

Monday

Tuesday

Wednesday




Thursday

Friday



November 2024

Seasons Adult Day Health Services

<p>C: Country Music Sing Along P: Arm Aerobics S/C: Spirituality with Pastor Paul or Elder Trivia <i>LUNCH</i> A/E: Paint Class w/ Merry & Leo or Sharpen Your Senses P: Ladder Golf A: Music Through the Decades C: Name that Memory</p>	<p>E: Classic TV Commercials P: Can Weights C/A: Odd Word Out or Musical Toss <i>LUNCH</i> C: Word Wonders or Trivia Treasury P: Texas Horseshoes C: Name Ten C: Pondering Prompts</p>	<p>C: Fact or Fiction P: Chair Yoga with Keri S/C: Bible Study or Seasons Choral <i>LUNCH</i> A: Music with Paul P: Bean Bag Toss A: Michigan Melodies C: Timeslides</p>	<p>C: What's Next? P: Dance Aerobics C: Bingo or Train of Thought <i>LUNCH</i> A: Music with Merry and Leo P: Broomball E: Remembering American Bandstand C: Memories and Musings</p>	<p>C: November Trivia P: Upper Body Stretch C: Observation Challenge or Movie Magic Sing Along <i>LUNCH</i> C: Discover America or Clue Trivia P: Battle Buckets A: Hits of the 60's C: Country Life Trivia</p>
<p>C: Down Memory Lane P: Resistance Bands S/C: Spirituality with Pastor Paul or Alphabetics <i>LUNCH</i> C/A: Veterans Day & American Military Trivia or America Sings Sing Along P: Bowling C: Mind Stretchers C: Pastimes</p> 	<p>C: Melting Pot Trivia P: Ball Exercises C: Jumbo Crossword or EZ Does It Trivia <i>LUNCH</i> P: Disc Golf C/A: Guess Who I Am Or Select a Song E: What's in the Bag? C: Choices</p>	<p>C: Breaking Bread Trivia P: Arm Aerobics C/S: Pet Therapy with Duke or Hymns and Harmony <i>LUNCH</i> P: Shuffleboard Toss C/A: Sports Trivia or Car-a-oke Road Trip Sing Along C: Rhyme Time C: Finish the Phrase</p>	<p>C: Storylines P: Upper Body Stretch C: Bingo or ABC Word Challenge <i>LUNCH</i> C/A: Which Happened First? or Ramblin' Rose Sing Along P: Floor Darts E: Retro Videos P: Table Ball</p>	<p>C: Brain Boosters P: Healthy Bodies C: Word Connections or What do you Know? <i>LUNCH</i> P: Football Toss C/A: Travelogue: Cleveland or Name that Tune C: Blurt C: Have You Ever?</p>
<p>C: iPad Memory Lane Games P: Upper Body Stretch S/C: Spirituality with Pastor Paul or Kwizniac <i>LUNCH</i> C/A: Pet Therapy with Izzy or Happy Days Sing Along P: Top Toss C: Everyday Life Trivia C: Yes, I Have</p>	<p>C: The Name Game P: Dance Aerobics C/A: Alphabet Challenge or Picture the Song <i>LUNCH</i> C: Silly Sentences or A-Z Trivia P: Ring Toss A: Hits of the 50's C: Swatterball</p>	<p>C: Thanksgiving Trivia P: Bean Bag Exercise C: Bible Study or Can You Picture This? <i>THANKSGIVING LUNCH</i> C/A: Family Feud or Seasons Choral P: Turkey Day Toss C: Remembering the Thanksgiving Table C: Turkey Ticklers</p> 	<p>C: Random Trivia P: Chair Yoga C/A: Guinness Book of World Records or In the Mood Sing Along <i>LUNCH</i> P: Broomball C/A: Blank Slate or Seasons Choral E: Popcorn and a Show C: Our Moments</p>	<p>C: Me Moves/Memory Chain P: Healthy Bodies C: Create a Word or Shake Awake your Taste <i>LUNCH</i> C/A: Jeopardy or Musical Twister P: Corn Hole C: Mind Joggers C: Conversation Cards</p>
<p>C: Toss n Talk Ball P: Can Weights S/A: Spirituality with Pastor Paul or Magic in Music <i>LUNCH</i> C: What do you See? or Say it with Music P: Horseshoes A: Finish the Song Lyrics P: Swatter Ball</p>	<p>C: Little Known Facts P: Core Exercise C: Word Ladder or Eat, Wear, Drive <i>LUNCH</i> C/A: Old Wives Tales or Elvis Sing Along P: Hoop Dice C: Remembering Family Sundays P: Zig Zag Zoom</p>	<p>C: Word Teasers P/O: Octaband or Pumpkin Crescent Rolls C/A: Thanksgiving Jingo or Traveling Tunes <i>LUNCH</i> E/C: Pet Therapy with Billy or Trivia Time P: Bottle Ring Toss A: Select a Song C: Choices</p>	<p>28</p> <p>Happy Thanksgiving</p>  <p>29</p>	

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills, S- Spiritual

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM

Birthdays: Christin 11/8, Marj 11/14, Buck 11/15, Pat 11/15, Lela 11/17, Gloria 11/27