calendar & activities NOV 2019

Valley View Gardens-Gratitude

CONNECT CONTRIBUTE

- FFFI
- GROW
- MOVE
- REFLECT

LOCATIONS

Library - L Hollywood Room-HR Main Dining Room-MDR **Private Dining Room-PDR** Snoezlyn Room-SR **Veterans Room-VT** Garden-G



SENIOR LIFESTYLE Unlimited options.

WWW.SENIORLIFESTYLE.COM



is the real treasure God wants us to find, because it isn't the pot of gold, but the rainbow that colours our world. 9:30 Boost Your Brain [VR]

9:30

SENIOR LIFESTYLE your *life*, your *style*

THURSDAY

1:00 • Garden Walk [G] 1:00 • Gene A. Melody Ranch [VR] 3:00 • Cardio & Strength Fitness [HR] 3:30 • Pokeno [MDR] 6:00 • Daily Chronicle & Monthly Gazette

9:30 • Wheat Fields Inspired

0:30 Bean Bag Toss [HR]

9:30 • Woven Watercolor

0:00 Beauty Break [SR]

Stripes Arts [VR]

Art w/Ms. Joy [VR]

Create a Military Wall of Honor [MDR]

FRIDAY

10:00 • Sparks(Family Feud w/ Doc) [VR] 10:30 • Bowling Fun [HR] 11:00 • Golf Fun [HR] 2:00 • Zumba & Strength Fitness w/Diana 3:00 • Adult Coloring [MDR]

SATURDAY

3:30 • Bingo [PDR]

9:30 • News & Views [VR]

10:00 • Bookmarks(Mickey

Rooney) [L]

9:30 News & Views [VR]

6:00 • Guardian Angels Day Discussion

9:30 • Conductorcise [VR] 10:00 • Travelogue Australia 10:30 • Operation Gratitude(Letter Writing) [MDR] 11:00 • Sparks (Sensible Scentsations)

Veterans Day

1:00 Art Music & Sonas w/Ms.Lee [VR] 3:00 • Zumba & Strength Fitness w/Diana 3:30 • Create Gratitude Tree [MDR] 6:00 • Boost Your Brain [VR]

MONDAY

Election Day 9:30 • Creating Music w/ Jean P. [HR] 10:00 • Daily Chronicle & Trivia [VR] 10:30 Horse Racing Game [MDR] 1:00 • Garden Walk [G] 1:30 • Senior Topic Discussion w/Ms.

9:30 • Creating Music w/ Jean P. [HR]

9:30 • Creating Music w/

Jean P. [HR]

10:00 • Thymeless Gardening

6:00 • What Did It Cost? [VR]

Lisa [VR] 3:00 • Senior Stretch Fun [HR] 3:30 • Farm Bingo [VR] 6:00 • Learn Portugal [VR]

TUESDAY

Discussion/Jeopardy Game w/ Ms. Jean 10:00 • Glamour Day [SR]

Senior Topic

3:30 Pokeno Games [MDR]

6:00 • Name that Sound [VR]

Discussion/Jeopardy

10:30 • Operation Gratitude(Letter Writing) 1:00 • Garden Walk [G]

WEDNESDAY

2:00 • Line Dancing Class w/Sha [VR] 3:00 • Cardio & Stretch Fitness w/ Soo Blackjack Games [MDR] 6:00 • Name that Sound [VR]

10:30 • Nail Art [SR] 1:40 • Filipino Folk Dancing 2:00 • Volunteer Happy Hour w/ Elvis 3:00 • Zumba & Strength Fitness [HR]

10:00 • Adult Coloring [MDR]

3:30 • Card Games [MDR] 6:00 • Spelling Bee w/Maddy [VR]

10:30 • State Spelling Bee 10:30 • Gratitude Gratitude Pictionary [MDR] 1:00 • Music Therapy [MDR] 1:00 • Alzheimer's Walk [G] 2:00 • Veterans Day Celebration [MDR] 2:00 • Veterans Recognition Day w/ Cathy [MDR] 3:00 • Family Support Group [PDR] 3:30 • Cardio & Strength Fitness [HR] 6:00 • Gratitude Promps [VR]

3:00 • Zumba & Strength Fitness w/Diana 3:30 • Golf Fun [HR]

