

Monday

Tuesday

Wednesday

Thursday

Friday

*November 2023*  
Seasons Adult Day Health Services

C: Little Known Facts  
P: Arm Aerobics  
E: **Spirituality with Pastor Paul** or Elder Trivia  
*LUNCH*  
E: **Paint Class w/ Merry & Leo** or Sharpen Your Senses  
P: Ladder Golf  
A: Music Through the Decades  
C: Name that Memory

E: Classic TV Commercials  
P: Can Weights  
C: What Would You Do? or Musical Toss  
*LUNCH*  
C: Ted Talk or Trivia Treasury  
P: Texas Horseshoes  
C: Eat, Wear, Drive  
A: Musical Connections

C: November Trivia  
P: Upper Body Stretch  
C/A: Bible Study or Movie Magic Sing Along  
*LUNCH*  
C: Discover America- Hawaii or Clue Trivia  
P: Battle Buckets  
E: Retro Videos  
C: Country Life Trivia

C: Me Moves/Memory Chain  
P: Healthy Bodies  
C: Create a Word or Shake Awake your Taste  
*LUNCH*  
A: **Music with Merry and Leo**  
P: Football Toss  
C: Remembering Family Sundays  
C: Conversation Cards

C: School Days Trivia  
P: Bean Bag Exercise  
A: **Golden Guild Performance**  
*LUNCH*  
C: ABC Word Challenge or Melting Pot  
P: Basketball  
A: I Hear Music  
C: Mind Joggers

C: Family Memory Lane  
P: **Chair Yoga with Keri**  
E: **Spirituality with Pastor Paul** or Quizmania  
*LUNCH*  
C/A: iPad Chain of Thought or Name that Instrument  
P: Disc Golf  
A: Guess the Movie by the Song  
C: Memories and Musings

C: EZ Trivia  
P: Ball Exercises  
C: Jumbo Crossword or Melting Pot  
*LUNCH*  
P: Disc Golf  
C/E: Guess Who I Am Or What's in the Bag?  
C: Thingamajigs and Whatchamacallits  
C: Choices

C: Fact or Fiction  
P: Healthy Bodies  
C: Bible Study or **Pet Therapy with Duke**  
*LUNCH*  
C: Scattergories or Shake Loose a Memory  
P: Bean Bag Toss  
A: Seasons Choral  
C: Kids Say the Darndest Things

C: 1950's Interactive Trivia  
P: Dance Aerobics  
C: Can You List It or Train of Thought  
*LUNCH*  
C/A: Jeopardy or Weather Songs Sing Along  
P: Broomball  
C: Life in the 70's  
C: What's that Occupation

C: Down Memory Lane  
P: Resistance Bands  
C/A: **Veterans Day & American Military Trivia** or **America Sings Sing Along**  
*LUNCH*  
C: Buzzword or Finishing Lyrics  
P: Bowling  
E: Life in the 70's  
C: Pastimes

C: iPad Memory Lane Games  
P: Upper Body Stretch  
E: **Spirituality with Pastor Paul** or Kwizniac  
*LUNCH*  
C/A: Which Happened First? or Happy Days Sing Along  
P: Broomball  
C: Everyday Life Trivia  
C: Yes, I Have

C: Humorama  
P: Dance Aerobics  
C: Alphabet Challenge or Picture the Song  
*LUNCH*  
C: Silly Sentences or A-Z Trivia  
P: Jumbo Ring Toss  
A: Hits of the 50's  
C: Conversation Cards

C: Thanksgiving Trivia  
P: **Bean Bag Exercise**  
C: **Bible Study or Can You Picture This?**  
*THANKSGIVING LUNCH*  
C/A: **Family Feud or Seasons Choral**  
P: **Turkey Day Toss**  
C: **Remembering the Thanksgiving Table**  
C: **Turkey Ticklers**

C: Storylines  
P: Upper Body Stretch  
C/A: The History Of... or Music Bingo  
*LUNCH*  
C/A: Invention or Imagination or Ramblin' Rose Sing Along  
P: Floor Darts  
A: Hits of the 60's  
P: Table Ball

C: iPad Promenade  
P: Healthy Bodies  
C: Word Connections or What do you know?  
*LUNCH*  
P: Corn Hole  
C: Observation Challenge or Name that Tune  
C: Blurt  
C: Have You Ever?

C: Brain Quest  
P: Can Weights  
E: **Spirituality with Pastor Paul** or Magic in Music  
*LUNCH*  
C: What do you See? or Say it with Music  
P: Horseshoes  
A: Finish the Song Lyrics  
P: Swatter Ball

A: Country Music Sing Along  
P: Core Exercise  
C: Create a Word or Pasta, Plant, Fast Car  
*LUNCH*  
C/A: Old Wives Tales or Elvis Sing Along  
P: Football Toss  
C: Remembering Chores and Allowance  
P: Zig Zag Zoom

C: Breaking Bread Trivia  
P: Octoband Fun or Pumpkin Pie  
C: Bible Study or Recipe Recall  
*LUNCH*  
P: Shuffleboard Toss  
C: Sports Trivia or Car-a-oke Road Trip Sing Along  
E: Life in the 70's  
C: Finish the Phrase

C: Famous Faces  
P: Arm Aerobics  
C: Name That State or Six Words  
*LUNCH*  
C/A: Tribond or Traveling Tunes  
P: Bottle Ring Toss  
C: Mind Stretchers  
C: Would You Rather?

C: Random Trivia  
P: Chair Yoga  
C/A: Guinness Book of World Records or In the Mood Suzie Q Sing Along  
*LUNCH*  
P: Top Toss  
C: Blank Slate or Seasons Choral  
E: Popcorn and a Movie  
C: Our Moments