

# BLUE ROOM | NOVEMBER 2021

<p>1</p> <p>7:30 Sing-Along w/ Brenda (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game: November IQ (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Discussion: Dia de los Muertos (S) (C) 12:00 Name That Tune w/ Muriel (SE) (C) <b>12:30 Lunch (S)</b> 1:15 Reminiscing Group w/ Bobbi (S) (R) <b>1:15 Women's Group w/ Tammy (S)</b> 1:45 Stand &amp; Stretch w/ Jay (P) 2:00 Famous Authors w/ Sheryll (S) (C) 2:30 Corn Hole Tournament w/ Joyce (P) <b>3:00 Afternoon Music &amp; Snack Social (S)</b> 3:30 Historical Detroit Destinations w/ Becky (S) 4:00 Combined Sing-Along (S) (SE) 4:30 Active Game (P) 5:00 Balloon Toss &amp; Tunes (SE) (P)</p>	<p>2</p> <p>7:30 Coffee &amp; Conversations (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) <b>10:00 Piano Sing-Along w/ Frank (S) (SE)</b> <b>11:00 Snack &amp; Social (S)</b> 11:30 Today in History Spotlight (S) (C) 11:45 Chair Exercise (P) 12:00 Old Wives Tales: True or False (S) (C) <b>12:30 Lunch (S)</b> 1:15 The History of Alcatraz Island (S) <b>1:15 Book Club w/ Liv (S) (SE) (CR)</b> 1:45 Nature Walk w/ Lori (O) (N) (P) 2:00 Current News Discussion w/ Bob (S) 2:30 Star Spotlight w/ Barb: Neil Diamond (S) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 You Be the Judge w/ Lori (S) 4:00 Combined Balloon Volleyball (P) 4:30 What Color Is... (C) 5:00 Sing-Along w/ Brenda (S) (SE)</p>	<p>3</p> <p>7:30 Current Events Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Career Spotlight w/ Sheryll: Real Estate Agents (S) 12:00 Spin &amp; Solve w/ Preston (C) <b>12:30 Lunch (S)</b> 1:15 Nurses in History w/ Virginia (S) 1:45 Target Golf w/ Bob (P) 2:00 Across the Decades Sing-Along w/ Eileen (S) (SE) 2:30 Inventions That Changed the World (S) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Whose Eyes Are They w/ Myrtle (C) 4:00 Combined Skee-Ball w/ Casey (P) 4:30 Piano Sing-Along (SE) 5:00 Coloring Group (CR)</p>	<p>4</p> <p>7:30 Newspaper Headlines (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) <b>10:00 Piano Sing-Along w/ Jeff (S) (SE)</b> <b>11:00 Snack &amp; Social (S)</b> 11:30 Today in History Spotlight w/Altaf (C) 11:45 Chair Exercise (P) 12:00 Exploring the Diwali Festival (S) <b>12:30 Lunch (S)</b> 1:15 Great Athletes Over 40 w/ Cora (S) <b>1:15 Art Expressions w/ Jenny (S) (SE) (CR)</b> 1:45 Stand &amp; Stretch w/ Patrick (P) 2:00 Seven Wonders of the World (C) 2:30 Outdoor Patio Social w/ Larry (S) (O) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Write Word Game w/ Charlie (C) 4:00 Combined What It Is (S) (C) 4:30 Balloon Badminton w/ Jack (P) 5:00 Name 5 (C)</p>	<p>5</p> <p>7:30 Coloring Group (CR) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) <b>10:00 Dancing w/ Garrey (S) (SE) (P)</b> <b>11:00 Snack &amp; Social (S)</b> 11:30 Today in History (S) (C) 12:00 This Week in Photos w/ Drew (S) <b>12:30 Lunch (S)</b> 1:15 Discussion: Why Bees Are Vital (S) <b>1:15 Men's Group w/ Jesse (S)</b> 1:45 Outdoor Walking Club w/ Bob (O) (P) 2:00 Trains &amp; Automobiles w/ Howard (C) 2:30 Star Spotlight w/ Eileen: Sally Field (S) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 November Crossword w/ Sheryll (C) 4:00 Combined Bowling w/ Lori (P) 4:30 Sing-Along w/ Paul (S) (SE) 5:00 Balloon Toss (P)</p>
