

**Memory Care  
Daily Rhythms**

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>M</b> - Music to My Ears <b>V</b> - Vitality</p>	<p>Daily Rhythm About Times:  Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep  Early Afternoon 12:45 Relax &amp; Recharge</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep  Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>		<p><b>1</b> <b>V</b> A Walk to Grandmother's House <b>K</b> Autumn Word Poem <b>CC</b> Basil Garlic Bread Relax &amp; Recharge <b>A</b> Fall Sensory Collage <b>M</b> Float With Me <b>GG</b> Name 3 Toss &amp; Catch Healthy Hands <b>GG</b> A Time For Tea</p>	<p><b>2</b> <b>V</b> Parachute Games <b>K</b> Hang the Great Pumpkin <b>CC</b> Pumpkin Streusel Muffins Relax &amp; Recharge <b>A</b> Colorful Sponge Art <b>M</b> A Taste of Autumn Happy Hour <b>GG</b> What's in the Bag Healthy Hands <b>GG</b> LifeShare Games</p>	<p><b>3</b> <b>V</b> A Flex-Kick Saturday <b>K</b> Football Frenzy <b>CC</b> Navy Bean Vegetable Soup Relax &amp; Recharge <b>A</b> Rolling Pin Printmaking <b>M</b> Game Day <b>GG</b> Image Snap Healthy Hands <b>GG</b> Inspirational Coloring</p>
<p><b>4</b> Daylight Savings Ends</p> <p><b>V</b> The Scientific 7 Workout <b>K</b> Turn Over <b>CC</b> Banana Berry Muffins Relax &amp; Recharge <b>A</b> Personal Collage <b>M</b> Up In The Air <b>GG</b> Turkey Toss Healthy Hands <b>I</b> Evening Inspirations</p>	<p><b>5</b> <b>V</b> Basketball <b>K</b> Create a Caption <b>CC</b> Apple Walnut Broccoli Salad Relax &amp; Recharge <b>A</b> Cloth Tie Wreath <b>M</b> Workin' Songs <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands <b>GG</b> Charades</p>	<p><b>6</b> Election Day</p> <p><b>V</b> Foam BallFit <b>K</b> Sentence Story <b>CC</b> Apple Streusel Bread Relax &amp; Recharge <b>A</b> Cloth Tie Wreath <b>M</b> Let's Dance <b>GG</b> Lollipop Paddle Healthy Hands <b>GG</b> Mathematic Mavens</p>	<p><b>7</b> <b>V</b> Balloon Battle <b>K</b> Fall's Common Place <b>CC</b> Chocolate Chip Cookies Relax &amp; Recharge <b>A</b> Fly Swatter Collaborative Painting <b>M</b> Pass the Beat <b>GG</b> Animal Bingo Healthy Hands</p>	<p><b>8</b> <b>V</b> A Walk to Grandmother's House <b>K</b> Autumn Word Poem <b>CC</b> Amish Sugar Cookies Relax &amp; Recharge <b>A</b> Bookmaking <b>M</b> Float With Me <b>GG</b> Name 3 Toss &amp; Catch Healthy Hands <b>GG</b> A Time For Tea</p>	<p><b>9</b> <b>V</b> Parachute Games <b>K</b> Hang the Great Pumpkin <b>CC</b> Pumpkin Spice Cupcakes Relax &amp; Recharge <b>A</b> Bookmaking <b>M</b> A Taste of Autumn Happy Hour <b>GG</b> What's in the Bag Healthy Hands <b>GG</b> LifeShare Games</p>	<p><b>10</b> <b>V</b> A Flex-Kick Saturday <b>K</b> Football Frenzy <b>CC</b> Savory Beef Soup Relax &amp; Recharge <b>A</b> Color Collage <b>M</b> Game Day <b>GG</b> Image Snap Healthy Hands <b>GG</b> Inspirational Coloring</p>
<p><b>11</b> Veterans Day</p> <p><b>V</b> The Scientific 7 Workout <b>K</b> Turn Over <b>CC</b> Bacon Blueberry Scones Relax &amp; Recharge <b>A</b> Veterans Day Heart Card <b>M</b> A Salute to Veterans <b>GG</b> Turkey Toss Healthy Hands <b>I</b> Evening Inspirations</p>	<p><b>12</b> <b>V</b> Basketball <b>K</b> Create a Caption <b>CC</b> Candy Bar Apple Salad Relax &amp; Recharge <b>A</b> Creative Storytelling <b>M</b> Workin' Songs <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands <b>GG</b> Charades</p>	<p><b>13</b> <b>V</b> Foam BallFit <b>K</b> Sentence Story <b>CC</b> Apple Pie Oatmeal Dessert Relax &amp; Recharge <b>A</b> Orange You Happy For Thanksgiving! <b>M</b> Let's Dance <b>GG</b> Lollipop Paddle Healthy Hands</p>	<p><b>14</b> <b>V</b> Balloon Battle <b>K</b> Fall's Common Place <b>CC</b> Chocolate Dream Cookies Relax &amp; Recharge <b>A</b> Gourd-geous Craft <b>M</b> Pass the Beat <b>GG</b> Animal Bingo Healthy Hands <b>GG</b> Fireside Chats</p>	<p><b>15</b> <b>V</b> A Walk to Grandmother's House <b>K</b> Autumn Word Poem <b>CC</b> Oatmeal Bread Relax &amp; Recharge <b>A</b> Poppy Field Collage <b>M</b> Float With Me <b>GG</b> Name 3 Toss &amp; Catch Healthy Hands <b>GG</b> A Time For Tea</p>	<p><b>16</b> <b>V</b> Parachute Games <b>K</b> Hang the Great Pumpkin <b>CC</b> Pumpkin Spice Bread Relax &amp; Recharge <b>A</b> Deck of Wit &amp; Wisdom <b>M</b> A Taste of Autumn Happy Hour <b>GG</b> What's in the Bag Healthy Hands <b>GG</b> LifeShare Games</p>	<p><b>17</b> <b>V</b> A Flex-Kick Saturday <b>K</b> Football Frenzy <b>CC</b> Barley Turkey Soup Relax &amp; Recharge <b>A</b> Creative Storytelling <b>M</b> Game Day <b>GG</b> Image Snap Healthy Hands <b>GG</b> Inspirational Coloring</p>
<p><b>18</b> <b>V</b> The Scientific 7 Workout <b>K</b> Turn Over <b>CC</b> Pecan Coffee Cake Relax &amp; Recharge <b>A</b> Q-Tip Autumn Tree Painting <b>M</b> Up In The Air <b>GG</b> Turkey Toss Healthy Hands <b>I</b> Evening Inspirations</p>	<p><b>19</b> <b>V</b> Basketball <b>K</b> Create a Caption <b>CC</b> Butterscotch Apple Crisp Relax &amp; Recharge <b>A</b> Thumbprint Dandelion <b>M</b> Workin' Songs <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands <b>GG</b> Charades</p>	<p><b>20</b> <b>V</b> Foam BallFit <b>K</b> Sentence Story <b>CC</b> Apple Cinnamon Cookies Relax &amp; Recharge <b>A</b> Fall Leaves Prints <b>M</b> Let's Dance <b>GG</b> Lollipop Paddle Healthy Hands <b>GG</b> Mathematic Mavens</p>	<p><b>21</b> <b>V</b> Balloon Battle <b>K</b> Fall's Common Place <b>CC</b> Oatmeal Kiss Cookies Relax &amp; Recharge <b>A</b> Fall Trees Canvas Painting <b>M</b> Pass the Beat <b>GG</b> Animal Bingo Healthy Hands <b>GG</b> Fireside Chats</p>	<p><b>22</b> Thanksgiving</p> <p><b>V</b> A Walk to Grandmother's House <b>K</b> Autumn Word Poem <b>CC</b> Golden Wheat Bread Relax &amp; Recharge <b>A</b> Thankful Tree <b>M</b> Give Thanks <b>GG</b> Name 3 Toss &amp; Catch Healthy Hands <b>GG</b> A Time For Tea</p>	<p><b>23</b> <b>V</b> Parachute Games <b>K</b> Hang the Great Pumpkin <b>CC</b> Pumpkin Pie Pudding Relax &amp; Recharge <b>A</b> Sequin Acorn Magnets <b>M</b> A Taste of Autumn Happy Hour <b>GG</b> What's in the Bag Healthy Hands <b>GG</b> LifeShare Games</p>	<p><b>24</b> <b>V</b> A Flex-Kick Saturday <b>K</b> Football Frenzy <b>CC</b> Texas Turkey Soup Relax &amp; Recharge <b>A</b> Button Tree Canvas <b>M</b> Game Day <b>GG</b> Image Snap Healthy Hands <b>GG</b> Inspirational Coloring</p>
<p><b>25</b> <b>V</b> The Scientific 7 Workout <b>K</b> Turn Over <b>CC</b> Cinnamon Chip Scones Relax &amp; Recharge <b>A</b> Sensory Spice Painting <b>M</b> Up In The Air <b>GG</b> Turkey Toss Healthy Hands <b>I</b> Evening Inspirations</p>	<p><b>26</b> <b>V</b> Basketball <b>K</b> Create a Caption <b>CC</b> Pecan Bread Pudding Relax &amp; Recharge <b>A</b> Foil Relief Art <b>M</b> Workin' Songs <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands <b>GG</b> Charades</p>	<p><b>27</b> <b>V</b> Foam BallFit <b>K</b> Sentence Story <b>CC</b> Apple Streusel Muffins Relax &amp; Recharge <b>A</b> Oil Pastel Resist <b>M</b> Let's Dance <b>GG</b> Lollipop Paddle Healthy Hands <b>GG</b> Mathematic Mavens</p>	<p><b>28</b> <b>V</b> Balloon Battle <b>K</b> Fall's Common Place <b>CC</b> Peanut Butter Cookies Relax &amp; Recharge <b>A</b> Tissue Paper Leaves <b>M</b> Pass the Beat <b>GG</b> Animal Bingo Healthy Hands <b>GG</b> Fireside Chats</p>	<p><b>29</b> <b>V</b> A Walk to Grandmother's House <b>K</b> Autumn Word Poem <b>CC</b> Chocolate Chip Banana Bread Relax &amp; Recharge <b>A</b> Colorful Group Mandala <b>M</b> Float With Me <b>GG</b> Name 3 Toss &amp; Catch Healthy Hands <b>GG</b> A Time For Tea</p>	<p><b>30</b> <b>V</b> Parachute Games <b>K</b> Hang the Great Pumpkin <b>CC</b> Spice Cookies Relax &amp; Recharge <b>A</b> Ink Dyed Coasters <b>M</b> A Taste of Autumn Happy Hour <b>GG</b> What's in the Bag Healthy Hands <b>GG</b> LifeShare Games</p>	