November 2018

Grandhaven Living Center

Lighthouse, Pier, & Harbor

National Alzheimer's Disease Month and National Caregivers Appreciation Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **10:30** Mindful Movement **11:15** Word Puzzles **1:30** Home Econ Club **2:30** Live Music : Jay **3:30** Kickball	**2** **10:30** Mindful Movement **11:15** UNO **1:30** Movie: *"Coco"* **2:30** Mexican cooking **3:30** Seated boxing	**3** **10:30** Mindful Movement **11:15** Puzzles **1:30** Painting **2:30** *Tour of the Country* **3:30** Yoga
4 **10:30** *Mindful Movement* **11:15** Meditative coloring **1:30** Trivia **3:00** Pilgrim Baptist Church **4:00** Weight training Daylight Saving Time Ends	**5** **10:30** *Mindful Movement* **11:15** Cranium Crunches **1:30** Work of He*ART* **2:30** Balloon tennis **3:30** Cards	**6** **10:30** *Mindful Movement* **11:15** Word games **1:30** *Giving Back*: dog treats **2:30** Bible study **3:00** Bowling	**7** **10:30** *Mindful Movement* **11:15** Left, Right, Center **1:30** Make a pie **3:00** BINGO	**8** **10:30** *Mindful Movement* **11:15** Word puzzles **11:45** Outing: Finley's Grill & Smokehouse **2:30** Discussion group **3:30** Kickball	**9** **10:30** *Mindful Movement* **11:15** UNO **1:30** Book Club **2:30** Jeff ♫ **3:30** Walking Club	**10** **10:30** *Mindful Movement* **11:15** Puzzles **1:30** Painting **2:30** *Tour of the Country* **3:30** Yoga
11 **10:30** *Mindful Movement* **11:15** Meditative coloring **1:30** Trivia **2:00** Celebrate Vet's Day **3:00** New Direction Church **4:00** Weight training Veterans Day (US) Remembrance Day (Canada)	**12** **10:30** *Mindful Movement* **11:15** Cranium Crunches **1:30** Work of He*ART* **2:30** Balloon tennis **3:30** Card Games	National Day of Kindness **13** **10:30** *Mindful Movement* **11:15** Word games **1:30** *Giving Back:* staff appreciation **2:30** Bible study **3:00** Pumpkin bowling **4:00** Boys & Girls Club	**14** **10:30** *Mindful Movement* **11:15** Left, Right, Center **1:30** Home Econ club **3:00** BINGO	**15** **10:30** *Mindful Movement* **11:15** Word puzzles **1:30** Make bread **2:30** Discussion group	**16** **10:30** Mindful Movement **11:15** UNO **1:30** Book club **2:30** Marty ♫ **6:30** Thanksgiving dessert buffet	**17** **10:30** *Mindful Movement* **11:15** Puzzles **1:30** Painting **2:30** *Tour of the Country* **3:30** Yoga
18 **10:30** *Mindful Movement* **11:15** Meditative coloring **1:30** Trivia **3:00** New Home Missionary **4:00** Weight training	**19** **10:30** *Mindful Movement* **11:15** Food Council **1:30** Work of He*ART* **2:30** Balloon tennis **3:30** Cards	**20** **10:30** *Mindful Movement* **11:15** Word games **1:30** *Giving Back:* dog blankets **2:30** Bible Study **3:00** Communion	**21** **10:30** *Mindful Movement* **11:15** Left, Right, Center **1:30** Learning Native American culture **3:00** BINGO	**22** Thanksgiving Day (US)	**23** **10:30** *Mindful Movement* **11:15** UNO **1:30** Thanksgiving trivia **2:30** Coffee/conversation **3:30** Walking Club	**24** **10:30** *Mindful Movement* **11:15** Puzzles **1:30** Painting: **2:30** *Tour of the Country* **3:30** Yoga
25 **10:30** *Mindful Movement* **11:15** Meditative coloring **1:30** Trivia **3:00** South Church **4:00** Weight training	**26** **10:30** *Mindful Movement* **11:15** Resident Council **1:30** Work of He*ART* **2:30** Balloon tennis **3:30** Cards	**27** **10:30** *Mindful Movement* **11:15** Spelling Bee **1:30** *Giving Back:* Birdfeeder garland **2:30** Bible study **3:00** BINGO store	**28** **10:30** *Mindful Movement* **11:15** Left, Right, Center **1:30** Make biscuits **3:00** BINGO Caregiver Appreciation Day	**29** **10:30** *Mindful Movement* **11:15** Word puzzles **1:30** Home Econ club **2:30** Discussion group **3:30** Square dancing National Square Dance Day	**30** **10:30** *Mindful Movement* **11:15** UNO **1:30** Book club **2:30** Resident Birthday Celebration Tea Party **3:30** Seated boxing	