

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2018

## Grandhaven Living Center

### Boardwalk & Cottage

National Alzheimer's Disease Month and National Caregivers Appreciation Month

Daily Chronicle 8:30a.m. Mon - Sun

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness Hour 2:30 Wendy ♪ 3:00 Dancing 6:30 Story	9:30 Mindful Movements 10:30 Refresh 1:00 Wellness hour 2:00 Mexican cooking 3:00 Happy hour 6:30 Good News Friday	9:30 Mindful Movements 10:30 Refresh 11:00 Puzzle hour 1:00 Observe and Reflect 2:00 Wellness hour 3:00 Cardio drumming 4:00 BINGO 6:30 Movie
4	5	6	7	8	9	10
9:30 Mindful Movements 11:00 Match the phrase 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 4:00 Bowling 6:30 Manicures/massage <small>Daylight Saving Time Ends</small>	9:30 Mindful Movements 10:30 Refresh 11:00 Cranium Crunches 1:00 Wellness hour 2:00 Work of heART 3:00 Karaoke 6:30 Story	9:30 Mindful Movements 11:00 Mindful Moments 1:00 Wellness hour 2:00 Giving Back: dog treats 3:00 Balloon tennis 6:30 Aromatherapy	9:30 Mindful Movements 10:30 Refresh 11:00 Word puzzles 1:00 Wellness hour 2:00 Baking: pie 3:00 BINGO 6:30 Soothing music	9:30 Mindful Movements 10:30 Refresh 11:45 Lunch TBD 1:00 Wellness hour 2:00 Home economics 3:00 Social games 6:30 Story	9:30 Mindful Movements 10:30 Refresh 11:00 What's in the Bag? 1:00 Wellness hour 2:00 Crafts 3:30 Jeff ♪ 6:30 Good News Friday	9:30 Mindful Movements 11:00 Puzzle Hour 1:00 Music 2:00 Wellness hour 3:00 Cardio drumming 4:00 BINGO 6:30 Movie
11	12	13	14	15	16	17
9:30 Mindful Movements 11:00 Match the phrase 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 4:00 Karaoke 6:30 Manicures/massage <small>Veterans Day (US) Remembrance Day (Canada)</small>	9:30 Mindful Movements 10:30 Refresh 11:00 Cranium Crunches 1:00 Wellness hour 2:00 Work of heART 3:00 Karaoke 6:30 Story	9:30 Mindful Movements 11:00 Mindful Moments 1:00 Wellness Hour 2:00 Giving Back 3:00 Balloon tennis 4:00 Boys & Girls club 6:30 Aromatherapy	9:30 Mindful Movements 10:30 Refresh 11:00 Word puzzles 1:00 Wellness hour 2:00 Cooking 3:00 Target practice 6:30 Soothing music	9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness hour 2:00 Home economics 3:00 Dancing 6:30 Story	9:30 Mindful Movements 10:30 Refresh 11:00 What's in the Bag? 1:00 Wellness hour 2:00 Mindful Moments 3:30 Marty ♪ 6:30 Dessert buffet	9:30 Mindful Movements 11:00 Puzzles 1:00 Testing our senses 2:00 Wellness hour 3:00 Cardio drumming 4:00 BINGO 6:30 Movie
18	19	20	21	22	23	24
9:30 Mindful Movements 11:00 Match the Phrase 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 4:00 Bowling 6:30 Manicures & massage	9:30 Mindful Movements 11:00 Cranium Crunches 1:00 Food Council 2:00 Work of heART: 3:00 Karaoke 6:30 Story	9:30 Mindful Movements 11:00 Mindful Moments 1:00 Wellness hour 2:00 Giving Back 3:30 Communion 6:30 Aromatherapy	9:30 Mindful Movements 11:00 Learning Native American Culture 1:00 Wellness hour 2:00 Cooking 3:00 BINGO <small>Celebrate National Native Americans Heritage Day</small>	 <small>Thanksgiving Day (US)</small>	9:30 Mindful Movements 11:00 Thanksgiving trivia 1:00 Wellness hour 2:00 Coffee/conversation 3:00 Kickball 6:30 Good News Friday	9:30 Mindful Movements 11:00 Puzzles 1:00 Observe and Reflect 2:00 Wellness hour 3:00 Cardio drumming 4:00 BINGO 6:30 Movie
25	26	27	28	29	30	
9:30 Mindful Movements 11:00 Match the phrase 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 4:00 Karaoke 6:30 Manicures/massage	9:30 Mindful Movements 10:30 Refresh 11:00 Cranium Crunches 1:00 Resident Council 2:00 Work of heART: 3:00 Karaoke 6:30 Story	9:30 Mindful Movements 10:30 Refresh 11:00 Mindful Moments 1:00 Wellness hour 2:00 Giving Back 3:00 Balloon tennis 6:30 Aromatherapy	9:30 Mindful Movements 10:30 Refresh 11:00 Word puzzles 1:00 Wellness hour 2:00 Cooking 3:30 Target practice <small>Caregivers Appreciation Day</small>	9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness hour 2:00 Home economics 3:00 Square dancing 6:30 Story <small>National Square Dance Day</small>	9:30 Mindful Movements 10:30 Refresh 11:00 What's in the Bag? 1:00 Wellness hour 2:00 Mindful Moments 3:00 Happy hour 6:30 Good News Friday	