


November 2023

In The Moment - Memory Support

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3265 Blue Oaks Drive Auburn, CA 95602 530-887-8600	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	9:30 Art Therapy 10:30 Resident Council 10:30 LL Sewing Circle 11:00 Fitness Fun 12:00 Family Council 1:00 Baking fun 3:30 Let's Sing 6:00 Aromatherapy	9:30 SS Trish's Spiritual Moments 11:00 Puzzles 1:15 Tap your Toes 2:30 Craft time 3:30 LL Artistic Moments 4:15 PE Sittercise 6:00 Ball Games	9:00 CE Quotes 9:15 Morning Stretches 10:00 Coffee clutch 11:00 Busy Hands 1:15 Sit and be Fit 2:00 Artistic moments 3:30 Balloon Toss 6:00 LL Reminisce	9:30 AE Creative corner 10:30 Pet Therapy 1:15 Sit and be Fit 2:00 Spa Time 3:30 Sing-a-Long 6:30 Games 6:30 CE Trivia
			9:15 Quote of the Day 9:30 Folding 10:00 Snacks and Chats 1:15 Walk About 1:30 Harp Music Therapy 3:30 Word Games 6:00 LL Movie Time	9:30 SS Trish's Spiritual Moments 10:30 Artistic Moments 11:30 Breathe and Stretch 1:00 Busy Hands 2:30 Craft time 3:30 LL Artistic Moments 6:00 Mind Joggers	9:15 Morning Stretches 9:30 Folding 10:00 Coffee clutch 10:30 Puzzles 1:15 PE Let's move it! 3:45 Word Fun 4:15 AE Sing-a-Long 6:30 LL Spa Time	Veterans Day 9:30 AE Art fun 10:30 Pet Therapy 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Fun with Words 6:00 Evening Stroll 6:30 Games
			9:00 Artistic Moments 9:45 Travel Talks 10:30 CC Sewing Circle 1:15 PE Flexible Stretch 2:30 Country Bus Ride 3:30 Musical Moments 6:00 CE Finish the Phrase	9:30 SS Trish's Spiritual Moments 10:30 Word games 11:00 Artistic Moments 1:30 Taste and Tell 2:30 Craft time 3:30 LL Artistic Moments 6:00 Tall Tales	9:00 Folding 9:15 Morning Stretches 10:00 Coffee clutch 1:00 LL Cooking Fun 3:00 Puzzles 4:00 PE Rhythms & Motion 6:00 Reminisce	9:30 LL Busy Hands 10:30 Pet Therapy 11:00 Magazines 1:15 Silver Sneakers 2:00 Creative Corner 3:30 CE Fun with Words 6:30 Games
			9:00 Folding 10:00 Snacks and Chats 11:15 Breating Exercises 1:30 Harp Music Therapy 3:00 LL Birthday Bash 4:15 Sit and be Fit 6:30 Reminisce	Thanksgiving 10:30 AE Artistic Moments 1:00 LL Kitchen crafts 2:30 Craft time 2:30 Puzzle Perfect 3:30 LL Artistic Moments 6:00 Conversations	9:15 Morning Stretches 9:30 Busy Hands 10:00 Coffee clutch 11:00 CE Puzzle Perfect 1:15 Fitness fun 1:15 Stretch and Flex 3:30 AE Sing-a-Long 4:00 CE Fun with Words 6:00 Finish the Phrase 6:00 Ring Toss	9:30 Art fun 10:00 Tea and snacks 10:30 Pet Therapy 1:15 PE Stretch and Flex 1:45 LL Spa Time 3:30 Music Time 6:00 Matinee 6:30 Games
			9:00 CE Puzzle Time 10:30 PE Stretch and Flex 1:00 Baking/Busy Hands 1:30 Light and Lively 3:30 Sing-a-Long 6:30 LL Busy boxes 6:30 LL Reminisce	9:30 SS Trish's Spiritual Moments 11:00 Puzzles 1:15 PE Balloon Fun 2:30 Craft time 3:30 LL Artistic Moments 3:30 Busy Hands 6:00 Tall Tales	Healthy Snacks & Hydration offered throughout each day!	