calendar & activities

NOV 2020

Sunflower Gardens

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

MEMORY CARE embrace BY SENIOR LIFESTYLE

Sunflower Gardens
A Senior Lifestyle Community

November Birthdays

Nikolai D. 11/30

SENIOR LIFESTYLE
Come grow with us!

Happy Thanksgiving!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Daylight Saving Time Begins** 9:15 Daily Chronicle 9:15 Nature Walk [Move] 9:45 Communion [Reflect][Virtual] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Kites & Candy mind teaser [Grow] 2:00 Snacktivity: Bingo! 3:15 Adventure Stories and drawing with Lillian [Connet] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**2** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Chair Yoga w/ Kathy [Move] [Zoom] 1:40 Nail Spa Care [Feel] 2:15 Snacktivity: Fun With Zepplin (puppy) 3:00 Art & Crafts 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**3** **Election Day** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Art class with Nirali [Feel][Zoom] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:15 Spa Nail care [Feel] 2:30 **Thymeless [Feel]** 3:30 IN2L: Trivia Time 4:20 Meal: Dinner 6:00 Afternoon Movie [Reflect]	**4** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 Health & Exercise Class with Nicole [Move][Zoom] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:00 Outdoor: Nature Watch [Connect] 1:30 Shades of Color [Art] [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:15 Spa Nail Care [Feel] 2:30 **Thymeless [Feel]** 3:00 Bingo! 3:00 Creative Hands with Lillian [Feel] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**5** 9:00 Nature Walk [Move] 9:15 Daily Chronicle 9:30 Music for the Heart with Beth [Connect][Zoom] 10:00 Snacktivity [MDR] 10:30 Outing: Scenic Drive PCH 11:40 Meal: Lunch [MDR] 1:30 **Bookmarks [Grow]** 2:00 Game Show Hour [Connect] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Creative Hands with Lillian [Feel] 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Afternoon Movie	**6** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 IN2L: Wake Up Stretch [Move] [L] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Gardening Club with Trino [Contribute][Zoom] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**7** 9:15 Nature Walk [Move] 9:25 Daily Chronicle 9:45 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 2:00 Snacktivity: Game show hour [Connect] 2:30 **Thymeless [Feel]** 3:30 Arm Chair Travel [Connect] 4:20 Meal: Dinner 6:00 Afternoon Movie
8 9:15 Daily Chronicle 9:15 Nature Walk [Move] 9:45 Communion [Reflect][Virtual] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Cranium Crunches [Grow] 2:00 Snacktivity: Bingo! 3:15 Adventure Stories and drawing with Lillian [Connet] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**9** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Chair Yoga w/ Kathy [Move] [Zoom] 1:40 Nail Spa Care [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 3:00 Art & Crafts 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**10** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Art class with Nirali [Feel][Zoom] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:15 Spa Nail care [Feel] 2:30 **Thymeless [Feel]** 3:30 IN2L: Trivia Time 4:20 Meal: Dinner 6:00 Afternoon Movie [Reflect]	**11** **Veterans Day** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 Health & Exercise Class with Nicole [Move][Zoom] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:00 Outdoor: Nature Watch [Connect] 1:30 Shades of Color [Art] [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Veterans Award Ceremony** 3:00 Bingo! 3:00 Creative Hands with Lillian [Feel] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**12** 9:00 Nature Walk [Move] 9:15 Daily Chronicle 9:30 Music for the Heart with Beth [Connect][Zoom] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 **Bookmarks [Grow]** 2:00 Game Show Hour [Connect] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Creative Hands with Lillian [Feel] 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Afternoon Movie	**13** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 IN2L: Wake Up Stretch [Move] [L] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Gardening Club with Trino [Contribute][Zoom] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**14** 9:15 Nature Walk [Move] 9:25 Daily Chronicle 9:45 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:15 Outdoor: Nature Watch [GAZ] 2:00 Snacktivity: Game show hour [Connect] 2:30 **Thymeless [Feel]** 3:30 Arm Chair Travel [Connect] 4:20 Meal: Dinner 6:00 Afternoon Movie
