calendar & activities Meadowbrook Senior Living Memory Care NOV 2019 SUNDAY MONDAY TUFSDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 9:00 Morning Music and Introduction to the Day [P] Morning Music and Introduction to the Day [P] Location Kevs 9:15 Sunshine Walk 9:30 • Excercise Class CONNECT 9:30 • Exercise Class [P] 9:30 Fyercise Class [R] **Activity Room** Α 9:30 Yoga Class w/Marilyn [R 10:00 Morning Spack CONTRIBUTE Walking Club D Dining Room 10:00 Morning Snack [P] 10:30 Penny Card Game [A] 10:30 Oclor Your Mind [P] 10:30 • Trivia Media Room М 10:30 UNO in the Parlor [R 1:30 Black Jack [A] 1:30 Baking Class 1:30 • Puzzles [0] Outing 0 2:00 Shabbat Service [D] 2:30 Chair Volleyball [P] Ρ 2:30 Learning Language [P] 3:00 Ice Cream Social [P] Parlor 3:15 • Spanish Loteria [A] 3:30 • Arts & Crafts [P] MOVE Patio PT 6:00 Movie Night [P] 3:30 Bingo [P] 6:30 Dominoes Club! [P] PD Private Dining Room REFLECT 7:00 Poker [A] 6:45 Movie & Popcorn in the Activity room [A] 7:30 Fvening Snack [P] 7:30 Fvening Snack [P] Recreation Room R Daylight Saving Time Ends Morning Music and Introduction Morning Music and Introduction to the Day [P] 9:00 Morning Music and Introduction 9:00 9:00 Morning Music and Morning Music and 6 9 Morning Music and Introduction to the Day [P] Morning Music and Introduction to the Day [P] 9:00 Introduction to the Day [P] Introduction to the Day [P] to the Day [P] 9:30 • Sit & Be Fit ! [R] 9:00 Wild Walkers 9:30 • Excercise Class to the Day [P] 9:00 • Morning Shopping 9-12 Sunshine Walk 9:00 Walking Club 9:30 • Bodies in Motion [P] 9:30 Sit & Stretch [P] 9:30 Balance Exercise [P] 9:30 Fxercise Class [R] 9:30 • Exercise Class [R] 9:30 • Exercise Class [P] 9:30 • Building Muscle [P] 0:00 Morning Snack [P] 9:30 • Communion [A] 10:00 Morning Snack 9:30 Sunday Fitness! [R] 9:30 Staying Fit [P] 9:30 • Yoga Class w/Marilyn [R] 10:10 Sunshine Walk 9:30 • Exercise Class [R] 9:30 • Exercise Class [R] 10:10 Walking Club 10:00 Morning Snack [P] 9:30 • Hand Massages [P] 10:00 Morning Snack [P] 10:00 Morning Snack [P] 10:30 • Crossword Game [A] 10:30 🔸 Agua Painting (P 10:00 Morning Snack [P] 10:30 Penny Card Game [A] 0:30 Book Club 10:00 • Current Events [R] 10:30 • Chicken Soup for the Soul [A] 10:30 • Art Class 10:30 OCOLOR Your Mind [P] 10:30 • Trivia 10:30 Sunday Crossword [P] 1:00 • Sing Along w/Frances [P] 10:30 • Communion 1:30 Black Jack [A] 10:30 • Word Game Club ! [A] 1:30 Oconversational Spanish [A] 10:30 Water Color Class [A] 10:30 • Trivia [0] 2:00 • Afternoon Movie in the Media Room [M] 1:30 Sharper Minds! [A] 1:00 . Group Sing Songs [P] 1:30 • Puzzles [0] 1:00 Scenic Drive [O] 1:30 Baking Class 10:45 • Jeopardy [A] 2:00 Bingo [P] 1:00 Out to the Movies 2:30 Chair Volleyball [P] 2:00 Afternoon Reading Hour 11:00 Pet Therany [P] 1:30 Bingo Fun!! [A] 2:00 Shabbat Service [D] 3:00 • Word Game [A] 1:30 Black Jack [R] 3:00 Sing Along with Chard! [D] 3:00 Afternoon Snack 1:00 • Scenic Drive [O] 3:00 Trivia and Coffee in the Parlor [P] 3:15 Spanish Loteria [A] 3:30 Art Class [P] 2:00 Bingo [P] 3:30 Arts & Crafts [P] 3:00 • Bingo Lovers ! [A] 1:30 • Bingo [R] 3:30 Bible Study [PD] 3:30 • Bingo [P] 6:00 Movie Night [P] 3:00 Afternoon Snack [P] 6:00 Movie Night [P] 3:30 • Chair Volleyball [P] 2:00 • Food Committee [D] 6:30 • Table Games in the Parlor 3:00 • Creative Arts Class [A] 6:00 Movie Night [P] 6:00 Movie Night [P] 6:30 Dominoes Club! [P] 6:00 Movie Night [P] 3:00 Afternoon Spack [P] 6:15 Puzzle Club [P] 7:00 Poker Game [A] 3:30 Pet Therapy [P] 6:30 Evening Movie in the Activity room [A] 7:00 • Poker [A] 6:45 Movie & Popcorn in the Activity room [A] 7:30 • Evening Snack [P] 6:00 Movie Night [P] 7:30 • Evening Snack [P] 6:30 Wine Social in the Parlor [P] 3:30 . Word Game [P] 7:30 • Evening Snack [P] 7:30 • Evening Snack [P] 6:00 Movie Night [P 7:00 Poker [A] 7:30 Fvening Snack [P] 6:30 • Table Games [P] 7:30 Fvening Snack [P Morning Music and Introduction to the Day [P] Morning Music and Introduction to the Day [P] eterans Day 9:00 Morning Music and Introduction to the Day [P] Let's Move! Morning Music and Morning Music and 9:00 6 9:00 Morning Music and Introduction to the Day [P] Introduction to the Day [P] Introduction to the Day [P] 9:00 Walking Club 9:30 • Bodies in Motion [P] 9:30 • Sunday Fitness! [R] 9:30 • Excercise Class 9:00 Morning Music and Introduction to 9:00 • Morning Shopping 9-12 9:15 Sunshine Walk 9:30 • Building Muscle [P] 9:30 • Exercise Class [R] the Day [P] 9:00 Wild Walkers 9:30 • Fitness Class w/Lori [R] 9:30 • Exercise Class [R] 9:30 • Exercise Class [P] 10:00 Morning Snack [P] 9:30 • Sit & Be Fit ! [R] 10:00 Morning Snack 9:30 Balance Exercise [P] 10:00 • Current Events [R] 9:30 • Staying Fit [P] 9:30 • Yoga Class w/Marilyn [R] 9:30 Sit & Stretch IP 10:30 Crossword Game [A] 9:30 • Communion [A] 10:10 Walking Club 10:00 Morning Snack [P] 10:00 Oatholic Service [A] 10:00 Morning Snack [P] 10:00 Morning Snack [P] 10:30 Penny Card Game [A] 10:30 . Sunday Crossword [P] 9:30 • Exercise Class [R] 10:30 • Trivia [O] 10:45 • Jeopardy [A] 10:10 • Sunshine Walk 10:30 • Aqua Painting [P] 1:31 • Wii Bowling Tournament [A] 10:30 • Art Class 10:00 Morning Snack [P] 10:00 Morning Snack [P] 2:00 Afternoon Movie in the Media Room [M] 1:30 Black Jack [A] 10:30 • Communion 10:30 • Word Game Club ! [A] 10:30 Ocolor Your Mind [P] 11:00 • Pet Therapy [P 10:30 • Trivia! 2:00 Afternoon Reading Hour 10:30 • Letters to the Troops! [A] 1:00 • Scenic Drive [O] 10:30 • UNO in the Parlor [R] 1:30 • Puzzles [0] 1:00 • Scenic Drive [O] 3:00 • Afternoon Snack 12:00 Veterans Day BBQ 2:30 Chair Volleyball [P] 1:30 • Bingo [R] 11:30 Out to Lunch (Persian) 2:00 • Veterans Day BBQ! [D] 1:30 Bingo Fun!! [A] 1:30 Baking Class 3:00 . Bingo Lovers | [A] 3:00 Harmony Concert [D] 2:00 Food Committee [D] 1:00 • Group Sing Songs [P] 1:00 Sing Along w/Frances [P] 3:00 Hand Massage Spa ! [A] 2:00 Shabbat Service [D] 3:30 Arts & Crafts [P] 3:30 Chair Volleyball [P] 3:00 • Afternoon Snack [P] 2:00 • Forever Young ! [D] 1:30 • Word Game [A] 6:00 Movie Night [P] 3:30 Bible Study [PD] 3:15 • Spanish Loteria [A] 6:00 Movie Night [P] 3:00 Sing Along w/Paula! [D] 3:00 Afternoon Snack [P] 2:00 Bingo [P] 6:15 Puzzle Club [P] 3:30 • Word Game [P] 3:00 • Ice Cream Social [P] 6:00 Movie Night [P] 3:30 • Happy Hour [P] 6:30 • Dominoes Club! [P] 3:00 • Honoring Our Veterans! [D] 6:30 • Wine Social in the Parlor [P] 6:45 Movie & Popcorn in the Activity room [A] 6:00 Movie Night [P] 3:15 Black Jack [R] 6:30 Evening Movie in the Activity room [A] 6:00 Movie Night [P] 3:30 Art Class [P] 6:30 • Table Games [P 7:30 • Evening Snack [P] 7:30 • Evening Snack [P] 6:00 Movie Night [P] 6:00 Movie Night [P] 7:30 • Evening Snack [P] 7:00 • Poker [A] 7:00 Poker Game [A] Poker [A] 6:30 • Table Games in the Parlor 7:30 • Evening Snack [P] 7:30 • Evening Snack [P] 8:30 Pijama Breakfast Party! [D] Morning Music and Introduction 9:00 Morning Music and Introduction 9:00 et's Reflect! 9:00 Morning Music and Morning Music and 9:00 Morning Music and Introduction Morning Music and Introduction to 9:00 • Chumash Casino Trip Introduction to the Day [P] Introduction to the Day [P] 9:00 9:30 Bodies in Motion [P] 9:30 • Excercise Class the Day [P] 9:00 • Morning Shopping 9-12 Morning Music and Introduction 9:15 • Sunshine Walk 9:30 Building Muscle [P] 9:30 Sunday Fitness! [R] 9:30 • Exercise Class [R] 0-20 Sit & Re Fit I [R] to the Day [P] 9:30 • Exercise Class [P] 9:30 • Exercise Class [R] 9:30 • Fitness Class w/Lori [R] 10:00 Morning Snack [P] 9:00 Wild Walkers 10:00 Morning Snack 9:30 Sit & Stretch [P] 10:00 Current Events [R] 9:30 • Staying Fit [P] 9:30 • Yoga Class w/Marilyn [R] 10:30 Crossword Game [A] 0:00 Morning Snack [P] 9:30 • Balance Exercise [P] 10:10 Walking Club 10:00 Morning Snack [P] 10:30 • Sunday Crossword [P] 10:00 Morning Snack [P] 10:00 Morning Snack [P] 10:30 Penny Card Game [A] 10:10 Sunshine Walk 9:30 • Communion [A] 10:30 • Trivia [0] 1:30 • Conversational Spanish [A] 10:30 Aqua Painting [P] 9:30 • Exercise Class [R] 10:30 Painting 10:30 Acrylic Paint Class [A] 10:30 • Trivia 10:45 • Jeopardy [A] 2:00 Afternoon Movie in the Media Room [M] 10:30 Word Game Club! [A] 10:30 Ocolor Your Mind [P] 1:30 Black Jack [A] 0:30 Book Club 10:00 Morning Snack [P] 11:00 • Pet Therapy [P] 1:30 • Puzzles [0] 2:00 • Spelling Bees 1:00 • Sing Along w/Frances [P] 10:30 • Communion 1:00 • Scenic Drive [O] 1:00 • Scenic Drive [O] 1:30 Baking Class 3:00 • Afternoon Snack 1:30 • Celebration of Jewish Life w/Rabbi Jim [A] 10:30 • Spelling Bee Tournament! [A] 2:30 Chair Volleyball [P] 1:30 • Bingo [R] 1:30 Bingo Fun!! [A] 2:00 Shabbat Service [D] 3:00 ■ Ringo Lovers I [Δ] 2:00 Bingo [P] 2:00 • Food Committee [D] 1:00 • Current Event/Issues [P] 3:00 A Harvest Show Presentation | [D] 2:00 Music Appreciation W/ Carol Kelly [P] 3:15 • Spanish Loteria [A] 3:30 • Chair Volleyball [P] 3:30 • Arts & Crafts [P] 3:00 Word Game [A] 3:00 • Afternoon Snack [P]
3:00 • Banana Split Party Meet your New Neighbors! [P] 2:30 • Support Group [M] 3:00 November B-Day Celebration ! [P] 3:30 • Happy Hour [P] 6:00 Movie Night [P] 6:00 Movie Night [P] 3:30 Art Class [P] 3:00 Afternoon Snack [P] 6:30 Dominoes Club | [P] 6:15 Puzzle Club [P] 6:00 • Movie Night [P] 3:30 Word Game [P] 3:00 • Creative Arts Class [A 3:30 . Bible Study [PD] 6:00 Movie Night [P] 6:30 • Wine Social in the Parlor [P] 6:00 Movie Night [P] 6:45 Movie & Popcorn in the Activity room [A] 6:30 • Table Games in the Parlor 