

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2018

Memory Lane ~ Arcadia Gardens Retirement Hotel

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|--|---|--|--|---|--|---|
| <p>9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 3:00 Garden social- Outdoor Nature Observations 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 10:30 Gentle Tai Chi 1:00 Cookie Decorating & Singing 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie</p> | <p>1 <u>Favorite character Friday / popcorn & a seasonal movie</u> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening</p> | <p>2 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 3</p> |
| <p>9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> <p>Daylight Saving Time Ends</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 3:00 Garden social- Outdoor Nature Observations 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 10:30 Gentle Tai Chi 1:00 Cookie Decorating & Singing 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 10:00 Bead Making 10:30 Accordion with Helen 11:30 Seasonal Crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie</p> | <p>8 <u>Favorite character Friday / popcorn & a Disney movie</u> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Chalk Art In Our Garden</p> | <p>9 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 10</p> |
| <p>9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time</p> <p>Veterans Day (US) Remembrance Day (Canada)</p> | <p>10:00 Out & About Mystery Tour 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Happy Day social 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie</p> | <p>15 <u>Wear Green Friday/Nature Walk in Garden</u> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening</p> | <p>16 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing 17</p> |
| <p>9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Colorful Creations 11:30 Poetry Time 3:00 Good Times social 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Seasonal Art 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie</p> <p>Thanksgiving Day (US)</p> | <p>22 <u>Wear Yellow or Orange Friday</u> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 In Our Garden</p> | <p>23 9:30 Air Balloon Tennis 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing 24</p> |
| <p>9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Mid-Day Stretching 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Out & About Mystery Tour 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Activities 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 3:00 Garden Social- Outdoor Nature Observations 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie</p> | <p>29 <u>Favorite character Friday / popcorn & a Fall movie</u> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Planting Flowers In Our Garden</p> | <p>30 </p> |