


ST. ANNES MEAD MEMORY CARE HOME NOVEMBER LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LOCATION CODES ECU Extended Care Unit HHR Hollingshead Room CAS Creative Art Studio SL South Lounge NL North Lounge MDR Main Dining Room FC Fountain Courtyard KC Kass Courtyard	ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.			1 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 ENTERTAINMENT W/ JOE ARMIJO (NL) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	2 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
3 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	4 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 REMEMBERING FLYING SONGS 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 CULINARY & COOKING DEMO (HHR) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	5 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ MARIE KRAVETZ 4:00 BALLOON VOLLEYBALL 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	6 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 NAME 5 TRIVIA 10:30 THIS WEEK IN HISTORY 11:00 MEMORIAL SERVICE 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	7 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 OLD WIVES TALESTRUE & FALSE 12:30 LUNCH 2:00 ENTERTAINMENT W/ JOEL PALMER (MDR) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8 8:30 BREAKFAST 9:30 RHYMING RIDDLES 10:30 EXERCISE 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	9 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
10 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	11 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 NOVEMBER TRIVIA 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 VETERAN'S DAY CEREMONY (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	12 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SNACK TIME 4:00 TARGET TOSS 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	13 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORD IN WORDS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	14 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 PICTURE THIS 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	15 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	16 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
17 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 CHILDREN'S PIANO RECITAL (HHR) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	18 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 TRUTH OR TURKEY 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:30 SENIOR HANDBELL CHOIR (HHR) 3:30 CHILI COOK-OFF (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	19 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 BIRTHDAY PARTY & ENTERTAINMENT (MDR) 3:30 CREATIVE EXPRESSIONS 5:00 REST & RELAXATION 7:00 EVENING WIND DOWN	20 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 GROCERY GAME 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:00 MEN'S LUNCH 12:30 LADY'S LUNCH 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	21 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMEMBERING THE BAKERY 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	22 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BEAT THE CLOCK 10:30 EXERCISE 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	23 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
24 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	25 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 NAME THAT TUNE 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ DANIEL BRYSON (NL) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	26 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 NEW RESIDENT WELCOME HAPPY HOUR (MDR) 5:00 REST & RELAXATION 6:00 DINNER MUSIC W/ HENRIK 7:00 EVENING WIND DOWN	27 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WISHBONE TOSS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	28 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 TO GRADDAUGHTER'S SHORT STORY 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	29 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	30 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN