

# Josephine Memory Care November

Sun	Mon	NATIONAL Tue	GRADITUDE Wed	MONTH Thu	Fri	Sat	
	1 10:00 sittercise 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	2 10:00 Sing a long 11:00 sittercise 12:30 Noodle Ball 2:00 hydration station/nails 3:00 Cross Words 5:30 Trivia 6:30 Movie /finding Nemo 112	3 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 sing a long 12:30 Nails 1:00 Hydration Station 1:30 Poem reading 3:15 Color Craze 5:30 Hand Massage with Lotion	4 10:00 Sing a long 10:30 Sittercise 1:00 Lets get moving/ hydration station 2:00 Noodle Ball 3:15 Cross Word 5:30 Chit Chat	5 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Noodle Ball 3:15 States and Capitols 5:00 Movie/The Emperor's Groove 5:30 Celebrate life box	6 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 Celebrate life boxes 3:00 BINGO	
7 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:00 Hydration Station 2:00 Basketball 3:00 Bingo	8 10:00 sittercise 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	9 10:00 Sing a long 11:00 sittercise 12:30 Noodle Ball 2:00 hydration station/nails 3:00 Cross Words 5:30 Trivia 6:30 Residents choice	10 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 sing a long 12:30 Toss a Cross 1:00 Hydration Station 1:30 Poem reading 3:15 Color Craze 5:30 Hand Massage with Lotion	11 10:00 Sing a long 10:30 Sittercise 1:00 Lets get moving/ hydration station 2:00 Noodle Ball 3:15 Cross Word 5:30 Chit Chat	12 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Crafts 3:15 Joggin your noggin 5:30 Celebrate life box 6:00 Let's relax and chat	13 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 Trivia 3:00 BINGO	
14 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:00 Hydration Station 2:00 Basketball 3:00 Jenga	15 10:00 Michelle on guitar 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	16 10:00 Sing a long 11:00 sittercise 12:30 noodle Ball 2:00 Nails 3:00 Color Craze Hydration Station 5:30 Ball Toss 6:30 poems	17 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 sing a long 12:45 Trivia 1:30 Cross words 2:00 Poem Reading 3:15 Color Craze 5:30 Hand message with Lotion	18 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:30 Hydration Station 2:00 Noodle Ball 3:15 bingo 5:30 Reminisce with Books	19 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Cooking 3:15 States and Capitols 5:30 Celebrate Life box 6:00 Lets reminisce	20 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Bowling 1:00 Hydration Station 2:00 Poem Reading 3:00 BINGO	
21 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:00 Hydration Station 2:00 basketball 3:00 Bingo	22 10:00 Sittercise 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	23 10:00 Sing a long 11:00 Sittercise 1:00 Noodle Ball 2:00 hydration station/nails 3:00 Color Craze 5:30 Trivia 6:30 Movie// inside out Channel 112	24 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 Sing a long 12:30 Trivia 1:00 Hydration Station 1:30 Nails 3:15 Color Craze 5:30 Hand Massage with Lotion	25 10:00 Sing a long 10:30 Sittercise 1:00 Walking club 1:30 Hydration Station 2:00 Color Craze 3:00 Movie / Christmas with the Kranks (channel 112) <b>THANKSGIVING</b>	26 <b>BLACK FRIDAY</b> 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Crafts 3:15 Joggin your noggin 5:00 Movie/penguins of Madagascar Channel 112 5:30 celebrate life box 6;00 Residents choice	27 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 States and Capitols 3:00 BINGO	
28 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:30 Basketball 3:00 Jenga	29 10:00 Michelle on guitar 11:00 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 trivia	30 10:00 sing a long 11:00 Sittercise 1:00 Ball Toss 2:00 Nails 3:00 Color Craze 5:30 Joggin your noggin 6:30 Poems					