




November 2023

CIRCLE CENTER ADULT DAY SERVICES
 4900 WEST MARSHALL STREET
 ACTIVITY ROOM 1 CALENDAR (FORMERLY LAR)

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 The Write Word Game-November-(C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>2) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Snack 9:30 Master Gardeners (N, CR) 11:00 Walk of Fame (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>3) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:30 Are We There Yet? (R, C) 12:00 Lunch 1:00 Nurtured with Nature-Panda Bears (N) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)</p>
<p>6) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? Costume Jewelry (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>7) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 The Write Word: Veterans Day Game (C) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 12:00 Lunch 1:00 What's in the Bag? 1970's TV Shows Part 1C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)</p>	<p>8) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:00 Zumba in Wellness (P) 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Animal Behaviors (N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>9) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Snack 10:30 "Veterans Day Discussion and Story" (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>10) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Guess the Country (R) 12:00 Lunch 1:00 Veterans Day (C, R) 2:00 Snack 2:30 Let's Move/Chair I Fitness (P) 3:15 Cranium Crunches (C)</p>
<p>13) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? Tupperware (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>14) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Family Feud (C) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 12:00 Lunch 1:00 What's in the Bag? (C, R, N) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>15) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R, N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>16) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 "Fall Stories" Reading and Discussion (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>17) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:30 Are We There Yet? Peru (C, R) 12:00 Lunch 1:00 Happy Birthday November Babies Social (S) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
20) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Visit with Fred (S) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 10:30 Game Fun (C) 12:00 Lunch 1:00 What's in the Bag? 1970's TV Shows Part2(C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)	22) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation- Friendsgiving (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	23) Closed 	24) Closed
27) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? Making Stuffing and Ginger Bread (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 November Jeopardy Trivia (C) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 12:00 Lunch 1:00 What's in the Bag? Test Your Knowledge (C, R, N) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	29) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation- Music Jeopardy (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	30) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Snack 10:00 Art on Wheels in Wellness (CR, C, S, R) 10:30 "The Pasta Contest" Story (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	Activity Domains: Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Wellness Schedule: M-F 9:00am-9:45 am & M-F 10:00 am-11:30 am

Times and days of class subject to change

Monday: Tai Chi and Meditation

Tuesday: Drumming Exercise or Chair 1 Fitness (Alternates per week)

Wednesday: Games

2nd Wednesday of Month: Chair Zumba with Volunteer

Thursday: Art Weekly- *Art on Wheels Program 4th Thursday of each Month

Friday: Drumming Exercise or Chair 1 Fitness (Alternates per week)

Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy. Activities are subject to change and changes will be posted.

Intergenerational Group Every Other Thursday in Wellness with Children from the Community

***One to One activities are also available and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.**

***One to One time scheduled with volunteers Eric, Kimberly, Laurie, and Marian weekly.**

Art Volunteer, Charlotte, scheduled on Thursdays at 1:00 weekly to assist with Art Program

Highlighted Activities are programs provided by volunteers from the community