| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>9:00 Stretching<br>9:30 Exercise<br>10:00Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study<br>Daylight Saving Time Ends | 2<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Puzzle<br>3:00 Snacks | 3<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hand Massage/Nails<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Western Movie<br>3:00 Balloon Toss/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 4<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study | 5<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowing<br>4:30 Dinner<br>6:00 Bible Study | 6<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hair Care/Snacks<br>11:00 color<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Hallmark Movie<br>3:00 Card Matching/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 7<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowin<br>4:30 Dinner<br>6:00 Bible Study |
| 8<br>9:00 Stretching<br>9:30 Exercise<br>10:00Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study<br>Diwali (Hindi) | 9<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Puzzle<br>3:00 Snacks | 10<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hand Massage/Nails<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Western Movie<br>3:00 Balloon Toss/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 11<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study<br>Veterans Day<br>Remembrance Day (Canada) | 12<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowing<br>4:30 Dinner<br>6:00 Bible Study | 13<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hair Care/Snacks<br>11:00 color<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Hallmark Movie<br>3:00 Card Matching/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 14<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowin<br>4:30 Dinner<br>6:00 Bible Study |
| 15<br>9:00 Stretching<br>9:30 Exercise<br>10:00Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study | 16<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Puzzle<br>3:00 Snacks | 17<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hand Massage/Nails<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Western Movie<br>3:00 Balloon Toss/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 18<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study | 19<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowing<br>4:30 Dinner<br>6:00 Bible Study | 20<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hair Care/Snacks<br>11:00 color<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Hallmark Movie<br>3:00 Card Matching/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 21<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowin<br>4:30 Dinner<br>6:00 Bible Study |
| 22<br>9:00 Stretching<br>9:30 Exercise<br>10:00Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study | 23<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Puzzle<br>3:00 Snacks | 24<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hand Massage/Nails<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Western Movie<br>3:00 Balloon Toss/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 25<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study | 26<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowing<br>4:30 Dinner<br>6:00 Bible Study<br>Thanksgiving Day (U.S.) | 27<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Hair Care/Snacks<br>11:00 color<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Hallmark Movie<br>3:00 Card Matching/Snacks<br>4:30 Dinner<br>6:00 Bible Study | 28<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Balloon Toss/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Play Dough<br>3:00 Snacks/Bubble Blowin<br>4:30 Dinner<br>6:00 Bible Study |
| 29<br>9:00 Stretching<br>9:30 Exercise<br>10:00Sing Along/Snacks<br>11:30 lunch<br>1:00 Fresh Breeze<br>2:00 Family Visit<br>3:00 Snacks/Color<br>4:30 Dinner<br>6:00 Bible Study | 30<br>9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/9:00 Stretching<br>9:30 Exercise<br>10:00 Bible Study/Snacks<br>11:30 Lunch<br>1:00 Fresh Breeze<br>2:00 Puzzle<br>3:00 Snacks |  | | | | |

MEMORY CARE" ACTIVITIES SUBJECT TO CHANGE"