

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Station 1 ~ Activities Calendar

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|--|--|---|--|--|--|--|
| 10:00 Sunday Chatter w/Friends 5 10:30 Chair Yoga & Meditation 11:00 Musical Childhood Memories 1:15 Room Visits & Today's History 2:00 Watercolors & Classic Music 3:00 Movie Matinee: Casablanca 4:00 Afternoon Balloon Toss Stretch 5:00 Dinner to Jazz Favorites | 10:00 Morning Gathering & News 6 <i>10:30 Live Entertainment with Brian Kane! (T)</i> 11:00 Sinatra Sing-Along 1:15 Room Visits & Short Stories <i>2:00 Belmont Garden Club (T)</i> 3:00 Refreshments & Child Prodigies 4:00 Reading Short Stories Together 5:00 Dinner to Opera Arias | 10:00 Feel Good Stories 7 10:30 Mindful Movement & Breathing 11:00 Finish the Lyrics! 1:15 Room Visits & Daily Chronicle 2:00 Name 5 Trivia Game 3:00 Resident Social & Discussion 4:00 Namaste Nail Soak & Music 5:00 Dinner to Contemporary Favorites | 10:00 News & View Articles 8 10:30 Dancercise for Flexibility 11:00 Vocal Cord Stretch! 1:15 Room Visits & Daily Handouts 2:00 Table Topic Discussions 3:00 Refreshments & Musicals 4:00 Musical Bio & Concert Series 5:00 Dinner to Classical Melodies | 10:00 Today's Headlines 9 <i>10:30 Live Entertainment with Patrick Hoye!</i> 11:00 Making Melodies Together 1:15 Room Visits & Horoscopes 2:00 Traveling the World Discussion 3:00 Resident Social/Big Bands Concert 4:00 Finish the Lyrics/Common Phrases 5:00 Dinner to Inspirational Music | 10:00 Morning Gathering & News 10 10:30 Range of Motion Stretch 11:00 Reminiscing with Song! 1:15 Room Visits & Daily Handouts 2:00 Question of the Day: Careers 3:00 Refreshments & Brief Historical Bio 4:00 Gentle Afternoon Stretch 5:00 Dinner to Classic Crooners | 10:00 Coffee, Chat & News 4 10:30 Chair Yoga/Breathing/Hydrate 11:00 Sing-Along with Friends 1:15 Room Visits & Daily Fun Facts! 2:00 Weekend Manicures & Musical <i>3:00 Men's Beer Social Gathering!</i> 4:00 Comedy Hour: Jerry Lewis 5:00 Dinner to Classic Country Hits |
| 10:00 Sunday Chatter w/Friends 12 10:30 Chair Yoga & Meditation 11:00 Musical Childhood Memories 1:15 Room Visits & Today's History 2:00 Watercolors & Classic Music 3:00 Movie Matinee: Casablanca 4:00 Afternoon Balloon Toss Stretch 5:00 Dinner to Jazz Favorites <small>Diwali (Hindi)</small> | 10:00 Morning Gathering & News 13 10:30 Movement & Music 11:00 Sinatra Sing-Along 1:15 Room Visits & Short Stories 2:00 Virtual Reality Mystery Series 3:00 Refreshments & Child Prodigies 4:00 Reading Short Stories Together 5:00 Dinner to Opera Arias | 10:00 Feel Good Stories 14 <i>10:30 Laughter Yoga with Joanie!</i> 11:00 Burst into Song! 1:15 Room Visits & Daily Chronicle 2:00 Soundscapes & Poetry 3:00 Resident Social & Discussion 4:00 Namaste Nail Soak & Music 5:00 Dinner to Contemporary Favorites | 10:00 News & View Articles 15 10:30 Dancercise for Flexibility 11:00 Singing the Classics w/ Janice! 1:15 Room Visits & Daily Handouts 2:00 Table Topic Discussions 3:00 Refreshments & Musicals 4:00 Musical Bio & Concert Series 5:00 Dinner to Classical Melodies | 10:00 Today's Headlines 16 <i>10:30 Live Entertainment with Jeff Thomas!</i> 11:00 Making Melodies Together 1:15 Room Visits & Horoscopes 2:00 Traveling the World Discussion 3:00 Resident Social/Big Bands Concert 4:00 Soundscapes & Poetry 5:00 Dinner to Inspirational Music | 10:00 Morning Gathering & News 17 10:30 Range of Motion Stretch 11:00 Reminiscing with Song! 1:15 Room Visits & Daily Handouts 2:00 Question of the Day: Family 3:00 Refreshments & Brief Historical Bio 4:00 Gentle Afternoon Stretch 5:00 Dinner to Classic Crooners | 10:00 Coffee, Chat & News 18 10:30 Chair Yoga/Breathing/Hydrate 11:00 Sing-Along with Friends 1:15 Room Visits & Daily Fun Facts! 2:00 Weekend Manicures & Musical 3:00 Resident Social & Reminiscing 4:00 Comedy Hour: Bob Newhart 5:00 Dinner to Classic Country Hits |