<p>8</p> <p>7:30 Sing-Along w/ Brenda (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Biography Spotlight: JFK (S) (C) 12:00 Gorillas: Slideshow &amp; Discussion (S) <b>12:30 Lunch (S)</b> 1:15 Reminiscing w/ Charlie: Fall Celebrations (S) (R) <b>1:15 Women's Group w/ Tammy (S)</b> 1:45 Chair Dancing w/ Casey (P) 2:00 Discussion w/ Bob: State Flags (S) (C) 2:30 Corn Hole Tournament w/ Joyce (P) <b>3:00 Afternoon Music &amp; Snack Social (S)</b> 3:30 Famous Women Aviators w/ Jay (S) 4:00 Combined Sing-Along (S) (SE) 4:30 Active Game (P) 5:00 Balloon Toss &amp; Tunes (SE) (P)</p>	<p>9</p> <p>7:30 Coffee &amp; Conversations (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Picture a Word (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Travelogue w/ Bill: Outer Banks (S) 12:00 9-Letter Scrabble w/ Sherwin (C) <b>12:30 Lunch (S)</b> 1:15 Curious Items Discussion w/ Altaf (S) <b>1:15 Art Expressions w/ Liv (S) (SE) (CR)</b> 1:45 Nature Walk w/ Lori (O) (N) (P) 2:00 Submarine Virtual Tour w/ Patrick (S) 2:30 Tell Us... Discussion Game (S) (R) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Giant Jenga Challenge w/ Kay (P) 4:00 Combined Balloon Volleyball (P) 4:30 What Color Is... (C) 5:00 Sing-Along w/ Brenda (S) (SE)</p>	<p>10</p> <p>7:30 Current Events Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Veterans Day Discussion w/ Jay (S) 12:00 Group Trivia w/ Myrtle (C) <b>12:30 Lunch (S)</b> 1:15 Who Am I: Famous Veterans (S) (C) 1:45 Stand &amp; Stretch w/ Bob (P) 2:00 Jim Henson Biography (S) (R) 2:30 Team Challenge: Catchphrase (C) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Group Pictionary w/ Rory (CR) 4:00 Combined Skee-Ball w/ Casey (P) 4:30 Piano Sing-Along (SE) 5:00 Coloring Group (CR)</p>	<p>11</p> <p style="text-align: center;"><b>IMCC CLOSED</b></p> 	<p>12</p> <p>7:30 Coloring Group (CR) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) <b>10:00 Violin w/ Anthony (S) (SE)</b> <b>11:00 Snack &amp; Social (S)</b> 11:30 Today in History Spotlight (S) 11:45 Chair Zumba w/ Cora (P) 12:00 Famous Paintings Slideshow (S) (C) <b>12:30 Lunch (S)</b> 1:15 Uplifting News w/ Terri (S) 1:45 Yellow Quiz w/ Tony (C) <b>2:00 Tai-Chi w/ Cynthia (P) (R)</b> <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Who Am I: November Birthdays (S) (C) 4:00 Combined Name 5 w/ Muriel (C) 4:15 Bowling w/ Michelle (P) 4:45 Sing-Along w/ Paul (S) (SE) 5:00 Balloon Toss (P)</p>
<p>15</p> <p>7:30 Sing-Along w/ Brenda (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game: Analogies Quiz (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Where in the World w/ Sherwin (S) 12:00 Car's of the 60's Slideshow (S) (C) <b>12:30 Lunch (S)</b> 1:15 Photo Puzzle Race w/ Tony (S) (C) 1:45 Outdoor Walking Club w/ Bob (P) 2:00 3 Question Mingle w/ Joyce (S) 2:30 Scattergories w/ Sheryll (C) <b>3:00 Afternoon Music &amp; Snack Social (S)</b> 3:30 Bocce Ball w/ Jane (P) 4:00 Combined