


FRIENDS CLUB ORANGE GROUP | NOVEMBER 2017

<p>November Birthdays <u>Happy Birthday!</u> Ruth H- 11/11</p> <p>Community Outings to be Announced in Weekly Family Newsletter</p>	<p>Participants’ Choice indicates varied individual or small group activities.</p> <p>Snack 11:30 & 3:30 Lunch 12:45</p> <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)</p>	<p>1</p> <p>8:30 Morning Discussions w/ Lillian (S) 9:15 Coloring Group (E) 10:00 Morning Greetings (S) 10:30 Mindfulness Group w/ Mary Anna (SP) 10:30 Nora’s Memory Tea & Cookies (SE)(S) 12:00 Active & Cognitive Game (C) 1:30 Pet Visits w/Sammy & Friends (S)(SE) 2:00 Participant’s Choice 2:30 The Beamz w/ Guli (S) 2:30 Flower Arrangements w/ Lynn (SE) 3:30 Comedy Hour & Favorite TV Shows(S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>2</p> <p>8:30 Sayed’s Coloring Club (S) 9:15 Morning Trivia (C) 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris © 10:45 Music Therapy w/Peg (S)(P) 12:00 Active & Cognitive Game (P) (C) 2:00 Participant’s Choice 2:30 Table Games w/ Juanita (P) 2:30 Starts w/.. Word Game (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>3</p> <p>8:30 Walter’s Coffee & Conversations (S) 9:15 Puzzle Group (C) 10:00 Morning Greetings (S) 10:30 Harvest: Sensory Program (SE) 10:30 Painting w/ Guli (E) 11:00 Toss & Talk: Trivia about November (C) (P) 11:00 Discovery Walk w/ Jewel’s (C)(P) 12:00 Photo Expressions w/ Giovanna (E) 2:00 Participant’s Choice 2:45 MSE Room w/ Doris & Juanita (SE) 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 3:15 Trivia w/ Barbara (C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>
<p>6</p> <p>8:30 Trivia w/ Margarita (C) 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:30 Mai’s Thankfulness Group (SP) 10:30 Tom’s Reminisce Discussion (C)(E) 11:00 Sensory Enrichment Group: In The Kitchen (SE) 12:00 Photo Expressions w/ Carole (E) 2:00 Participant’s Choice 2:30 Badminton w/ Lillian (P) 2:45 Ruth and Grace’s Sing-Alongs (S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>7</p> <p>8:30 Annette’s Morning Coloring Sess (C)(S) 9:15 Puzzle Group (C) 10:00 Guitar with Steve G. (S) 10:45 Easy Does It: Random Trivia (C) 11:00 Active & Cognitive Game (C)(P) 12:00 Doris’s Sing Along (S)(C) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Poems & Poetry (E) 3:00 Toss & Talk: Colors (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>8</p> <p>8:30 Lucille’s Coloring Group (C)(S) 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:30 Gardening Group w/ Guli (SP) 10:30 Finish The Phrase w/ Ruth (C) 11:00 Nora’s Walking Club (P) 11:00 Ball Toss w/ Joy (P) 12:00 Photo Expressions w/ Monica 1:30 Pet Visits w/ Sammy & Friends (S) (SE) 2:00 Participant’s Choice 2:30 Music w/ Bill Crews (S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>9</p> <p>8:30 Trivia w/ Ione (C) 9:15 Morning Coloring & Conversations (S) (E) 10:00 Morning Greetings (S) 10:15 Mindfulness & Chair Stretch (P)(SP) 10:30 Short Stories w/ Doris: Harvest & Fall (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Cognitive Challenge: Finish That Phrase (C) 2:00 Participant’s Choice 2:00 MSE Visit w/ Brittney (SE) 2:30 Balloon Toss w/ Juanita (P) 2:30 Arts & Crafts w/ Brittney (E) 3:00 Roll an Expression w/ Joy (E) 3:30 Guli’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>10</p> <p>Closed for Veteran’s Day</p>
<p>13</p> <p>8:30 Tea Time Trivia w/ Lucille (C) 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:30 Margarita’s Creative College (E)(S) 10:30 Tom’s Reminisce Discussion (C)(S) 11:00 Ball Toss: Toss & Talk (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Roll an Expression (E)(S) 2:00 Participant’s Choice 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 MSE Visit (SE) 3:15 Word Game w/ Monica (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>14</p> <p>8:30 Al’s Morning Discussion Group (C) 9:15 Puzzle Group (C) 10:00 Dancing w/ Garrey (P) 11:00 Photo Expressions w/ Giovanna (E) 12:00 Sights, Sounds & Smells of Fall w/ Ruth (SE) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Grace & Ruth’s Sing-Alongs (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>15</p> <p>8:30 Raul’s Puzzle Group (S) 9:15 Coloring Club (E) 10:00 Morning Greetings (S) 10:30 Mindfulness Group w/ Mary Anna (SP) 10:30 Painting Outside the Box (E) 11:00 Badminton w/ Lillian (P) 12:00 Nora’s Memory Tea (C)(S) 1:30 Pet Visits w/Sammy & Friends (S)(SE) 2:00 Participant’s Choice 2:30 The Beamz w/ Guli (S)(C) 3:30 Comedy Hour & Favorite TV Shows(S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>16</p> <p>8:30 Claire’s Coloring Club (E) 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Tom (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Starts w/.. Word Game (C) 2:00 Participant’s Choice 2:30 Table Games w/ Juanita (P) 2:45 Sensory Enrichment Group (SE) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>17</p> <p>8:30 Lonnie’s Coffee & Conversations (S) 9:15 Puzzles Group (C) 10:00 Violin w/ Anthony (S) 11:00 Nora’s Word Game (C)(E) 12:00 Photo Shoot (E) (S) 12:30 Storying Telling w/ Barbara (C)(S) 2:00 Participant’s Choice 2:45 Ruth & Lillian’s MSE Visit (SE) 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 3:15 Trivia w/ Margarita (C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>
<p>20</p> <p>8:30 Reading Circle w/ Tom B (S) 9:15 Puzzle Group (C) 10:00 Dancing w/ Garrey (P) 10:30 Spelling Bee Challenge w/ Monica (C) 11:00 Toss & Talk: Family (C)(P) 11:00 Elizabeth’s Walking Club (P) 12:00 Tom’s Reading Circle: My Travels (S) 2:00 Participant’s Choice 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 MSE Visit (SE) 3:15 Trivia w/ Jean (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>21</p> <p>8:30 Patricia’s Morning Color Sess(E) 9:15 Morning Trivia (C) 10:00 Morning Greetings (S) 10:30 Roll an Expression w/ Carole (E) 10:30 Craft Collage w/ Guli (E) 11:00 Harp w/ Judith (S) 12:00 Guli’s Matching Game(C) 12:00 Flower Arrangements w/ Juanita (SE) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Bean Bag Toss w/ Nora (P) 2:45 Grace & Ruth’s Sing-Alongs (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>22</p> <p>8:30 Margarita’s Coloring Group (S) 9:15 Puzzle Group (C) 10:00 Morning Greetings (S) 10:30 Doris’s Reading Circle (C) 11:00 Creative Writing (C)(E) 12:00 Barbara’s Tennis Match (P) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:00 Participant’s Choice 2:30 Song & Dance w/ Peter (S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>23</p> <p>Closed for Thanksgiving</p>	<p>24</p> <p>Closed for Thanksgiving</p>
<p>27</p> <p>8:30 Morning Social w/ Jean K. (S) 9:15 Coloring Circle (C) 10:00 Morning Greetings (S) 10:30 Mai’s Thankfulness Group (S) 10:30 Tom’s Reminisce Discussion: Thanksgiving (C)(E) 11:00 Sensory Enrichment Group: In The Kitchen (SE) 12:00 Photo Expressions w/ Carole (E) 2:00 Participant’s Choice 2:30 Chyp & Andrea: Music Through The Decades (S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>28</p> <p>8:30 Morning Social w/ Lonnie (S) 9:15 Puzzle Group 10:00 Piano w/ Frank (S) 11:00 Reading & Story Time w/ Joy (C) 12:00 Flower Arrangements (C) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Bowling (P)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>29</p> <p>8:30 Claire’s Coloring Club (E) 9:15 Coffee & Conversations (S)(C) 10:00 Morning Greetings (S) 10:15 Words of Wisdom (C) 10:45 Music Therapy w/ Jessica 12:00 Barbara’s Tennis Match (P) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:30 Creative Arts w/ Susan (E) 2:30 Sensory Enrichment Group: Plants & Flowers (SE) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>30</p> <p>8:30 Mike’s Coffee & Conversations (C) 9:15 Puzzle Group (C) 10:45 Music Therapy w/ Peg (S)(P) 12:00 Photo Expressions (E) 2:00 Participant’s Choice 2:30 Sensory Enrichment Group: Food Art (SE) 2:30 Sing Along with Ruth & Grace (C) 3:30 Bonnie’s Wii Social & Snack (P) (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<div></div> <p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone InsightMCC.org web</p>