

CONNECTIONS/NOVEMBER 2021



Sodalis
Shavano Park

MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Get Social</p> <p>Crafts</p> <p>Games</p> <p>Exercise</p>	<p>1 10:00- Hair & Nails 11:00 Chair yoga 1:00 Button Frames 2:00 Snack & Tossing Bags 2:30 Sing Along 3:00 Movie Matinee/ quiet time 5:00 Kickball</p>	<p>2 10:00 Exercise with Donna 11:00 Moving Ragtime Hits 1:00 Turkey Hands 2:00 Evening Social 3:00 Movie Matinee/ Quite Time 5:00 Poetry Reading</p>	<p>3 10:00 Hair & Nails 11:00 Having a Pet 1:00 Clay flower pens 2:00 What is Texas Known for? 3:00 Afternoon yoga 5:00 Name the Crooner</p>	<p>4 10:00 Morning Music Therapy 11:00 Thanksgiving Trivia 1:00 Fall Leaves wreaths 2:00 Snack & game 2:30 Kickball 3:00 Happy Hour! 5:00 AFTER DINNER THEATER</p>	<p>5 10:00 Hair & Nails 11:00 Chair boot camp 1:00 Paper plate dream catcher 2:00 Snack and Classic board games 2:30 Sing along 3:00 Movie Matinee/ Quiet Time 5:00 Hand exercises</p>	<p>6 10:00 Morning yoga 10:30 Pilgrims and Indians 11:30 Sing Along 1:00 Pumpkin Painting 2:00 Evening Social 3:00 Movie Matinee/ Quiet Time 5:00 Reminiscing</p>
<p>7 9:30 Coffee and News 10:00 Chair Exercise 1:30 Hymns/Sing Along 2:00 sugar cookie & Game 2:30 Dominoes</p>	<p>8 10:00 Happy Tails 11:00 Apple wedge tasting 1:00 Turkey Balloons 2:00 Snack & monopoly 2:30 Sing Along 3:00 Movie Matinee/ Quiet time 5:00 Kick Ball</p>	<p>9 10:00 Exercise with Donna 11:00 Ice Breakers 1:00 Bird House Painting 2:00 Peanut Snack & game 2:30 Family Traditions 3:00 Movie Matinee/ Quiet time 5:00 After Dinner Theater</p>	<p>10 10:00 Hair & Nails 11:00 Monster mash routine 1:00 National Coloring Day 2:00 Happy hour! 2:30 Discovering the aura 3:00 Movie Matinee/ Quiet time 5:00 Poetry Reading</p>	<p>11 HAPPY VETERANS DAY! 10:30 Hymns and Devotional 11:00 Best and worse bosses 1:00 Autumn Fabric wreaths 2:00 Snack and D.i.Y ring toss 2:30 Sing Along 3:00 Afternoon Fitness 5:00 Words of Wisdom</p>	<p>12 10:00 Outside Yoga 11:00 Thanksgiving trivia 1:00 Craft Corner. 2:00 Apple Cider and game 2:30 Sing Along 3:00 Virtual tour of Salem/quiet time 5:00 Kick ball</p>	<p>13 10:00 Chair Exercise 10:30 Thanksgiving wind catchers 11:30 Sing Along 1:00 Evening Yoga 2:00 Snack & parachute toss 3:00 Movie Matinee/ Quiet time 5:00 Reminiscing</p>
<p>14 9:30 Coffee and News 10:00 Hand Exercises 1:30 Hymns/Sing Along 2:00 Snack & game 2:30 UNO</p>	<p>15 10:00 Chair Exercise 11:00 Reminiscing 1:00 Silly party hats 2:00 Snack & Game 2:30 Throwback Music Sing Along 3:00 Movie Matinee/ Quiet time 5:00 Kick Ball</p>	<p>16 10:00 Exercise with Donna 11:00 Virtual Tour of the Santa Maria 1:00 Thanksgiving décor Making 2:00 Snack and Mini Golf 2:30 Sing Along 3:00 Movie Matinee/ Quiet time 5:00 Poetry Reading</p>	<p>17 10:30 Remember these movies 11:00 Which witch! 1:00 Cupcake decorating 2:00 Snack and Game 2:30 Sing Along 3:00 Afternoon Fitness 5:00 Words of Wisdom</p>	<p>18 10:00 Outside Yoga 11:00 Remember theses Couples 1:00 Mini Quilt craft 2:00 Snack and game 2:30 Book spine poetry 3:00 Movie Matinee/ Quiet time 5:00 Kick Ball- leg exercise</p>	<p>19 10:00 Chair Exercise 11:00 Reminiscing 1:00 Pipe Cleaner door hangers 2:00 Happy Hour! 2:30 Sing Along 3:00 Watch 60 minutes/ Quiet time 5:00 Balloon Volleyball</p>	<p>20 10:00 Chair Exercise 10:30 Adult Coloring 11:30 Sing Along 1:00 Virtual tour of Spain 2:00 Milkshakes & Game 3:00 Movie Matinee/ Quiet time 5:00 Reminiscing</p>
<p>21 9:30 Coffee and News 10:00 Chair Exercise 1:30 Hymns/Sing Along 2:00 Church Service 2:30 Dominoes</p>	<p>22 10:00 Chair Zumba 11:00 Ice Breakers 1:00 Pasta Pins 2:00 Pepperoni pizza & game 2:30 Sing Along - Piano 3:00 Movie Matinee/ Quiet time 5:00 After Dinner Theater</p>	<p>23 10:00 Exercise with Donna 11:00 Evening social 1:00 Paper Sunflowers 2:00 root Beer and Game 2:30 Sing Along 3:00 Movie Matinee/ Quiet time 5:00 Poetry Reading</p>	<p>24 10:30 Hymns and Devotional 11:00 Forest animal bingo 1:00 Stary Night art 2:00 Taffy and Game 2:30 Sing Along 3:00 Afternoon Fitness 5:00 Words of Wisdom</p>	<p>25 HAPPY THANKSGIVING! 10:00 Outside Yoga 11:00 Virtual Tour of New York 1:00 Salt dough candle holders 2:00 Apple Cider & game 2:30 Sing Along 3:00 Movie Matinee/ quiet time 5:00 Hand exercises</p>	<p>26 10:00 Chair Exercise 11:00 Reminiscing 1:00 Letter to younger self 2:00 Snack and Crazy Questions 2:30 candy social 3:00 Movie Matinee/ Quite time 5:00 Music Therapy</p>	<p>27 10:00 Chair Exercise 10:30 Elf Ears 11:30 Sing Along- One hit wonder 1:00 Magazine Time 2:00 Snack & Game 3:00 Movie Matinee/ Quiet time 5:00 Reminiscing</p>
<p>28 9:30 Coffee and News 10:00 Chair Exercise 1:30 Hymns/Sing Along 2:30 Dominoes</p>	<p>29 10:00 Chair Zumba 11:00 Ice Breakers 1:00 sesame street puppets 2:00 Brownies and game 2:30 Sing Along 3:00 Jerusalem Tour/ Quiet time 5:00 After Dinner Theater</p>	<p>30 10:00 Exercise with Donna 10:30 Sugar cookie decorating 11:30 Name that tune! 1:00 Magazine Time 2:00 Snack & Game 3:00 Movie Matinee/ Quiet time 5:00 Reminiscing</p>			<p>Happy Birthday! Sibylle 11/13 Emma 11/14</p>	