

# November 2021

## Ocean Hills Memory Care Monthly Calendar

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> 9:30 ↔ Baget Baseball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ↔ Brainstorming 12:30 ❤ Soundscapes 1:00 🗣 What's in a Word 2:00 ★ Words of Wisdom 3:00 📺 Nature Documentary 4:00 🌿 Sunshine Social 6:30 🦋 Tablet for relaxation	<b>2</b> 9:30 ↔ Weight training 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 ☀ <b>Monthly Gazette</b> 11:30 ☀ Link Think 12:30 ❤ Soundscapes 2:00 ★ Crafty Club: Newspaper Florals 3:00 ☀ <b>Amazing Mushrooms!</b> 4:00 🌿 Fruit of the Month Club 6:30 🦋 Weekday Worship: Favorite Hymns 7:00 ❤ Timeless Melodies Choir Club	<b>3</b> 9:30 ↔ Seated Soccer / "Football" 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ <b>Senior Samba with Tamar</b> 11:30 ☀ Crosswords and puzzles 12:30 ❤ Soundscapes 1:00 ☀ <b>Fun Facts: Science</b> 2:00 ★ Sorting socks 2:15 ☀ <b>Mad Science (Chemistry Week)</b> 4:00 🌿 Resident Spotlight: My History 6:30 🦋 Music in Motion 7:00 ❤ Chapter Chat	<b>4</b> 9:30 ↔ Kickball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Dominos 12:30 ❤ Soundscapes 1:00 🌿 <b>King Tut Day: A Day in the Life</b> 2:00 ★ <b>Veterans celebration: Patriotic Sing a Long</b> 2:30 🌿 Prize Bingo 3:30 🏌 <b>Golf Cart Antics</b> 4:00 🌿 Taste of home 6:30 🦋 Chicken Soup for the Soul	<b>5</b> 9:30 ↔ Volleyball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Treeval Word Game: US Presidents 12:30 ❤ Soundscapes 2:00 ★ Pampered Paws 2:00 🌿 <b>Trips and Travels: Scenic Drive</b> 4:00 🌿 <b>Uncorked: Toast your friends!</b> 6:30 🦋 Meditation Circle 7:00 ☀ Montessori Life	<b>6</b> <i>National Nachos Day!</i> 9:30 ↔ Basketball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🌿 <b>Be Our Guest: Hans Christian Anderson (Book Lover Day)</b> 2:00 ★ Puzzle Club 4:00 🌿 Making mocktails 6:30 🦋 Mindfulness Meditation 7:00 ☀ <b>Pass the Popcorn: Silver Linings Playbook</b>	
<b>7</b> <b>Daylight Saving Time Begins</b> 9:30 ↔ Irish Chair Dance 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Group Imagination 12:30 ❤ Soundscapes 1:00 🌿 <b>Manicures</b> 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Sentimental Serenity 7:00 🦋 Church Gathering and Worship	<b>8</b> 9:30 ↔ TacTic Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Stick figure story telling 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 ★ Makeover Madness Photo Shoot 4:00 🌿 Going out for ice cream 6:30 🦋 Prayer or group spiritual reading	<b>9</b> 9:30 ↔ Seated Qigong Tai Chi and Yoga 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Pictionary 12:30 ❤ Soundscapes 2:00 ★ Collaborative Fairy Garden 2:30 🗣 <b>Travelogue with Jamie: Armchair Travels - Captivated by Costa Rica</b> 4:00 🌿 Going out for lunch 6:30 🦋 Daily Devotions 7:00 ❤ Timeless Melodies Choir Club	<b>10</b> 9:30 ↔ Free-Throw Competition 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ <b>Senior Samba with Tamar</b> 11:30 ☀ Jingle Jumble 12:30 ❤ Soundscapes 1:00 ❤ Poetry Reading 2:00 ❤ <b>Craft: The Thankful Tree</b> 2:00 ★ Soft pretzels 3:00 🌿 Modern Marvels 4:00 🌿 Riddle Me This 6:30 🦋 Weekday Worship: Favorite Hymns 7:00 ❤ Chapter Chat	