

calendar & activities
NOV 2020

Esperanza Terrace

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- Connect
- Feel
- Grow
- Move
- Reflect

DAYLIGHT SAVING TIME ENDS
9:00 ● Chair Yoga DVD (TR)
9:30 ● Devotion & Hymns (FAA)
10:00 ● Our Daily Bread Reading (FAA)
10:30 ● Brain Quest Trivia (FAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicle Reading & Discussion(FAA)
3:00 ● Snack & Chat (BAA)
3:30 ● Table Games (BAA)
5:30 ● Chair Volleyball (FAA)
6:00 ● Sunday Movie & Munchies (TR)
6:30 ● Snack Time!

1

9:00 ● Hand Weights Exercise (FAA)
9:30 ● Music Trivia
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicles Reading (FAA)
1:30 ● Exercise with Desmond Video (TR)
3:00 ● Snack Time
3:00 ● Thymeless Gardening Snacks (BAA)
5:00 ● Team Bowling & Music (FAA)
6:30 ● Snack Time!

2

ELECTION DAY
9:00 ● WHOGA Exercise DVD (TR)
9:30 ● Sentimental Journeys Music Sing along (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Bingo In A Bag (TR)
10:30 ● Hydration & Fruit Break!
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Bowling (BAA)
6:00 ● Hand Massages & Jazz Music (FAA)
6:30 ● Snack Time!

3

9:00 ● Music & Motion Exercise DVD(TR)
9:30 ● Music & Manicures & Small Group Activities (BAA)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Bible Trivia & Discussion (FAA)
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Game Night (BAA)
6:30 ● Snack Time!
6:30 ● Tea & Cookies (BAA)

4

9:00 ● Armchair Fitness DVD (TR)
9:15 ● Exercise with Desmond YouTube Video(TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Everyday Life Trivia vol.1 (BAA)
2:00 ● Essence Session
2:45 ● Music with Denny
3:00 Thymeless Gardening Snack
5:00 ● Hand, Shoulder & Neck Massages (FSA)
6:00 ● Bingo In A Bag (TR)
6:30 ● Snack Time!

5

9:00 ● Range of Motion Exercise DVD (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Daily Chronicles Reading & Discussion (FAA)
10:30 ● Hydration & Fruit Break!
2:15 ● Chair Volley Ball (FAA)
3:00 ● Happy Hour (BAA)
5:00 ● Chair Tennis (FAA)
6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)
6:30 ● Snack Time!

6

9:00 ● Sit & Be Fit Morning Exercise (FAA)
9:30 ● EZ Does It Random Trivia (FAA)
10:00 ● Great Adventures DVD (TR)
10:30 ● Hydration & Fruit Break!
10:30 ● Read & Reminisce (FAA)
11:00 ● Exercise with Desmond Video (TR)
2:15 ● Noodle Ball (FAA)
2:30 ● Daily Chronicles Reading (FAA)
3:00 ● Ice Cream Social (FAA)
3:30 ● Mandala Art (BAA)
5:00 ● Small Group Table Games (BAA)
6:30 ● Snack Time!

7

LOCATIONS

Front Activity Area (FAA)

Back Activity Area (BAA)

Dining Room (DR)

Theater Room (TR)

Memory Care 2/FAA

Memory Care 3/FAA

Front Sitting Area (FSA)

Retro Kitchen (RK)

Mac Hills Community(MHC)

BIRTHDAYS

1 - Helen Goldman

4 - Harold Norris

16 - Margaret Augustine

18 - Lee Ellen Cross

23 -- Lenard Tubb

ANNIVERSARY

28 - Ed & Margaret

Augustine

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Activities are subject to

change

9:00 ● Chair Yoga DVD (TR)
9:30 ● Devotion & Hymns (FAA)
10:00 ● Our Daily Bread Reading (FAA)
10:30 ● Brain Quest Trivia (FAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicle Reading & Discussion(FAA)
3:00 ● Snack & Chat (BAA)
3:30 ● Table Games (BAA)
5:30 ● Chair Volleyball (FAA)
6:00 ● Sunday Movie & Munchies (TR)
6:30 ● Snack Time!

8

9:00 ● Hand Weights Exercise (FAA)
9:30 ● Music Trivia
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicles Reading (FAA)
1:30 ● Exercise with Desmond Video (TR)
3:00 ● Snack Time
3:00 ● Thymeless Gardening Snacks (BAA)
5:00 ● Team Bowling & Music (FAA)
6:30 ● Snack Time!