3:00 • Ice Cream Social [P] 6:00 Movie Night [P] 7:00 Poker [A] 7:30 • Evening Snack [P] 6:30 Table Games [P] 7:30 • Evening Snack [P] 7:00 • Poker Game [A] 6:00 Movie Night [P] 6:30 Evening Movie in the Activity room [A] 7:30 • Evening Snack [P] 7:00 • Poker Game [A] 7:00 Poker [A] 7:30 • Evening Snack [P 7:30 • Evening Snack [P] 7:30 • Evening Snack [P] Morning Music and Introduction Morning Music and Introduction Let's Contribute! Morning Music and Introduction 9:00 Morning Music and 9:00 et's Connect 28 to the Day [P] to the Day [P] to the Day [P] Introduction to the Day [P] 9:00 Morning Music and Introduction nanksgiving Dav Morning Music and 9:30 • Sit & Be Fit ! [R] 9:30 • Excercise Class 9:30 Bodies in Motion [P to the Day [P] 9:00 Morning Music and Introduction to 9:15 • Sunshine Walk Introduction to the Day [P] 9:30 Sunday Fitness! [R] 9:30 Sit & Stretch [P] 9:30 • Exercise Class [R] 9:00 Walking Club the Day [P] 9:30 • Exercise Class [P] 9:00 • Morning Shopping 9-12 10:00 Morning Snack 10:00 Morning Snack [P] 10:00 Morning Snack [P] 9:30 • Building Muscle [P] 9:00 Wild Walkers 9:30 • Exercise Class [R] 9:30 Yoga Class w/Marilyn [R] 10:30 • Crossword Game [A] 10:10 Sunshine Walk 10:10 Walking Club 9:30 • Exercise Class [R] 9:30 • Balance Exercise [P 9:30 • Communion [A] 10:00 • Catholic Service [A] 10:30 Penny Card Game [A] 10:30 Sunday Crossword [P] 0:30
Agua Painting [P] 9:30 • Staying Fit [P] 10:00 Ourrent Events [R] 1:30 Outside Games/Comhole [PT] 10:30 Poetry Corner ! [A] 9:30 • Exercise Class [R] 10:00 Morning Snack [P] 10:30 • Trivia 10:00 Morning Snack [P] 10:00 Morning Snack [P] 10:00 Morning Snack [P 1:30 Black Jack [A] 2:00 Afternoon Movie in the Media Room [M] 1:00 Sing Along w/Frances [P] 10:30 • Trivia [O] 10:30 Painting 10:30 Ocolor Your Mind [P] 2:00 • Spelling Bees Sharper Minds! [A] 10:30 • Communion 10:45 • Jeopardy [A] 10:30 • Word Game Club ! [A] 10:30 UNO in the Parlor [R] 2:00 Meadowbrook Thanksgiving Buffet [D] 3:00 Afternoon Snack 2:00 • Bingo [P] 11:00 • Pet Therapy [P] 2:30 Chair Volleyball [P] 1:30 Baking Class 3:00 • Word Game [A] 1:00 . Current Event/Issues [P] 1:00 • Scenic Drive [O] 3:00 Bingo Lovers ! [A] 1:00 • Scenic Drive [O] 3:00 • The Show of David [D] 1:30 • Black Jack [R] 2:00 • Shabbat Service [D] 3:30 • Chair Volleyball [P] 1:30 • Thanksgiving Day Movie Marathon !! 3:30 • Art Class [P] 3:30 • Arts & Crafts [P] 2:00 Resident Council Meeting [D] 3:00 Afternoon Snack [P] 3:15 Spanish Loteria [A] 6:00 • Movie Night [P] 6:00 Movie Night [P] 3:00 • Afternoon Snack [P] 6:00 Movie Night [P] 3:30 • Arts & Craftsl [P] 6:30 Table Games in the Parlor 3:30 Birthday Celebration [P] 3:30 • Happy Hour [P] 6:30 Dominoes Club! [P 6:15 Puzzle Club [P] 3:15 • Bingo [R] 6:30 • Wine Social in the Parlor [P] 7:00 • Poker Game [A] 6:45 Movie & Popcorn in the Activity room [A] 3:30 Music Therapy [P] 6:00 Movie Night [P] 6:00 Movie Night [P] 7:30 • Evening Snack [P] 7:30 • Evening Snack [P] 6:00 Movie Night [P] 7:30 • Evening Snack [P] 7:00 • Poker [A] 7:00 Poker [A] 6:30 Evening Movie in the Activity room [A] 7:00 Poker Game [A] 7:30 • Evening Snack [P] 7:30 • Evening Snack [P]