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# Start Each Day with a Thankful Heart



**ROOM KEY**  
 cc - (Cedar Commons)  
 all - all  
 all - all units  
 aca - Aspen Activities Room  
 aca - Aspen Commons Activities Room  
 aca - Aspen Commons Activity Room  
 cc - Cedar Commons  
 cc - Cedar Commons Activity Room  
 cc - Cedar Commons Lounge  
 all - Common Areas  
 hw - Heatherwood  
 hw - Heatherwood Common Area  
 hwd - Heatherwood Dining Room  
 Sdr - Sycamore Dining Room  
 thr - Tamarack Board Room  
 cpl - Willow Commons Chapel

<p><i>Daylight Saving Time ends</i>            9:00 Balloon Toss  <b>9:00 Expressive Arts</b>  <b>10:00 Nail Art/Hand Massages (cc)</b>            10:30 Morning Hydration  <b>12:30 Lunch</b>            3:00 Sunday Vesper Services (Sdr)  <b>5:30 Dinner</b></p>	<b>4</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration 10:30 Music Hour 11:30 Brain Games <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Watercolor Painting <b>3:00 Afternoon Snack</b> 3:30 Sensory: Sight <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>5</b>	<p><i>Election Day</i>            9:00 Exercise/Stretch            9:30 Balloon Toss  <b>10:00 St. Simon's Catholic Mass (aca)</b>            10:00 Morning Hydration  <b>10:30 Creative Cooking</b>            11:30 Music Hour  <b>12:30 Lunch</b>            2:00 Music Hour  <b>2:00 Devotion Services (hw)</b>            2:00 Parkinson's Group (Social Hall)            3:00 Smoothie Tuesday            3:30 Sensory: Smell  <b>3:30 Naomi the Service Dog Visit</b>            4:00 Guided Relaxation  <b>5:30 Dinner</b>            6:45 HC Bingo</p>	<b>6</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:00 HC Bingo</b> 10:30 Painting Group <b>11:00 Devotion Services (cc)</b> <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Sensory: Touch <b>3:30 Aromatherapy Hand Massages</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>7</b>	9:00 Exercise/Stretch 9:30 Balloon Toss <b>10:00 Coffee Social</b> 10:00 Parkinson's Group (Social Hall) <b>11:00 Hope Church (hwd)</b> 11:30 Sensory: Taste <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Group Game</b> <b>3:00 Afternoon Snack</b> 3:30 Guided Relaxation <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>1</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:30 Nail Art/Hand Massages (cc)</b> 11:30 Music Hour <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Afternoon Snack</b> <b>3:00 Devotion Services (cc)</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>2</b>	<b>10:00 HC Bingo</b> 11:30 Move to the music <b>12:30 Lunch</b> <b>2:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>3</b>
<p><i>Veterans Day</i>            9:00 Balloon Toss  <b>9:00 Expressive Arts</b>  <b>10:00 Nail Art/Hand Massages (cc)</b>            10:30 Morning Hydration  <b>12:30 Lunch</b>            3:00 Sunday Vesper Services (Sdr)  <b>5:30 Dinner</b></p>	<b>11</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration 10:30 Music Hour 11:30 Brain Games <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Watercolor Painting <b>3:00 Afternoon Snack</b> 3:30 Sensory: Sight <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>12</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:30 Creative Cooking</b> 11:30 Music Hour <b>12:00 Men's Lunch Bunch (aca)</b> <b>12:30 Lunch</b> 2:00 Music Hour <b>2:00 Devotion Services (hw)</b> 2:00 Parkinson's Group (Social Hall) 3:00 Smoothie Tuesday 3:30 Sensory: Smell 4:00 Guided Relaxation <b>5:30 Dinner</b> <b>6:45 HC Bingo</b>	<b>13</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:00 HC Bingo</b> 10:30 Painting Group <b>11:00 Devotion Services (cc)</b> <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Sensory: Touch <b>2:30 Tai Ji with Chris (hw)</b> <b>3:30 Aromatherapy Hand Massages</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>14</b>	9:00 Exercise/Stretch 9:30 Balloon Toss <b>10:00 Coffee Social</b> 10:00 Parkinson's Group (Social Hall) <b>11:00 Hope Church (hwd)</b> 11:30 Sensory: Taste <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Group Game</b> <b>3:00 Afternoon Snack</b> 3:30 Guided Relaxation <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>15</b>	9:00 Exercise/Stretch 9:30 Balloon Toss <b>9:30 St. Simon's Catholic Communion (cpl)</b> 10:00 Morning Hydration <b>10:30 Nail Art/Hand Massages (cc)</b> 11:30 Music Hour <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Afternoon Snack</b> <b>3:00 Monthly Birthday Party (hwd)</b> <b>3:00 Devotion Services (cc)</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>16</b>	<b>10:00 HC Bingo</b> 11:30 Move to the music <b>12:30 Lunch</b> <b>2:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>17</b>