| 10:00 Sunday Chatter w/Friends 19 10:30 Chair Yoga & Meditation 11:00 Musical Childhood Memories 1:15 Room Visits & Today's History 2:00 Watercolors & Classic Music 3:00 Movie Matinee: Casablanca 4:00 Afternoon Balloon Toss Stretch 5:00 Dinner to Jazz Favorites | 10:00 Morning Gathering & News 20 10:30 Movement & Music 11:00 Sinatra Sing-Along 1:15 Room Visits & Short Stories 2:00 Virtual Reality Mystery Series 3:00 Refreshments & Child Prodigies 4:00 Reading Short Stories Together 5:00 Dinner to Opera Arias | 10:00 Feel Good Stories 21 10:30 Mindful Movement & Breathing 11:00 Finish the Lyrics! 1:15 Room Visits & Daily Chronicle 2:00 Name 5 Trivia Game 3:00 Resident Social & Discussion 4:00 Namaste Nail Soak & Music 5:00 Dinner to Contemporary Favorites | 10:00 News & View Articles 22 10:30 Dancercise for Flexibility 11:00 Vocal Cord Stretch! 1:15 Room Visits & Daily Handouts <i>2:00 Live Entertainment with Eddie Marando! (T)</i> 3:00 Refreshments & Musicals 4:00 Musical Bio & Concert Series 5:00 Dinner to Classical Melodies | <i>Happy Thanksgiving! 23</i> <i>9:00 Macys Thanksgiving Day Parade!</i> 10:30 Gentle Chair Stretching 11:00 Making Melodies Together <i>12:00 THANKSGIVING LUNCHEON</i> 2:00 When You Wish Upon a Bone Discussion Group! 3:00 Resident Social/Big Bands Concert <small>Thanksgiving Day (US)</small> | 10:00 Morning Gathering & News 24 10:30 Range of Motion Stretch 11:00 Reminiscing with Song! 1:15 Room Visits & Daily Handouts 2:00 Question of the Day: Holidays 3:00 Refreshments & Brief Historical Bio 4:00 Gentle Afternoon Stretch 5:00 Dinner to Classic Crooners | 10:00 Coffee, Chat & News 25 10:30 Chair Yoga/Breathing/Hydrate 11:00 Sing-Along with Friends 1:15 Room Visits & Daily Fun Facts! 2:00 Weekend Manicures & Musical 3:00 Resident Social & Reminiscing 4:00 Comedy Hour: I love Lucy 5:00 Dinner to Classic Country Hits |
| 10:00 Sunday Chatter w/Friends 26 10:30 Chair Yoga & Meditation 11:00 Musical Childhood Memories 1:15 Room Visits & Today's History 2:00 Watercolors & Classic Music 3:00 Movie Matinee: Casablanca 4:00 Afternoon Balloon Toss Stretch 5:00 Dinner to Jazz Favorites | 10:00 Morning Gathering & News 27 10:30 Movement & Music 11:00 Sinatra Sing-Along 1:15 Room Visits & Short Stories 2:00 Virtual Reality Mystery Series 3:00 Refreshments & Child Prodigies 4:00 Reading Short Stories Together 5:00 Dinner to Opera Arias | 10:00 Feel Good Stories 28 10:30 Mindful Movement & Breathing 11:00 Burst into Song! 1:15 Room Visits & Daily Chronicle 2:00 Name 5 Trivia Game 3:00 Resident Social & Discussion 4:00 Namaste Nail Soak & Music 5:00 Dinner to Contemporary Favorites | 10:00 News & View Articles 29 10:30 Dancercise for Flexibility 11:00 Singing the Classics w/ Janice! 1:15 Room Visits & Daily Handouts <i>2:00 Resident Council Meeting</i> <i>3:00 November Birthday Party!</i> 4:00 Musical Bio & Concert Series 5:00 Dinner to Classical Melodies | 10:00 Today's Headlines 30 <i>10:30 Live Entertainment with Denise Doucette! (T)</i> 11:00 Making Melodies Together 1:15 Room Visits & Horoscopes 2:00 Traveling the World Discussion 3:00 Resident Social/Big Bands Concert 4:00 Soundscapes & Poetry 5:00 Dinner to Inspirational Music | <i>"May the good things of life be yours in abundance not only at Thanksgiving but throughout the coming year."</i> | |