November 2023						created
In The Moment - Mer						with USC 9
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sierra Ridge Memory Care	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 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 Artistic Moments 4:15 Sittercise 6:00 Ball Games	9:00 ©E 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
Begins	10:00 Alexis Entertains 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 Craft Fun 3:45 Sittercise 4:30 Music Appreciation 6:00 Reminisce	9:30 Whistle while you work 10:30 Service Project 11:00 Stretch and Flex 1:30 Kitchen crafts 2:30 Art Fun 6:00 Finish the Phrase	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 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 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	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
9:30 Art fun 10:30 SS Mike & Friends Church Group 1:30 Baking/Busy Hands 2:30 CO Mike Entertains 4:00 Reminisce Conversations 6:00 LL Games	9:30 Folding 13 10:30 Feading Reading Round table 11:00 Stretch and Flex 1:00 Spa Time 3:30 CAlvin Entertains 6:00 Feating Travels	9:30 Fositive Quotes 10:00 Chats and Tea 10:30 Fositive Quotes 10:00 Chats and Tea 10:30 Fositive And Tea 10:30 Fositive Chats and Tea 10:30 Fositive And Tea 10	9:00 Artistic Moments 9:45 Travel Talks 10:30 © Sewing Circle 1:15 PE Flexible Stretch 2:30 Country Bus Ride 3:30 Musical Moments 6:00 © 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 Artistic Moments 6:00 Tall Tales	9:00 Folding 9:15 Morning Stretches 10:00 Coffee clutch 1:00 Cooking Fun 3:00 Puzzles 4:00 Rhythms & Motion 6:00 Reminisce	9:30 Busy Hands 10:30 Pet Therapy 11:00 Magazines 1:15 Silver Sneakers 2:00 Creative Corner 3:30 Fun with Words 6:30 Games
9:30 Busy Hands 10:00 Crafting 11:00 PE Move and Groove 1:30 Baking/Busy Hands 2:30 CC Mike Entertains 4:00 Singing 6:00 Catch that Ball	9:00 Folding 9:30 AE Artistic Moments 10:30 EE Reading Round table 1:00 Watercolors 2:30 EC Curt Entertains 3:30 LL Sing-a-Long 7:00 Snacks and Chats	9:30 Busy Hands 10:00 Tea Time 10:30 CC Service Project 1:30 Spa Time 2:30 Art Fun 4:15 PE Tap your Toes 6:00 Hand Massages	9:00 Folding 10:00 Snacks and Chats 11:15 Breating Exercises 1:30 Harp Music Therapy 3:00 L Birthday Bash 4:15 Sit and be Fit 6:30 Reminisce	10:30 AE Artistic	9:15 Morning Stretches 9:30 Busy Hands 10:00 Coffee clutch 11:00 Puzzle Perfect 1:15 Fitness fun 1:15 Stretch and Flex 3:30 Fing-a-Long 4:00 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
10:30 Puzzle Time 11:00 Games 1:30 Baking/Busy Hands 4:00 Reminisce Conversations	9:00 Folding 10:30 Fe Reading Round table 11:15 Stretch and Flex 1:00 Craft Fun 1:15 CC Violin - Magnificent Music 2:30 Whistle while you work 6:00 Evening Stroll	9:30 Puzzle Perfect 10:30 E Word Finds 11:00 Watercolor Art Fun 1:15 Kitchen Crafts 1:30 Cooking Corner 3:30 A Art Time 6:30 Reminisce Conversations	9:00 E Puzzle Time 10:30 E Stretch and Flex 1:00 Baking/Busy Hands 1:30 Light and Lively 3:30 Sing-a-Long 6:30 L Busy boxes 6:30 Reminisce	Moments	Healthy Snacks & Hydration offered throughout each day!	

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