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## Memory Care November 2021

*Activity calendar subject to change*



<b>ACTIVITIES IN BLACK &amp; BOLD ARE HELD OUTSIDE THE UNIT.</b>	1) <b>Cyndi Off Mon's</b> 10:30a Cornhole T 1:30p Exercise (T) 2:30p Make a Word (V)	2) <b>Cyndi Off</b> 11:15a Musical Zumba (INSTRUCTOR) (T) 2:00p Movie Matinee with popcorn (T)	3) <b>Terry Off Weds</b> 10:30a Yoga (C) 1:30p Exercise (V) 2:30p Make Hand Turkeys (V)	4) <b>Terry Off</b> 10:15a Balloon Volley C 11a Church Service 2pm Time Slips (V)	5) <b>Terry Off</b> 10:30a Kickball (C) 1:30p Exercise (C) 2:45p Friday Social w/ Ray & Jeff (C)	6)
7) <b>Turn Clocks Back 1 Hour before bed</b> 10:30a Communion 2p Topsail Pres. Church Service	8) 10:30a Basketball T 1:30p Exercise (T) 2:30p Spelling Bee v	9) 10:30a Bowling (T) 2:00p Movie Matinee with popcorn (C)	10) 10:30a Ladder Toss C 1:30p Exercise (C) 2:30p Jeopardy (C)	11)  <b>Veteran's Day</b> 10:15a Sit n Stretch (T) 2:45pm Veterans Day Celebration (C)	12) 10:30a Trivia (T) 1:30p Exercise (T) 2:45p Friday Social (C & T)	13)
14) 	15) 10:30a Noodle Ball 1:30p Exercise (T) 2:30p Craft (V)	16) 11:15a Zumba T <b>12p Taco Tuesday!!</b> 2p Movie Matinee w/ popcorn (T)	17) 10:30a Yoga (INSTRUCTOR) (C) 1:30p Exercise (V) 2:30p Turkey Talk (V)	18) 10:15a Dance n Stretch 11am Church Service 2:30p Tic Tac Toe (T)	19) 10:30a Baseball T 1:30p Exercise (C) 2:45p Friday Social w/ Dusty & Bill (C & T)	20)
21) 10:30a Catholic Communion 2p Peace Baptist Church Service	22) 10:30a Bowling (T) 1:30p Exercise (T) 2:30p Hangman (V)	23) 10:30a Sit n Stretch (T) 2:00p Movie Matinee with popcorn (C)	24) 10:30a Bowling (C) 1:30p Exercise C 2:30p Name that tune (C)	25) <b>Thanksgiving!</b> 10:30a Exercise (T) 12p <b>Special Thanksgiving Luncheon</b>  2:30p Matinee Movie (T)	26) <b>Vicki Off</b> 10:30a BUCK STOP (C & T) 1:30p Exercise (C) 2:45p Birthday Social with Duke Ladd (C & T)	27) 11am Music with Tom Sharpe
28) 10:30a Catholic Communion	29) 10:30a Ladder Toss 1:30p Exercise (T) 2:30p Rhyme Tyme (V)	30) 10:30a Zumba (T) 2:00p Movie Matinee with popcorn (C)				

**Snacks are available to residents 10am, 3:30p & 7pm.**

