

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2018

## Linda Valley Memory Care Activities

					<p>9:15 Sit N Stretch 10:15 News / Views 10:30 Healthy Snack 11:00 Table Designers 2:00 Candy Bingo 3:00 Horse Shoes 4:00 Table Designers 6:30 <b>Music &amp; Memory</b></p>	<p>1 9:00 Walking Club 9:15 Live Exercises 10:00 Garden Club 11:00 Table Designers 2:00 Health Talk 3:00 Target Ball 4:00 Table Designers 6:00 <b>Vespers</b></p>	<p>2 9:00 <b>University Church</b> 10:00 Choir Club 10:30 Bible Words 11:00 Table Designers 2:00 Biblical Art 3:00 Sabbath Film 4:00 Table designers 6:00 <b>Vespers</b></p>
<p>4 9:15 Senior Walk 9:45 Chair Exercise 10:45 Daily Chronicle 11:00 Table Designers 2:00 Senior Golf 3:00 Candy Bingo 4:00 Patio Stroll/Chat 6:00 <b>Music &amp; Memory</b> <small>Daylight Saving Time Ends</small></p>	<p>5 9:15 Bright Walk 9:45 Sit N Stretch 10:30 Daily News/Views 11:00 Table Designers 2:00 Ceramic painting 3:00 Beanbag Catch 4:00 Table Designers 6:30 Senior Trivia</p>	<p>6 9:15 Live Exercises 10:00 Patio Stroll/Chat 10:30 Daily Chronicle 11:00 Table Designers 2:00 Volleyball Fun 3:00 Arts &amp; Crafts 4:00 Table Designers 6:30 <b>Bible Study</b></p>	<p>7 9:00 Muscle Motion 9:45 News and Views 10:15 Nature Walk 11:00 Table Designers 2:00 <b>Movie &amp; popcorn</b> 3:00 Basketball 4:00 Table Designers 6:30 Memory Lane</p>	<p>8 9:30 Chair Exercise 10:15 Daily Chronicle 10:30 Morning Walk 11:00 Table Designers 2:00 Bingo Fun 3:00 Ring Challenge 4:00 Table Designers 6:30 <b>Music &amp; Memory</b></p>	<p>9 9:15 Walking Club 10:00 Live Exercises 10:30 Garden Club 11:00 Table Designers 2:00 Chick soup chat 2:30 Bowling 4:00 Table Designers 6:00 <b>Vespers</b></p>	<p>10 9:00 <b>University Church</b> 10:00 Name That hymn 10:30 Verse Search 11:00 Table Designers 2:00 Biblical Art 3:00 Health Facts 4:00 Table designers 6:00 <b>Vespers</b></p>	
<p>11 9:15 Walk Your Health 9:45 Move And Groove 10:45 Daily Chronicle 11:00 Table Designers 2:00 Chick Soup Chat 2:30 Horse Shoes 4:00 Patio Stroll/Chat 6:30 <b>Movie</b> <small>Veterans Day (US) Remembrance Day (Canada)</small></p>	<p>12 9:00 Muscle Motion 10:00 Daily Chronicle 10:30 Patio Walk 11:00 Table Designers 2:00 Life Trivia 3:00 Basketball 4:00 Table Designers 6:30 Connect 4</p>	<p>13 9:15 Live Exercises 10:00 Daily Chronicle 10:00 Find -A- word 11:00 Table Designers 2:00 Volleyball Fun 3:00 Arts &amp; Crafts 4:00 Table Designers 6:30 Nature Video</p>	<p>14 9:00 Exercise Fun 9:45 Daily Chronicle 10:15 Ball Toss 11:00 Table Designers 2:00 Choir Group 3:00 Floor Darts 4:00 Table Designers 6:30 Life Trivia</p>	<p>15 9:30 Chair Exercise 10:15 Daily Chronicle 10:30 Nutrition Shakes 11:00 Table Designers 2:00 Bingo Fun 