



**Adult Care Center
Activity Calendar**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00			Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Deviled Egg Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Jersey Friday
10:00			Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00			Life Stories/ Headbandz	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00- 1:45			Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00			Sewing Group/ Breakout Exercise & Wellness Group	Expressive Art/ Crossword Puzzle	Karaoke/ UNO Game
3:00			Refreshments	Refreshments	Refreshments
3:30			Art Appreciation/ Midweek Matinee	Trivia/ Jenga Game/ Bean Bag Toss	Art Appreciation/ Friday Frolic
4:30			Midweek Matinee	Piano Appreciation/ Relaxing Conversation	Friday Frolic
	6	7	8	9	10
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Saxophone Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Parents as Teachers Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	Hangman: Instrument/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz	Breakout Exercise & Wellness Groups	Fall A-Z Game/ Target Toss
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Breakout Exercise & Wellness Group	Chimes/ Bingo	Sewing Group/ Breakout Exercise & Wellness Group	Bird House Design/ Crossword Puzzle	Stretching Exercise/ Dana's Chair Yoga
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Tic-Tac-Toe Toss/ Q-Chord/ Connect 4	Name That Person/ 100 or Bust	Art Appreciation & Midweek Matinee	Trivia/ Uno Game/ Bean Bag Toss	Art Appreciation & Friday Frolic
4:30	Conversation Ball/ Piano Appreciation	Piano Appreciation/ Relaxing Conversation	Midweek matinee	Piano Appreciation/ Relaxing Conversation	Friday Frolic

	13	14	15	16	17
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword World Kindness Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Clean Out Your Refrigerator Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00	Music & Spirituality/ Puzzles or Word Find	Tea Party/ Awesome Festive Mason Jar Craft/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	Headbandz/ Bean Bag Toss	Breakout Exercise & Wellness Groups	Hangman/ Life Stories	Breakout Exercise & Wellness Groups	Penny Ante/ Rock & Relax Conversation
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Breakout Exercise & Wellness Group	Chimes/ Bingo	Sewing/ Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art	Exercise (Music Ball)/ Dana's Wellness Group
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Q-Chord/ 100 or Bust/ Conversation Ball	Name that Logo/ Worship singing time/ Target Toss	Art Appreciation & Midweek Matinee	Trivia/ Fall Origami/ Connect 4	Art Appreciation/ Friday Frolic
4:30	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation/ Relaxing Conversation	Midweek Matinee	Piano Bar & Relaxation/ Relaxing Conversation	Friday Frolic
	20	21	22	23	24
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories /Participants Choice: Puzzles, Word Find/Crossword Birthday Party!		
10:00	Music & Spirituality/ Puzzles or Word Finding	Tea Party/ Expressive Art	Drum Circle/ Puzzles & Word Find		
11:00	Hangman/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz		
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation		
2:00	Breakout Exercise & Wellness Group	Chimes/ Bingo	Birthday Party Rock!/ Sewing Group		
3:00	Refreshments	Refreshments	Refreshments		
3:30	Name that Tune/ 100 or Bust	Trivia/ UNO Game/ Connect 4	Art Appreciation/ Midweek matinee		
4:30	Conversation Ball/ Piano Appreciation	Q-Chord/ Relaxing Conversation	Midweek Matinee		
	27	28	29	30	
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Cyber Monday	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories /Participants Choice: Puzzles, Word Find/Crossword Rockefeller Center Tree Light	Morning News Hour/ Participants Choice: Puzzles, Word Find, Crossword National Mason Jar Day	
10:00	Music & Spirituality/ Puzzles or Word Find	Tea Party/ Expressive Art	Price is Right!!!/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	
11:00	Headbandz/ Penny Ante	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group	
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	

2:00	Exercise & Wellness/ Dana's Chair Yoga	Chimes/ Bingo	Drum Circle/ Sewing	Scrabble/ Life Stories/ Expressive Art	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30	Music Ball/ Jenga/ Target Toss	UNO/ Name that Tune/ 100 or Bust	Art Appreciation/ Midweek Matinee	Trivia/ Manicure & Hand Massages/ Connect 4	
4:30	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation	Midweek Matinee	Piano Appreciation/ Relaxing Conversation	

November is....

Month:

- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- National Novel Writing Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- National Sleep Comfort Month

Weekly:

- Week 1- Chemistry Week
- Week 3 – Game and Puzzle Week

<p><u>Participants Choice</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Hand Massage</p> <p>Reminisce</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Nail Care</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants on a daily basis*</p> <p>Core Focus: Body Blades</p> <p>Kinect Group: Selected games focus on eye-hand coordination & static/dynamic balance</p> <p>Upper Body: Weight lifting Medicine Balls Thera band Hand Grippers</p> <p>Wellness (Mind & Body): Tai Chi</p> <p>Lower Extremity: Virtual Cycling Club</p> <p>Active ROM: Parachute Fun band Armchair Exercise</p>
---	---