<b>11</b> <b>Veterans Day</b> 9:30 ↔ Zumba Gold 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Putting a puzzle together 12:30 ❤ Soundscapes 1:00 🌿 <b>Ice Cream Social</b> 2:00 ★ No-bake items 2:30 Prize Bingo 3:30 ☀ Picture a Word 4:00 🌿 Wheel of Fortune 6:00 🌿 <b>Veterans Celebration: Sweethearts of Swing (Live Music &amp; Performance) [DR]</b> 6:30 🦋 Daily Devotions	<b>12</b> 9:30 ↔ Bowling 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ National Museum of Modern and Contemporary Art: Korea Virtual Tour 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 ★ Crafty Club: Jewelry Making 2:00 🌿 <b>Trips and Travels: Peacocks</b> 4:00 🌿 <b>Uncorked: Wine Bash</b> 6:30 🦋 Music in Motion 7:00 ☀ Montessori Life	<b>13</b> 9:30 ↔ Frisbee Golf 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🌿 <b>Be Our Guest: Music with Marty</b> 2:00 ★ Puzzle Club 4:00 🌿 Freerice 6:30 🦋 Sentimental Serenity 7:00 ☀ <b>Pass the Popcorn: Eat, Pray, Love</b>	
<b>14</b> 9:30 ↔ Sit and Be Fit 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ This Day in History Discussion Group 12:30 ❤ Soundscapes 1:00 🌿 <b>Manicures</b> 2:00 🌿 <b>Ocean Hills Presents: Vanessa Kramer and Friends for fun Broadway Inspired Hour (Live Performance) [MT]</b> 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Prayer or group spiritual reading 7:00 🦋 Church Gathering and Worship	<b>15</b> 9:30 ↔ Bocce Ball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Treeval Word Game: Peacemakers 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 ★ Community Chores 4:00 🌿 Flag-colored parfaits 6:30 🦋 Chicken Soup for the Soul	<b>16</b> 9:30 ↔ Sittercise 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Four Word Phrases 12:30 ❤ Soundscapes 2:00 ★ Wonderful World of Watercolor 3:30 ★ <b>Golf Cart Antics</b> 4:00 🌿 Blessed Blooms Club 6:30 🦋 Mindfulness Meditation 7:00 ❤ Timeless Melodies Choir Club	<b>17</b> 9:30 ↔ Home Stretch Derby 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ <b>Senior Samba with Tamar</b> 11:30 ☀ Flower suncatchers 12:30 ❤ Soundscapes 1:00 🗣 <b>World Peace Day: Inspirational Stories</b> 2:00 ★ Colorful Collage 3:00 🗣 <b>Funny Signs!</b> 4:00 🦋 Tablet for a virtual aquarium or virtual pets 6:30 🦋 Tablet for relaxation 7:00 ❤ Chapter Chat	<b>18</b> 9:30 ↔ Morning Stretch 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Taste-testing 12:30 ❤ Soundscapes 1:00 🌿 <b>Ice Cream Social</b> 2:00 ★ Staff Appreciation: Aroma Sachet 2:30 Prize Bingo 3:30 ☀ <b>No Pun Intended</b> 4:00 🌿 Wacky Weeding 6:30 🦋 Meditation Circle	<b>19</b> 9:30 ↔ Seated Aerobics 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Team's Choice Trivia 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 ★ Planning a parade float 2:00 🌿 <b>Trips and Travels: Surprise</b> 4:00 🌿 <b>Uncorked: Mocktails</b> 6:30 🦋 Mindfulness Meditation 7:00 ☀ Montessori Life	<b>20</b> 9:30 ↔ Aqua Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 ❤ Test Your Senses 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🌿 <b>Be Our Guest: Music with Al Estrada</b> 2:00 ★ Puzzle Club 4:00 🌿 Dirt cups 6:30 🦋 Prayer or group spiritual reading 7:00 ☀ <b>Pass the Popcorn: Yours, Mine, Ours</b>	