Sing-Along (S) (SE) 4:30 Active Game (P) 5:00 Balloon Toss &amp; Tunes (SE) (P)</p>	<p>16</p> <p>7:30 Current Events Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Philosophy Spotlight w/ Sherwin (S) (C) 12:00 Meditation: Discuss &amp; Exercise (S) (R) <b>12:30 Lunch (S)</b> 1:15 Music Spotlight w/ Becky: ABBA (S) (SE) <b>1:15 Book Club w/ Liv (S) (SE) (CR)</b> 1:45 Chair Yoga (P) 2:00 Virtual White House Tour w/ Larry (S) 2:30 Begins with "W" w/ Tony (C) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Wheel of Fortune w/ Barb (S) (C) 4:00 Combined Corn Hole Tournament (P) 4:30 One-Shot Movie Trivia w/ Gordon (C) 5:00 Group Discussion (S)</p>	<p>17</p> <p>7:30 Coffee &amp; Conversations (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Eat, Wear, or Drive w/ Virginia (C) 12:00 National Hiking Day: Nature Hike (O) (N) (P) <b>12:30 Lunch (S)</b> 1:15 Spot the Difference &amp; Discuss (S) (C) 1:45 Walking Club w/ Howard (O) (P) 2:00 TV Spotlight: Bewitched (SE) (S) 2:30 Target Golfing w/ Bob (P) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Match Singers to Songs w/ Sheryll (C) 4:00 Combined Letter C Puzzle (C) 4:15 Bowling (P) 5:00 Karaoke (S) (SE)</p>	<p>18</p> <p>7:30 Puzzle Stations (C) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game: Change a Letter (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Family Feud w/ Willie (S) (C) 12:00 TV Spotlight w/Patrick: Gunsmoke (S) <b>12:30 Lunch (S)</b> 1:15 Group Game: Stickman (C) <b>1:15 Art Expressions w/ Jenny (S) (SE) (CR)</b> 1:45 Roll the Dice Zumba w/ Willie (P) 2:00 Animal Spotlight: Largest Dogs (S) 2:30 Apple Cider Day: Hot Cider Social (SE) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Discussion w/ Cora: Self Care (S) 4:00 Combined Noodle Hockey (P) 4:30 Finish the Sayings (C) 5:00 Balloon Toss &amp; Talk (S)</p>	<p>19</p> <p>7:30 Group Social w/ Ruth (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) <b>10:00 Dancing w/ Garrey (S) (SE) (P)</b> <b>11:00 Snack &amp; Social (S)</b> 11:30 Today in History w/ Drew (S) 11:45 Crossword w/ Sheryll (C) 12:00 What Do Dreams Mean w/ Cora (S) <b>12:30 Lunch (S)</b> 1:15 Volunteer Project w/ Bob (S) <b>1:15 Men's Group w/ Jesse (S)</b> 1:45 Outdoor Nature Walk w/ Eileen (O) (P) <b>2:00 Tai-Chi w/ Cynthia (P) (R)</b> <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Roll &amp; Rhyme w/ Preston (C) 4:00 Combined Balloon Volleyball (P) 4:30 Large Dice Blackjack Game (P) (C) 5:00 What Comes Next (C)</p>
<p>22</p> <p>7:30 Sing-Along w/ Brenda (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Music Spotlight: Ella Fitzgerald (S) (SE) 12:00 Balloon Badminton w/ Virginia (P) <b>12:30 Lunch (S)</b> 1:15 Learning Circle w/ Drew (S) (C) <b>1:15 Women's Group w/ Tammy (S)</b> 1:45 Outdoor Walking Club w/ Casey (P) 2:00 Famous Paintings Trivia (SE) (C) 2:30 Armchair Travel: Maryland Sights (S) <b>3:00 Afternoon Music &amp; Snack Social (S)</b> 3:30 Jeopardy w/ Krena (S) (C) 4:00 Combined Sing-Along (S) (SE) 4:30 Active Game (P) 5:00 Balloon Toss &amp; Tunes (SE) (P)</p>	<p>23</p> <p>7:30 News of the Day w/ Marilu (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Games (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Reminiscing Slideshow: Amusement Parks (S) (R) 12:00 Music Trivia w/ Franklin (SE) (C) <b>12:30 Lunch (S)</b> 1:15 Gratitude Journaling w/ Barb (S) (CR) <b>1:15 Book Club w/ Liv (S) (C)</b> 2:00 Who Wants to be a Millionaire (S) (C) 2:30 Sinatra Sing-Along w/ Casey (SE) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Biography Spotlight w/ Bill (S) (C) 4:00 Combined Timeslip Storytellers (S) (CR) 4:30 Corn Hole Tournament (P) 5:00 Music &amp; Movement (SE) (P)</p>	<p>24</p> <p>7:30 Group Discussion w/ Jeff (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Macy's Thanksgiving Parade (S) (R) 12:00 Group Gratitude Tree w/ Krena (S) <b>12:30 Lunch (S)</b> 1:15 Cards &amp; Dice Matching Game (S) (C) 1:45 Reminiscing w/ Ruth: Thanksgiving Traditions (S) (R) 2:15 Truth or Turkey w/ Preston (C) 2:45 Stand &amp; Stretch w/ Jay (P) <b>3:00 Afternoon Music and Snack Social (S)</b> 3:30 Giving &amp; Kindness Trivia w/ Tony (C) 4:00 Combined Bowling w/ Muriel (P) 4:30 What If... (S) 5:00 Name 5 (C)</p>	<p>25</p> <p style="text-align: center;"><b>IMCC CLOSED</b></p>  <p style="text-align: center;"><b>HAPPY THANKSGIVING!</b></p>	<p>26</p> <p style="text-align: center;"><b>IMCC CLOSED</b></p> 
<p>29</p> <p>7:30 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Games (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Louisiana Travelogue w/ Virginia (S) 12:00 Team Jeopardy w/ Sheryll (C) <b>12:30 Lunch (S)</b> 1:15 Magazine Scavenger Hunt (S) (C) <b>1:15 Women's Group w/ Tammy (S)</b> 1:45 Stand &amp; Stretch (P) 2:00 Psychology Spotlight (S) (C) 2:30 Composer's Club w/ Virginia (S) (SE) <b>3:00 Afternoon Music &amp; Snack Social (S)</b> 3:30 Linked Senior Program (S) (C) 4:00 Combined Noodle Hockey (P) 4:30 Documentary Spotlight (S) 5:00 Group Discussion (P)</p>	<p>30</p> <p>7:30 Current Events Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Balance Exercises (P) 10:45 Brain Game (C) <b>11:00 Snack &amp; Social (S)</b> 11:30 Slideshow Discussion w/ Jesse (S) (R) 12:00 Synonyms Quiz w/ Muriel (C) <b>12:30 Lunch (S)</b> 1:15 Large Card Bingo w/ Patrick (S) (C) <b>1:15 Art Expressions w/ Liv (S) (SE) (CR)</b> 1:45 Discussion: St. Andrews Day (S) 2:15 Fill-in-the-Blank Puzzle w/ Jack (C) 2:45 Magnetic Dart Challenge (P) <b>3:00 Afternoon Music &amp; Snack Social (S)</b> 3:30 Armchair Travel w/ Casey: Costa Rica (S) 4:00 Combined Discussion (S) 4:30 Combined Noodle Hockey (P) 5:00 Pictionary (CR) (C)</p>	<p style="text-align: center;"><b>Happy Birthday!</b></p>  <p style="text-align: center;"><b>Sherwin 11/1</b> <b>Sheryll 11/9</b> <b>Franklin 11/15</b> <b>Jay 11/24</b> <b>Willie 11/27</b> <b>Muriel 11/28</b> <b>Mike 11/29</b></p>		<p style="text-align: center;"></p> <p style="text-align: center;"><b>Activity Domain Key</b></p> <ul style="list-style-type: none"> <li>Physical (P)</li> <li>Social (S)</li> <li>Cognitive (C)</li> <li>Creative (CR)</li> <li>Productive Sensory (SE)</li> <li>Outdoor (O)</li> <li>Reflective (R)</li> <li>Nature (N)</li> </ul>