9:00 Balloon Toss <b>9:00 Expressive Arts</b> <b>10:00 Nail Art/Hand Massages (cc)</b> 10:30 Morning Hydration <b>12:30 Lunch</b> 3:00 Sunday Vesper Services (Sdr) <b>5:30 Dinner</b>	<b>18</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration 10:30 Music Hour 11:30 Brain Games <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Watercolor Painting <b>3:00 Afternoon Snack</b> 3:30 Sensory: Sight <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>19</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:30 Creative Cooking</b> 11:30 Music Hour <b>12:00 Ladies' Lunch Bunch (aca)</b> <b>12:30 Lunch</b> 2:00 Music Hour <b>2:00 Devotion Services (hw)</b> 2:00 Parkinson's Group (Social Hall) 3:00 Smoothie Tuesday 3:30 Sensory: Smell <b>3:30 Naomi the Service Dog Visit</b> 4:00 Guided Relaxation <b>5:30 Dinner</b> <b>6:45 HC Bingo</b>	<b>20</b>	9:30 Balloon Toss <b>10:00 HC Bingo</b> 10:30 Painting Group <b>11:00 Devotion Services (cc)</b> <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Sensory: Touch <b>3:30 Aromatherapy Hand Massages</b> <b>4:00 Afternoon Movie</b> <b>4:00 Music with Robin</b> <b>5:30 Dinner</b>	<b>21</b>	<p><i>Thanksgiving Day</i>            9:00 Thanksgiving Day Parade (all)            9:30 Balloon Toss            11:30 Sensory: Taste  <b>12:30 Lunch</b>            2:00 Move to the music  <b>2:30 Afternoon Movie</b>  <b>3:00 Afternoon Snack</b>            4:00 Holiday Movies (all)  <b>5:30 Dinner</b></p>	<b>22</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:30 Nail Art/Hand Massages (cc)</b> 11:30 Music Hour <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Afternoon Snack</b> <b>3:00 Devotion Services (cc)</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>23</b>	<b>10:00 HC Bingo</b> 11:30 Move to the music <b>12:30 Lunch</b> <b>2:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>24</b>
9:00 Balloon Toss <b>9:00 Expressive Arts</b> <b>10:00 Nail Art/Hand Massages (cc)</b> 10:30 Morning Hydration <b>12:30 Lunch</b> 3:00 Sunday Vesper Services (Sdr) <b>5:30 Dinner</b>	<b>25</b>	9:00 Christmas Music Monday (all) 9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration 10:30 Music Hour 11:30 Brain Games <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Watercolor Painting <b>3:00 Afternoon Snack</b> 3:30 Sensory: Sight <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>26</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:30 Creative Cooking</b> 11:00 Tai Ji with Chris 11:30 Music Hour <b>12:30 Lunch</b> 2:00 Music Hour <b>2:00 Devotion Services (hw)</b> 2:00 Parkinson's Group (Social Hall) 3:00 Smoothie Tuesday 3:30 Sensory: Smell 4:00 Guided Relaxation <b>5:30 Dinner</b> <b>6:45 HC Bingo</b>	<b>27</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:00 HC Bingo</b> 10:30 Painting Group <b>11:00 Devotion Services (cc)</b> <b>12:30 Lunch</b> 2:00 Move to the music 2:30 Sensory: Touch <b>3:30 Aromatherapy Hand Massages</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>28</b>	9:00 Exercise/Stretch 9:30 Balloon Toss <b>10:00 Coffee Social</b> 10:00 Parkinson's Group (Social Hall) <b>11:00 Hope Church (hwd)</b> 11:30 Sensory: Taste <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Group Game</b> <b>3:00 Afternoon Snack</b> 3:30 Guided Relaxation <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>29</b>	9:00 Exercise/Stretch 9:30 Balloon Toss 10:00 Morning Hydration <b>10:30 Nail Art/Hand Massages (cc)</b> 11:30 Music Hour <b>12:30 Lunch</b> 2:00 Move to the music <b>2:30 Afternoon Snack</b> <b>3:00 Devotion Services (cc)</b> <b>4:00 Afternoon Movie</b> <b>5:30 Dinner</b>	<b>30</b>	<p><b>Meal Times:</b>            Breakfast 7:30            Lunch 12:30            Dinner 5:30</p>	

# November 2018

## Cedar Commons Activity Program



Westminster Village North