9

9:00 ● WHOGA Exercise DVD (TR)
9:30 ● Sentimental Journeys Music Sing along (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Bingo In A Bag (TR)
10:30 ● Hydration & Fruit Break!
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Bowling (BAA)
6:00 ● Hand Massages & Jazz Music (FAA)
6:30 ● Snack Time!

10

VETERANS DAY
9:00 ● Music & Motion Exercise DVD(TR)
9:30 ● Music & Manicures & Small Group Activities (BAA)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
10:30 ● Hydration & Fruit Break!
11:00 ● Bible Trivia & Discussion (FAA)
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Game Night (BAA)
6:30 ● Snack Time!
6:30 ● Tea & Cookies (BAA)

11

9:00 ● Armchair Fitness DVD (TR)
9:15 ● Exercise with Desmond YouTube Video(TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Everyday Life Trivia vol.1 (BAA)
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Hand, Shoulder & Neck Massages (FSA)
6:00 ● Bingo In A Bag (TR)
6:30 ● Snack Time!

12

9:00 ● Range of Motion Exercise DVD (TR)
9:30 ● Finish the Phrase
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Daily Chronicles Reading & Discussion (FAA)
10:30 ● Hydration & Fruit Break!
2:15 ● Chair Volley Ball (FAA)
3:00 ● Happy Hour (BAA)
5:00 ● Chair Tennis (FAA)
6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)
6:30 ● Snack Time!

13

9:00 ● Sit & Be Fit Morning Exercise (FAA)
9:30 ● EZ Does It Random Trivia (FAA)
10:00 ● Great Adventures DVD (TR)
10:30 ● Hydration & Fruit Break!
10:30 ● Read & Reminisce (FAA)
11:00 ● Exercise with Desmond Video (TR)
2:15 ● Noodle Ball (FAA)
2:30 ● Daily Chronicles Reading (FAA)
3:00 ● Ice Cream Social (FAA)
3:30 ● Mandala Art (BAA)
5:00 ● Small Group Table Games (BAA)
6:30 ● Snack Time!

14

9:00 ● Chair Yoga DVD (TR)
9:30 ● Devotion & Hymns (FAA)
10:00 ● Our Daily Bread Reading (FAA)
10:30 ● Brain Quest Trivia (FAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicle Reading & Discussion(FAA)
3:00 ● Music with Mike
3:00 ● Music with Mike (MC2/FAA)
3:00 ● Snack & Chat (BAA)
3:30 ● Table Games (BAA)
5:30 ● Chair Volleyball (FAA)
6:00 ● Sunday Movie & Munchies (TR)
6:30 ● Snack Time!

15

9:00 ● Hand Weights Exercise (FAA)
9:30 ● Music Trivia
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicles Reading (FAA)
1:30 ● Exercise with Desmond Video (TR)
3:00 ● Snack Time
3:00 ● Thymeless Gardening Snacks (BAA)
3:30 ● Music with Mike Frankel (MC3)
5:00 ● Team Bowling & Music (FAA)
6:30 ● Snack Time!

16

9:00 ● WHOGA Exercise DVD (TR)
9:30 ● Sentimental Journeys Music Sing along (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Bingo In A Bag (TR)
10:30 ● Hydration & Fruit Break!
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Bowling (BAA)
6:00 ● Hand Massages & Jazz Music (FAA)
6:30 ● Snack Time!

17

9:00 ● Music & Motion Exercise DVD(TR)
9:30 ● Music & Manicures & Small Group Activities (BAA)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Bible Trivia & Discussion (FAA)
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Game Night (BAA)
6:30 ● Snack Time!
6:30 ● Tea & Cookies (BAA)

18

9:00 ● Armchair Fitness DVD (TR)
9:15 ● Exercise with Desmond YouTube Video(TR)
10:00 ● For Love & Art (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Everyday Life Trivia vol.1 (BAA)
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Hand, Shoulder & Neck Massages (FSA)
6:00 ● Bingo In A Bag (TR)
6:30 ● Snack Time!

19

9:00 ● Range of Motion Exercise DVD (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Daily Chronicles Reading & Discussion (FAA)
10:30 ● Hydration & Fruit Break!
2:15 ● Chair Volley Ball (FAA)
3:00 ● Happy Hour (BAA)
5:00 ● Chair Tennis (FAA)
6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)
6:30 ● Snack Time!

20

9:00 ● Sit & Be Fit Morning Exercise (FAA)
9:30 ● EZ Does It Random Trivia (FAA)
10:00 ● Great Adventures DVD (TR)
10:30 ● Hydration & Fruit Break!
10:30 ● Read & Reminisce (FAA)
11:00 ● Exercise with Desmond Video (TR)
2:15 ● Noodle Ball (FAA)
2:30 ● Daily Chronicles Reading (FAA)
3:00 ● Ice Cream Social (FAA)
3:30 ● Mandala Art (BAA)
5:00 ● Small Group Table Games (BAA)
6:30 ● Snack Time!

