




# November 2023

CIRCLE CENTER ADULT DAY SERVICES  
4900 WEST MARSHALL STREET  
ACTIVITY ROOM 2 CALENDAR (FORMERLY SAR)

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

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CIRCLE CENTER ADULT DAY SERVICES  
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ACTIVITY ROOM 2 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
20) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Remember When? (C, R) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag-1970's TV Shows Part2(C, R) 10:30 Visit with Fred (S) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 11:30 Lunch 12:30 Game Fun (C) 1:30 Snack 2:00 R.O. M. (P) 3:00 Sing Along/Karaoke (C, S)	22) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation- Friendsgiving (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	23) Closed 	24) Closed
27) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Remember When? Making Stuffing and Ginger Bread (C, R) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? Test Your Knowledge (C, R) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 11:30 Lunch 12:30 November Jeopardy Trivia (C) 1:30 Snack 2:00 R.O. M. (P) 3:00 Sing Along/Karaoke (C, S)	29) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation Music Jeopardy (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	30) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Art on Wheels in Wellness (CR, C, S, R) 10:00 Meditation through Art (C, R) 11:30 Lunch 12:30 "The Pasta Contest" Story (C, CR, R) 1:30 Snack 2:00 R.O.M. (P) 3:00 Cranium Crunches (C)	<b>Activity Domains:</b> 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**

**2<sup>nd</sup> Wednesday of Month: Chair Zumba with Volunteer Holly**

**Thursday: Art Weekly- **Art on Wheels Program 4<sup>th</sup> 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**