6:00 • Stately Facts & Trivia [VR]

Inspired

9:30 • Ageless Fitness Fun 9:30 • Conductorcise [VR] Spiritual Meditation 10:00 • Veterans Day History 10:30 • Word Games & Trivia [VR] 10:30 • Snapshots(Sharing Military

11:00 • Walk With Me [G] 2:00 • Bible Hymns w/ Pastor Rico [VR] 3:00 • Basketball Game [HR] 3:30 • Ice Cream Bingo [PDR]

SUNDAY

Daylight Saving Time Begins

9:30 • Ageless Fitness Fun

10:00 • Spiritual Words of

10:30 • Show & Tell [VR]

11:00 • Walk With Me [G]

Hope [VR]

1:30 • Calvary Service w/David [VR]

3:00 Parachute Bounce [HR]

3:30 • Ice Cream Bingo [PDR]

6:00 • Japan Fun Fact [VR]

6:00 • Night Singalong [VR]

1:00 • Walker's Club [G] 1:00 • Art Music & Songs [VR] 3:00 • Zumba & Strength Fitness w/Diana 3:30 • Farm Bingo [VR] 6:00 • Military Quotes [VR]

Experience) [VR]

10:00 • Beauty Makeover [HR] 10:30 • Create Gratitude Tree 1:00 • Room to Room Fellowship [MDR] 1:30 • Senior Topic Discussion w/Ms. Lisa [VR]

3:00 • Senior Stretch Fun [HR] 3:30 • Aromatherapy [SR] 6:00 • Full Moon Discussion [VR]

Game w/ Ms. Jean 10:00 • Glamour Day [SR] 10:30 • Laughter Therapy [VR] 1:00 • Inspirational Kindness Quotes [VF 2:00 • Line Dancing Class w/Sha [VR] 3:00 • Cardio & Stretch Fitness w/ Soo

10:30 • Nail Art [SR] 1:00 • Bookmarks(A Chilling Tale) [L] 2:00 • Wear in the World Party w/ Joe 3:00 • Zumba & Strength Fitness [HR] 3:30 • Ted Talk (Volunteerism) [VR]

6:00 • Laughter Therapy [VR]

Word Games & Trivia

10:00 • Catholic Service w/

9:30

9:30 • Thanksgiving Cards Making w/Ms. Joy 0:00 • Children's Book Club 10:00 • Beauty Break [SR] 10:30 Bowling Fun [HR] 0:30 • Gratitude Box [MDR] 11:00 • Spiritual Retreat [G] 1:00 • Singalong w/ Sue [VR] 1:00 • Horse Race Game [VR] 3:00 • Sparks (Physical Chair Fun) [HR]

2:00 • Zumba & Strength Fitness w/Diana 3:00 • Golf Fun [HR]

3:30 • Bingo [PDR]

6:00 • Name That Tune [VR]

9:30 • News & Views [VR]

0:00 • Children's Book Club

w/Bella [L]

10:30 • Hats Bingo [VR]

9:30 • News & Views [VR]

w/Bella [L]

SENIOR LIFESTYLE Come grow with us!

Unparalleled services

9:30 • Ageless Fitness Fun 10:00 • This Was The Year 1949 [VR]

10:30 • Spiritual Meditation w/ Laarni [G] 11:00 • Walk With Me [G] 1:30 • Calvary Service w/David [VR] 3:00 • Parachute Bounce [HR] 3:30 • Ice Cream Bingo [PDR]

6:00 • Night Singalong [VR]

10:30 • Golf Club [HR]

11:00 • Walk With Me [G]

1:30 • Salvation Army Bible Service [VR]

3:00 • Thymeless Gardening [G]

3:30 • Ice Cream Bingo [PDR]

6:00 • Night Singalong [VR]

9:30 • Conductorcise [VR] 10:00 Mickey Mouse Club Tea Time w/Betsv 10:30 • Spelling Bee Words w/Maddy [VR] 1:00 • Walker's Club [G] 1:00 • Art Music & Songs w/Ms.Lee [VR]

2:00 • Thymeless Cooking(Bake Off) 3:00 • Zumba & Strength Fitness w/Diana

10:30 • Gratitude Box [MDR] 1:00 • Tactile Stimulation [MDR] 1:30 • Senior Topic Discussion w/Ms. Lisa [VR] 3:00 • Senior Stretch Fun [HR] 3:30 • Pokeno Game [VR]