15 9:15 Daily Chronicle 9:15 Nature Walk [Move] 9:45 Communion [Reflect][Virtual] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Cranium Crunches [Grow] 2:00 Snacktivity: Bingo! 3:15 Adventure Stories and drawing with Lillian [Connet] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**16** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Chair Yoga w/ Kathy [Move] [Zoom] 1:40 Nail Spa Care [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 3:00 Art & Crafts 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**17** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 Art class with Nirali [Feel][Zoom] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:15 Spa Nail care [Feel] 2:30 **Thymeless [Feel]** 3:30 IN2L: Trivia Time 4:20 Meal: Dinner 6:00 Afternoon Movie [Reflect]	**18** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 Health & Exercise Class with Nicole [Move][Zoom] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:00 Outdoor: Nature Watch [Connect] 1:30 Shades of Color [Art] [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Bingo! 3:00 Creative Hands with Lillian [Feel] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**19** 9:00 Nature Walk [Move] 9:15 Daily Chronicle 9:30 Music for the Heart with Beth [Connect][Zoom] 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 1:30 **Bookmarks [Grow]** 1:30 Outing: Scenic Drive OC 2:00 Snacktivity: Game Show Hour [Connect] 2:30 **Thymeless [Feel]** 3:00 Creative Hands with Lillian [Feel] 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Afternoon Movie	**20** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 IN2L: Wake Up Stretch [Move] [L] 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 1:30 Gardening Club with Trino [Contribute][Zoom] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**21** 9:15 Nature Walk [Move] 9:25 Daily Chronicle 9:45 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:15 Outdoor: Nature Watch [GAZ] 2:00 Snacktivity: Game show hour [Connect] 2:30 **Thymeless [Feel]** 3:30 Arm Chair Travel [Connect] 4:20 Meal: Dinner 6:00 Afternoon Movie
22 9:15 Daily Chronicle 9:15 Nature Walk [Move] 9:45 Communion [Reflect][Virtual] 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 1:30 Cranium Crunches [Grow] 2:00 Snacktivity: Bingo! 3:15 Adventure Stories and drawing with Lillian [Connet] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**23** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:30 IN2L: Trivia Time 1:40 Nail Spa Care [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 3:00 Art & Crafts 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**24** 9:15 Nature Walk [Move] 9:35 Daily Chronicle 10:00 IN2L: Wake up Stretch [Move] 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 1:30 Water Color paintings 2:00 Snacktivity: Fun with Zepplin (puppy) 2:15 Spa Nail care [Feel] 2:30 **Thymeless [Feel]** 3:30 IN2L: Trivia Time 4:20 Meal: Dinner 6:00 Afternoon Movie [Reflect]	**25** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity [MDR] 11:40 Meal: Lunch [MDR] 1:00 Outdoor: Nature Watch [Connect] 1:30 Shades of Color [Art] [Feel] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Bingo! 3:00 Creative Hands with Lillian [Feel] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**26** **Thanksgiving** 9:00 Nature Walk [Move] 9:15 Daily Chronicle 9:30 Thanksgiving Parade 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 2:00 History and Trivia on Thanksgiving 3:00 Creative Hands with Lillian: Thanksgiving Turkey Tubs 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Thanksgiving Fest 6:00 Afternoon Movie	**27** 9:15 Nature Walk [Move] 9:20 Daily Chronicle 9:30 Wobble of the Gobble Dance [L] 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 2:00 Snacktivity: Fun with Zepplin (puppy) 2:30 **Thymeless [Feel]** 3:00 Sports Time: Volleyball Game [Move] 4:20 Meal: Dinner 6:00 Natures Beauty [Reflect]	**28** 9:15 Nature Walk [Move] 9:25 Daily Chronicle 9:45 IN2L: Wake Up Stretch [Move] 10:00 Snacktivity: Nature Watch [MDR] 11:40 Meal: Lunch [MDR] 1:15 Outdoor: Nature Watch [GAZ] 2:00 Snacktivity: Game show hour [Connect] 2:30 **Thymeless [Feel]** 3:30 Arm Chair Travel [Connect] 4:20 Meal: Dinner 6:00 Afternoon Movie
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"Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves."

– Unknown