<b>21</b> 9:30 ↔ Sports Moves 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Tablet for coloring or painting 12:30 ❤ Soundscapes 1:00 🌿 <b>Manicures</b> 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Meditation Circle 7:00 🦋 Church Gathering and Worship	<b>22</b> 9:30 ↔ Badminton 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Grocery Game 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 ★ Office Life Station 4:00 🌿 Armchair Travel: France 6:30 🦋 Chicken Soup for the Soul	<b>23</b> 9:30 ↔ Bean Bag Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Group Rhyme 12:30 ❤ Soundscapes 2:00 ★ Scented dough claytionary 3:00 Random Trivia 4:00 🌿 Seasonal Celebration: Thankfulness 6:30 🦋 Daily Devotions 7:00 ❤ Timeless Melodies Choir Club	<b>24</b> 9:30 ↔ Mimicked stretching 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 ↔ <b>Chair Tai Chi with Patrick</b> 11:30 ☀ National Gallery of Art: Washington DC Virtual Visit 12:30 ❤ Soundscapes 1:00 ❤ <b>Beauty Day</b> 2:00 ★ Creature Craft 4:00 🌿 Birdscaping: Attracting and Recognizing your Native Birds 6:30 🦋 Tablet for relaxation 7:00 ❤ Chapter Chat	<b>25</b> <b>Thanksgiving</b> 9:30 ↔ HORSE 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Creating firework art 12:30 ❤ Soundscapes 1:00 🌿 <b>Thanksgiving day family appreciation</b> 2:00 ★ Community Store 2:30 Prize Bingo 3:30 ❤ <b>Golf Cart Antics</b> 4:00 🌿 Cooking Club: American Classic 6:30 🦋 Weekday Worship: Favorite Hymns	<b>26</b> 9:30 ↔ Ribbon Dance 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Zip, Zap, Zop 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 🌿 <b>Trips and Travels: Miniature Engineer Craftsmanship Museum</b> 2:00 ★ "Weaving" a basket for first responders 4:00 🌿 <b>Uncorked: Friendly Fall</b> 6:30 🦋 Sentimental Serenity 7:00 ☀ Montessori Life	<b>27</b> 9:30 ↔ Rocking and Rolling 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 ☀ Brain Games 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🌿 <b>Be Our Guest: Music with Marty</b> 2:00 ★ Puzzle Club 3:30 🗣 <b>Nature knowledge hour - Red Planet Day: A Trip to Mars</b> 4:00 🌿 I Love Lucy 6:30 🦋 Music in Motion 7:00 ☀ <b>Pass the Popcorn: Yes Day</b>	
<b>28</b> <i>National French Toast Day!</i> 9:30 ↔ Senior Stretch 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Name That Tune 12:30 ❤ Soundscapes 1:00 🌿 <b>Manicures</b> 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Tablet for relaxation 7:00 🦋 Church Gathering and Worship	<b>29</b> 9:30 ↔ Baget Golf 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ History of Film 12:30 ❤ Soundscapes 1:00 ❤ <b>Chicken Soup for the Soul</b> 2:00 ★ Dinner Party name cards 4:00 ★ Birthday Bash 6:30 🦋 Daily Devotions	<b>30</b> 9:30 ↔ Chair Dance 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Word Search 12:30 ❤ Soundscapes 2:00 ★ Stamp Art 3:00 ☀ <b>Geography Class</b> 4:00 🌿 Intergenerational Programming 6:30 🦋 Music in Motion 7:00 ❤ Timeless Melodies Choir Club	<b>Location Keys</b> Activity Room AR Dining Room DR Movie Theater MT			❤ Emotional ☀ Intellectual ↔ Physical ★ Purposeful 🌿 Social 🦋 Spiritual	"No one has ever become poor from giving." – Maya Angelou