROM 3:30 PARACHUTE W/ MUSIC 5:30 MOVIE NIGHT	3 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 FLOWER ARRANGING 11:00 HISTORY READING 12:30 SING ALONG 1:00 PICTONARY 1:30 NAME THAT SOUND 2:00 SNACK & CHAT 2:15 CARD GAMES 3:00 CHAIR TAI CHI or WALKING GROUP 3:30 HORSESHOES 5:30 MOVIE NIGHT	4 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 ALZHEIMER'S ASSOCIATION MEMORIES IN THE MAKING 11:00 TRIVIA & GAMES 12:30 SING ALONG 1:00 BAKING CLASS 2:00 SNACK & CHAT! 2:15 CHAIR EXERCISE / WALKING GROUP 2:45 MATCHING GAMES 3:30 VOLLEYBALL 5:30 MOVIE NIGHT	5 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 GUIDED MEDITATION 9:40 MORNING STROLL & GARDENING 10:20 BINGO! 12:30 INSTRUMENTAL STIMULATIONS 1:00 DISCUSSION STARTER 1:30 CHAIR EXERCISE/ WALKING GROUP 2:00 MAKING WAFFLES/ PANCAKES 2:30 SCENIC DRIVE- Stanford/ PA or WORD SCRAMBLE 5:30 MOVIE NIGHT
6 Daylight Saving Ends 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 BINGO! 12:30 SING ALONG 1:15 ROUND TABLE READERS 2:00 SNACK & CHAT! 2:15 TRIVIA CHALLENGE 3:00 CHAIR EXERCISE / AFTERNOON WALK 3:30 DANCING W/ SCARVES 5:30 MOVIE NIGHT 	7 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 FLOWER ARRANGING 12:30 INSTRUMENTAL STIMULATION 1:00 BRAIN FITNESS 1:30 SIMON SAYS... 2:00 SNACK & CHAT! 2:15 CONCERT w/ KIMBERLYE GOLD! 3:00 CHAIR YOGA / AFTERNOON WALK 3:30 RING TOSS 5:30 MOVIE NIGHT	8 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 BINGO! 12:30 SING ALONG 1:00 PASTIMES REMINISCING 1:30 STORY READING 2:00 SNACK & CHAT! 2:15 CHAIR EXERCISE / AFTERNOON WALK 3:00 PARACHUTE GAMES 3:30 TRIVIA & GAMES 5:30 MOVIE NIGHT	9 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:15 ART & CRAFT 11:00 HISTORY READING 12:30 KARAOKE 1:00 CURRENT EVENTS / PUZZLES 1:30 CONVERSATION STARTER CARDS 2:00 SNACK & CHAT! 2:15 CATEGORIZATION 3:00 CHAIR AEROBICS / ROM 3:30 PARACHUTE W/ MUSIC 5:30 MOVIE NIGHT	10 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 FLOWER ARRANGING 11:00 HISTORY READING 12:30 SING ALONG 1:00 VETERANS DAY CONCERT w/ Johnny Fabulous! 2:00 SNACK & CHAT 2:15 CARD GAMES 3:00 CHAIR TAI CHI or WALKING GROUP 3:30 HORSESHOES 5:30 MOVIE NIGHT	11 Veterans Day 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 MORNING STROLL & GARDENING 10:20 VETERANS DAY ART & CRAFT 11:00 VETERANS DAY TRIVIA 12:30 SING ALONG 1:00 BAKING CLASS 2:00 SNACK & CHAT! 2:15 CHAIR EXERCISE / WALKING GROUP 2:45 MATCHING GAMES 3:30 VOLLEYBALL 5:30 MOVIE NIGHT 	12 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 GUIDED MEDITATION 9:40 MORNING STROLL & GARDENING 10:20 BINGO! 12:30 INSTRUMENTAL STIMULATIONS 1:00 DISCUSSION STARTER 1:30 CHAIR EXERCISE/ WALKING GROUP 2:00 MAKING WAFFLES/ PANCAKES 2:30 SCENIC DRIVE- Shoreline Mtn View or WORD SCRAMBLE 5:30 MOVIE NIGHT
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NOVEMBER 2022- WILLOW CLUB

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27 6:30 CONTINENTAL BREAKFAST/ AM RISE! 7:45 RELAXATION MUSIC & STRETCHING 9:40 GENTLE EXERCISE & ROM 10:20 SORTING & CATEGORZING OBJECTS 12:30 TRAVEL REMINSCING 1:15 ROUND TABLE READERS 2:00 SNACK & CHAT! 2:15 TRIVIA CHALLENGE 3:00 CHAIR EXERCISE / AFTERNOON WALK 3:30 DANCING W/ SCARVES 5:30 MOVIE NIGHT	28 6:30 CONTINENTAL BREAKFAST / AM RISE! 7:45 RELAXATION MUSIC & MEDITATION 9:40 GENTLE EXERCISE & STRETCHING 10:20 SORTING SILVERWARE 10:50 OFFICE WORK 12:30 INSTRUMENTAL STIMULATION 1:00 BRAIN FITNESS 1:30 SIMON SAYS... 2:00 SNACK & CHAT! 2:15 CONCERT w/ KEN SOSA! 3:00 CHAIR YOGA OR AFTERNOON WALK 3:30 RING TOSS 5:30 MOVIE NIGHT	29 6:30 CONTINENTAL BREAKFAST / AM RISE! 7:45 RELAXATION MUSIC & BREATHING EXERCISE 9:40 GENTLE EXERCISE & STRETCHING 10:20 PUZZLES & GAMES 11:00 CATEGORIZING/ SORTING LAUNDRY 12:30 HAND WASHING & LOODS RE-DO 1:00 REMINISCING w/ PHOTOS 1:30 STORY READING 2:00 SNACK & CHAT! 2:15 CHAIR EXERCISE / AFTERNOON WALK 3:00 PARACHUTE GAMES 3:30 SING ALONG W/ SUSIE Q. 5:30 MOVIE NIGHT	30 6:30 CONTINENTAL BREAKFAST / AM RISE! 7:45 RELAXATION MUSIC & MEDIATION 9:40 GENTLE EXERCISE & STRETCHING 10:30 SENSORY PAINTING 11:00 MUSIC & MEMORY 12:30 SING-ALONG 1:00 COMMERCIALS REMINISCING 1:30 HISTORY READING 2:00 SNACK & CHAT! 2:15 CHAIR TAI CHI 3:00 PARACHUTE w/ MUSIC 4:30 MOVIE NIGHT	<div style="background-color: #f1c40f; padding: 10px; border-radius: 10px; display: inline-block;">  <i>Stimulate Your Mind</i> </div> <div style="background-color: #27ae60; padding: 10px; border-radius: 10px; display: inline-block; margin-top: 10px;">  <i>Motivate Your Body</i> </div> <div style="background-color: #2980b9; padding: 10px; border-radius: 10px; display: inline-block; margin-top: 10px;">  <i>Rejuvenate Your Spirit</i> </div>		

THANKSGIVING CONCERT

With Tommy Steele!

Thursday, November 24th at 1pm