Senior Topic Discussion/Jeopardy Game w/ Ms. Jean 10:00 • Glamour Day [SR] 10:30 • Morning Brews Club [G] 11:00 • Blackjack Games [MDR]

Senior Topic

Game [VR]

2:00 • Line Dancing Class w/Sha [VR] 3:00 • Cardio & Stretch Fitness w/ Soo 3:30 • Snapshots(Family Reunion) [PDR 6:00 • Name that Sound [VR]

9:30 • Beauty Makeover [L] 10:00 • Tips for Fostering Gratitude [VR] 10:30 • Singalong w/Sue [SR]

11:00 • Talk & Toss Ball Game [HR] 12:00 • Thanksgiving Party w/ Almira 3:00 • Zumba & Strength Fitness [HR] 3:30 • Adult Coloring [MDR] 6:00 • Jeopardy Game w/ Doc [VR]

Ms. Joy [VR] 10:00 • Beauty Break [SR] 10:30 • Global Bingo [L] 1:00 • Garden Walk [G] 1:00 • Name That Sound [VR]

9:30 • Felt Turkey Arts w/

3:30 • Farm Bingo [MDR]

6:00 • Doesn't Belong [VR]

6:00 • Gratitude Prompts [VR]

3:30 • Card Games [MDR]

6:00 • Sports Night [VR]

2:00 • Zumba & Strength Fitness w/Diana 3:00 • Cardio & Strength Fitness [HR] 3:00 • Gratitude Guess Who [VR] 3:30 • Golf Fun [HR]

6:00 • Idioms [VR]

11:00 • Thymeless Gardening [G]

Activities are subject to change

9:30 • Ageless Fitness Fun 10:00 • Spiritual Reflections

9:30 • Conductorcise [VR] 10:00 • Slang 101 [VR] 10:30 • Three of a Kind Trivia 11:00 • Bean Bag Toss [HR] 1:00 • Art Music & Songs [VR]

6:00 • What is Gratitude? [VR]

3:00

Zumba & Strength Fitness w/Diana 3:30 • Aromatherapy [SR] 6:30 • Hula Hawaiian Music w/ Lori & Ainahau 'O Kaleponi [MDR]

9:30 Music w/Mary Sue 10:00 • Sparks (Nutrition-Food Gratitude) [VR] Laughtercise [VR]

11:00 • Room to Room Fellowship [MDR] 1:30 • Senior Topic Discussion [VR] 3:00 • Senior Stretch Fun [HR] 3:30 • Farm Bingo [VR] 6:00 • What Was There? in2l [VR]

Thanksgiving Discussion/Jeopardy

10:00 • Glamour Day [SR] 10:30 • Doesn't Belong [VR] 11:00 • Thymeless Gardening [G] 2:00 • Line Dancing Class w/Sha [VR] 3:00 • Cardio & Stretch Fitness w/ Soo

3:30 • Blackjack Games [MDR] 6:00 • Name that Sound [VR]

10:00 • Catholic Service w/ Ms. Judy [L] 10:30 • Beauty Break [SR] 11:00 Random Act of Kindness [MDR] 2:00 • Residents Birthday Party w/

Discussion & Trivia

9:30 • Thanksgiving Day

Karien [MDR] 3:00 • Zumba & Strength Fitness [HR] 3:30 • Pokeno [MDR] 6:00 • Thanksgiving Day Humor [VR]

9:30 • Creative Arts [VR] 10:00 • Beauty Break [SR] 0:30 • Gratitude Gab [VR] 1:00 • Garden Walk [G] 1:30 • Puzzles & Prizes [VR] 3:00 • Cardio & Strength Fitness [HR]

10:30 • Bowling Fun [HR] 11:00 • Sparks (Price is Right) [VR] 2:00 • Zumba & Strength Fitness w/Diana 3:30 • Bookmarks (Jell O Everybody) [L]

9:30 • News & Views [VR]

10:00 • Book Club w/Bella [L]

3:00 • Bingo [PDR] 3:30 • Golf Fun [HR]

6:00 • Karaoke Night [VR]