


November 2024 - Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Cardinal View SENIOR LIVING A Lifespark™ Community	Happy Birthday to 11/1 Kathy Garton 11/1 Alonzo "AL" Anderson 11/2 Coletta Wagner 11/2 Jennie Larson 11/5 Philip Dowling 11/13 Richelle Lehmann 11/14 Faye Stark 11/14 Lawrence Matson 11/15 Ruth Hanson 11/15 Laura Blustein				9:30 Fun Fitness and Flexibility [SR] 1 10:00 Finish the Phrase, Trivia, and Current Events [SR] 10:00 Active Game - [SR] 12:00 Oshibori 1:30 Bingo Social (Special Time) [CA] 2:30 Snack Time 3:00 Entertainment with Kevin Murphy [CA] 4:00 Walk and Roll Walking Club	10:00 Stretching with Brenda [SR] 2 10:30 Game Time - Puzzles and Matching [SR]
10:30 Sing Along with Friends -Spiritual [CA] 3	9:00 Middleton Community Church - Streaming [CA] 4 9:30 Fun Fitness and Flexibility [SR] 10:00 Active Game - [SR] 10:00 Catholic Communion 10:30 Arts and Crafts [SR] 12:00 Oshibori 1:45 Mindful Monday - Seated Tai Chi [CA] 2:30 Snack Time 2:45 Nature Hour [CA] 4:00 Walk and Roll Walking Club	Election Day 5 9:30 Fun Fitness and Flexibility [SR] 10:00 Active Games - [SR] 10:30 Fancy Nails [SR] 10:30 Coloring Club [SR] 12:00 Oshibori 1:30 Stretching and Deep Breathing - Meditation [CA] 2:30 Snack Time 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 6 10:00 Active Game - 10:30 Game Time - 12:00 Oshibori 2:00 Wednesday Creative Arts [SR] 2:30 Snack Time 4:00 Walk and Roll Walking Club	10:00 Thursday Morning Movie! [CA] 7 1:45 Stretching with Teresa [SR] 2:30 Snack Time 2:45 Game Time [CA] 3:15 Storytelling and Reminisce [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 8 10:00 Finish the Phrase, Trivia, and Current Events [SR] 10:00 Active Game - [SR] 12:00 Oshibori 1:30 Cardinal View Music Group [CA] 2:30 Snack Time 3:00 Bingo Social [CA] 4:00 Walk and Roll Walking Club	10:00 Stretching with Teresa [SR] 9 10:30 Game Time - Shut Box [SR]
10:30 Sing Along with Friends -Spiritual [CA] 10	Veterans Day 11 9:00 Middleton Community Church - Streaming [CA] 9:30 Fun Fitness and Flexibility [SR] 10:00 Active Game - [SR] 10:30 Arts and Crafts [SR] 12:00 Oshibori 1:45 Mindful Monday - Seated Tai Chi [CA] 2:30 Snack Time 2:45 Nature Hour [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 12 10:00 Active Games - [SR] 10:30 Puzzles and Matching [SR] 12:00 Oshibori 1:30 Stretching and Deep Breathing - Meditation [CA] 2:30 Snack Time 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 13 10:00 Active Game - 10:30 Game Time - 12:00 Oshibori 2:00 Wednesday Creative Arts [SR] 2:30 Snack Time 4:00 Walk and Roll Walking Club	10:00 Thursday Morning Movie! [CA] 14 1:45 Stretching with Teresa [SR] 2:30 Snack Time 2:45 Game Time [CA] 3:15 Storytelling and Reminisce [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 15 10:00 Finish the Phrase, Trivia, and Current Events [SR] 10:00 Active Game - [SR] 12:00 Oshibori 1:30 Concert with Friends! [CA] 2:30 Snack Time 3:00 Bingo Social [CA] 4:00 Walk and Roll Walking Club	16
10:30 Sing Along with Friends -Spiritual [CA] 17	9:00 Middleton Community Church - Streaming [CA] 18 9:30 Fun Fitness and Flexibility [SR] 10:00 Active Game - [SR] 10:30 Arts and Crafts [SR] 12:00 Oshibori 1:45 Mindful Monday - Seated Tai Chi [CA] 2:30 Snack Time 2:45 Nature Hour [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 19 10:00 Active Games - [SR] 10:30 Fancy Nails [SR] 10:30 Coloring Club [SR] 12:00 Oshibori 1:30 Stretching and Deep Breathing - Meditation [CA] 2:30 Snack Time 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 20 10:00 Active Game - 10:30 Game Time - 12:00 Oshibori 2:00 Wednesday Creative Arts [SR] 2:30 Snack Time 4:00 Walk and Roll Walking Club	10:00 Thursday Morning Movie! [CA] 21 1:45 Stretching with Teresa [SR] 2:30 Snack Time 2:45 Game Time [CA] 3:15 Storytelling and Reminisce [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 22 10:00 Finish the Phrase, Trivia, and Current Events [SR] 10:00 Active Game - [SR] 12:00 Oshibori 1:30 Concert with Friends! [CA] 2:30 Snack Time 3:00 Bingo Social [CA] 4:00 Walk and Roll Walking Club	23
10:30 Sing Along with Friends -Spiritual [CA] 24 1:00 Stretching with Brenda [SR] 1:30 Arts and Crafts [SR]	9:00 Middleton Community Church - Streaming [CA] 25 9:30 Fun Fitness and Flexibility [SR] 10:00 Active Game - [SR] 10:30 Arts and Crafts [SR] 12:00 Oshibori 1:45 Mindful Monday - Seated Tai Chi [CA] 2:30 Snack Time 2:45 Nature Hour [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 26 10:00 Active Games - [SR] 10:30 Puzzles and Matching [SR] 12:00 Oshibori 1:30 Stretching and Deep Breathing - Meditation [CA] 2:30 Snack Time 3:00 Christmas Variety Show with Randy Crooner [CA] 4:00 Walk and Roll Walking Club	9:30 Fun Fitness and Flexibility [SR] 27 10:00 Active Game - 10:30 Game Time - 12:00 Oshibori 2:00 Thanksgiving Bingo and Social [SR] 2:30 Snack Time 4:00 Walk and Roll Walking Club	Happy Thanksgiving Legacy Court Families Thanksgiving Day 28	Day after Thanksgiving Day 29 4:00 Sing Along with John - Resident Favorites	30