



IT'S COOL TO BE KIND AND GIVING IN NOVEMBER BECAUSE WE'RE CELEBRATING WORLD KINDNESS DAY (NOV. 12), NATIONAL PHILANTHROPY DAY (NOV. 15), GIVING TUESDAY (NOV. 30), THANKSGIVING, VETERANS/REMEMBRANCE DAY, HANUKKAH, AND SO MUCH MORE

DAILY PROGRAM GUIDE FOR MEMORY CARE

GREAT START: TALK CURRENT EVENTS, DAILY DEVOTIONS, CLEAN UP AFTER BREAKFAST

PHYSICAL/WELLNESS: GROUP EXERCISE, BALL TOSS, PARACHUTE, NOODLE BALL, WALKING

REVIVE AND REFRESH: BEVERAGE, MUSIC, AND REMINISCING

LUNCH

EMOTIONAL SPIRITUAL WELLNESS: READING, INDIVIDUALIZED MUSIC, BIBLE STUDY, PRAYER, 1:1 VISITS, ASSISTED ACTIVITY, AND ART

SOCIAL / LEISURE: SNACKS, BEVERAGES, BAKING, MUSIC, CRAFTS, SING ALONG.

PHYSICAL / WELLNESS: REMINISCING, MEMORY KITS, WALKS, SORTING, DANCING, CHAIR EXERCISE, TRIVIA AND STRETCHING