3:00 Patio Walk 4:00 Table Designers 6:30 Fabric Fold</p>	<p>16 9:15 Live Exercises 10:00 Patio Chat 10:30 Daily Chronicle 11:00 <b>Out To Lunch</b> 2:00 Resident Choice 3:00 Bowling 4:00 Table Designers 6:00 <b>Vespers</b></p>	<p>17 9:00 <b>University Church</b> 10:00 Name That hymn 10:30 Verse Search 11:00 Table Designers 2:00 Biblical Art 3:00 Health Facts 4:00 Table designers 6:00 <b>Vespers</b></p>	
<p>18 9:15 Senior Walk 9:45 Chair Exercise 10:45 Daily Chronicle 11:00 Table Designers 2:00 Senior Golf 3:00 Candy Bingo 4:00 Patio Stroll/Chat 6:00 <b>Music &amp; Memory</b></p>	<p>19 9:15 Morning Jog 9:45 Stretchercise 10:30 Daily Chronicle 11:00 Table Designers 2:00 Cards for friends 3:00 Noodle Ball 4:00 Table Designers 6:00 Word Games</p>	<p>20 9:15 Live Exercises 10:00 Daily Chronicle 10:45 World News 11:00 Table Designers 2:00 Volleyball Fun 3:00 Crafty Corner 4:00 Table Designers 6:30 Puzzled Evening</p>	<p>21 9:00 Muscle Motion 9:45 World News 10:15 Daily Chronicle 11:00 Table Designers 2:00 Creative Moments 3:00 Beanbag Catch 4:00 Table Designers 6:30 Let's reminisce</p>	<p>22 9:30 Chair Exercise 10:15 Daily Chronicle 10:30 Cooking Class 11:00 Table Designers 2:00 Bingo Fun 3:00 Ring Challenge 4:00 Table Designers 6:30 <b>Music &amp; Memory</b> <small>Thanksgiving Day (US)</small></p>	<p>23 9:15 Live Exercises 10:00 World Chronicle 10:30 Garden Club 11:00 Table Designers 2:00 Chick soup chat 2:30 Bowling 4:00 Table Designers 6:00 <b>Vespers</b></p>	<p>24 9:00 <b>University Church</b> 10:00 Name That hymn 10:30 Verse Search 11:00 Table Designers 2:00 Biblical Art 3:00 Resident Choice 4:00 Table Designers 6:00 <b>Vespers</b></p>	
<p>25 9:15 Walk Your Health 9:45 Move And Groove 10:45 Daily Chronicle 11:00 Table Designers 2:00 Chick Soup Chat 2:30 Sunday Bingo 4:00 Patio Stroll/Chat 6:30 Movie Nite</p>	<p>26 9:15 Bright Walk 9:45 Sit N Stretch 10:30 Daily News/Views 11:00 Table Designers 2:00 Ceramic painting 3:00 Beanbag Catch 4:00 Table Designers 6:30 Senior Trivia</p>	<p>27 9:15 Live Exercises 10:00 Patio Stroll/Chat 10:30 Daily Chronicle 11:00 Table Designers 2:00 Volleyball Fun 3:00 Arts &amp; Crafts 4:00 Table Designers 6:30 <b>Bible Study</b></p>	<p>28 9:00 Muscle Motion 9:45 News and Views 10:15 Nature Walk 11:00 Table Designers 2:00 <b>Movie &amp; popcorn</b> 3:00 Basketball 4:00 Table Designers 6:30 Memory Lane</p>	<p>29 9:15 Sit N Stretch 10:15 News / Views 10:30 Healthy Snack 11:00 Table Designers 2:00 Candy Bingo 3:00 Horse Shoes 4:00 Table Designers 6:30 <b>Music &amp; Memory</b></p>	<p>30 9:00 Walking Club 9:15 Live Exercises 10:00 Garden Club 11:00 <b>Out to Lunch</b> 2:00 Health Talk 3:00 Target Ball 4:00 Table Designers 6:00 <b>Vespers</b></p>		