21

9:00 ● Chair Yoga DVD (TR)
9:30 ● Devotion & Hymns (FAA)
10:00 ● Our Daily Bread Reading (FAA)
10:30 ● Brain Quest Trivia (FAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicle Reading & Discussion(FAA)
3:00 ● Snack & Chat (BAA)
3:30 ● Table Games (BAA)
5:30 ● Chair Volleyball (FAA)
6:00 ● Sunday Movie & Munchies (TR)
6:30 ● Snack Time!

22

9:00 ● Hand Weights Exercise (FAA)
9:30 ● Music Trivia
10:00 ● Thymeless Garden Club MC2 (BAA)
10:15 ● Eldergrow Garden Education with Carmen (MC2/DR)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicles Reading (FAA)
1:30 ● Exercise with Desmond Video (TR)
3:00 ● Snack Time
3:00 ● Thymeless Gardening Snacks (BAA)
5:00 ● Team Bowling & Music (FAA)
6:30 ● Snack Time!

23

9:00 ● WHOGA Exercise DVD (TR)
9:30 ● Sentimental Journeys Music Sing along (TR)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Bingo In A Bag (TR)
10:30 ● Hydration & Fruit Break!
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
3:15 ● Music with David & Birthday Celebration(MC2/FAA)
4:30 ● Music with David & Birthday Celebration (MC2/FAA)
5:00 ● Bowling (BAA)
6:00 ● Hand Massages & Jazz Music (FAA)
6:30 ● Snack Time!

24

9:00 ● Music & Motion Exercise DVD(TR)
9:30 ● Music & Manicures & Small Group Activities (BAA)
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Bible Trivia & Discussion (FAA)
2:00 ● Essence Session
3:00 Thymeless Gardening Snack
5:00 ● Game Night (BAA)
6:30 ● Snack Time!
6:30 ● Tea & Cookies (BAA)

25

THANKSGIVING
9:00 ● Armchair Fitness DVD (TR)
9:15 ● Exercise with Desmond YouTube Video(TR)
9:15 ● Meaningful Moments outing to the DMA
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
10:30 ● Hydration & Fruit Break!
11:00 ● Everyday Life Trivia vol.1 (BAA)
2:00 ● Essence Session
2:45 ● Music with Denny
3:00 Thymeless Gardening Snack
5:00 ● Hand, Shoulder & Neck Massages (FSA)
6:00 ● Bingo In A Bag (TR)
6:30 ● Snack Time!

26

9:00 ● Range of Motion Exercise DVD (TR)
9:30 ● Finish the Phrase
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Daily Chronicles Reading & Discussion (FAA)
10:30 ● Hydration & Fruit Break!
2:15 ● Chair Volley Ball (FAA)
3:00 ● Happy Hour (BAA)
5:00 ● Chair Tennis (FAA)
6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)
6:30 ● Snack Time!

27

9:00 ● Sit & Be Fit Morning Exercise (FAA)
9:30 ● EZ Does It Random Trivia (FAA)
10:00 ● Great Adventures DVD (TR)
10:30 ● Hydration & Fruit Break!
10:30 ● Read & Reminisce (FAA)
11:00 ● Exercise with Desmond Video (TR)
2:15 ● Noodle Ball (FAA)
2:30 ● Daily Chronicles Reading (FAA)
3:00 ● Ice Cream Social (FAA)
3:30 ● Mandala Art (BAA)
5:00 ● Small Group Table Games (BAA)
6:30 ● Snack Time!

28

9:00 ● Chair Yoga DVD (TR)
9:30 ● Devotion & Hymns (FAA)
10:00 ● Our Daily Bread Reading (FAA)
10:30 ● Brain Quest Trivia (FAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicle Reading & Discussion(FAA)
3:00 ● Snack & Chat (BAA)
3:30 ● Table Games (BAA)
5:30 ● Chair Volleyball (FAA)
6:00 ● Sunday Movie & Munchies (TR)
6:30 ● Snack Time!

29

9:00 ● Hand Weights Exercise (FAA)
9:30 ● Music Trivia
10:00 ● Thymeless Garden Club MC2 (BAA)
10:30 ● Hydration & Fruit Break!
11:00 ● Daily Chronicles Reading (FAA)
1:30 ● Exercise with Desmond Video (TR)
3:00 ● Snack Time
3:00 ● Thymeless Gardening Snacks (BAA)
5:00 ● Team Bowling & Music (FAA)
6:30 ● Snack Time!

30

