Health Care Center Programs ~ November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." — Melody Beattie					**1** **9:30** Coffee Social **10:00** Current Events **10:45** Rhythm and Balance **1:30** Extraordinary People **2:30** Quiet Time **3:00** **Rita Abrams** **6:30** Movie Night	**2** **9:30** Coffee Social **10:30** Stretch & Tone **1:30** Relaxation **2:30** Quiet Time **3:00** Trivia **6:30** Movie Night
3 **9:30** Coffee Social **10:00** Walk About **1:30** Church Service **2:30** Quiet Time **3:15** Balloon Tennis **6:30** Movie Night	**4** **9:15** Jill and Shasta **9:30** Coffee Social **10:30** Exercise **1:30** **HCC Scenic Drive** **2:30** Quiet Time **3:00** Garden Program **6:30** Movie Night	**5** **9:30** Coffee Social **10:15** Chair Dancing w/Rayner **1:30** Sports and Movement **2:30** Quiet Time **3:00** Bingo **6:30** Movie Night	**6** **9:45** Art class **1:30** Sensory Group **2:30** Quiet Time **3:00** **Autumn Songbook** **5:00** Dinner Music with Si **6:30** Movie Night	**7** **9:30** Coffee Social **10:30** Exercise w/Laura **1:15** Tai Chi w/Al **2:30** Quiet Time **3:00** Flower Arranging **6:30** Movie Night	**8** **9:30** Coffee Social **10:00** Current Events **10:45** Rhythm and Balance **1:30** Extraordinary People **2:30** Quiet Time **3:00** **Marin Catholic Singers** **6:30** Movie Night	**9** **9:30** Coffee Social **10:30** Stretch & Tone **1:30** Relaxation **2:30** Quiet Time **3:00** Trivia **6:30** Movie Night
10 **9:30** Coffee Social **10:00** NY Times (Petit Café) **10:00** Walk About **1:30** Church Service **2:30** Quiet Time **3:15** Balloon Tennis **6:30** Movie Night	**11 Veterans Day** **9:15** Jill and Shasta **9:30** Coffee Social **10:30** Exercise **1:30** Creative Writing **2:30** Quiet Time **3:00** **Resident Council** **6:30** Movie Night	**12** **9:30** Coffee Social **10:15** Chair Dancing w/Rayner **1:30** Sports and Movement **2:30** Quiet Time **3:00** Bingo **6:30** Movie Night	**13** **9:45** Art Class **1:30** Sensory Group **2:30** Quiet Time **3:00** Sing Along Jukebox **5:00** Dinner Music with Si **6:30** Movie Night	**14** **9:30** Coffee Social **10:00** **HCC Scenic Drive** **1:15** Tai Chi w/Al **2:30** Quiet Time **3:00** Flower Arranging **6:30** Movie Night	**15** **9:30** Coffee Social **10:00** Current Events **10:45** Rhythm and Balance **1:30** Extraordinary People **2:30** Quiet Time **3:00** **November Birthdays** **6:30** Movie Night	**16** **9:30** Coffee Social **10:30** Stretch & Tone **1:30** Relaxation **2:30** Quiet Time **3:00** Trivia **6:30** Movie Night
17 **9:30** Coffee Social **10:00** Walk About **1:30** Church Service **2:30** Quiet Time **3:15** Balloon Tennis **6:30** Movie Night	**18** **9:15** Jill and Shasta **9:30** Coffee Social **10:30** Exercise **1:30** **HCC Scenic Drive** **2:30** Quiet Time **3:00** Garden Program **6:30** Movie Night	**19** **9:30** Coffee Social **10:15** Chair Dancing w/Rayner **1:30** Sports and Movement **2:30** Quiet Time **3:00** Bingo **6:30** Movie Night	**20** **9:45** Art Class **1:30** **Eat Well Be Well** **2:30** Quiet Time **3:00** Sing Along Jukebox **5:00** Dinner Music with Si **6:30** Movie Night	**21** **9:30** Coffee Social **10:30** Exercise w/Laura **1:15** Tai Chi w/Al **2:30** Quiet Time **3:00** Flower Arranging **6:30** Movie Night	**22** **9:30** Coffee Social **10:00** Current Events **10:45** Rhythm and Balance **1:30** Extraordinary People **2:30** Quiet Time **3:00** **Joe Tate** **6:30** Movie Night	**23** **9:30** Coffee Social **10:30** Stretch & Tone **1:30** Relaxation **2:30** Quiet Time **3:00** Trivia **6:30** Movie Night
24 **9:30** Coffee Social **10:00** NY Times (Petit Café) **10:00** Walk About **1:30** Church Service **2:30** Quiet Time **3:15** Balloon Tennis **6:30** Movie Night	**25** **9:15** Jill and Shasta **9:30** Coffee Social **10:30** Exercise **1:30** Crossword **2:30** Quiet Time **3:30** Poetry & Prose **6:30** Movie Night	**26** **9:30** Coffee Social **10:15** Chair Dancing w/Rayner **1:30** Sports and Movement **2:30** Quiet Time **3:00** Bingo **6:30** Movie Night	**27** **9:45** Art Class **1:30** Sensory Group **2:30** Quiet Time **3:00** Sing Along Jukebox **5:00** Dinner Music with Si **6:30** Movie Night	**28 Thanksgiving** **9:30** Coffee Social **10:30** Exercise w/Laura ~~**1:15** Tai Chi w/Al~~ **2:30** Quiet Time ~~**3:00** Flower Arranging~~ **6:30** Movie Night	**29** **9:30** Coffee Social **10:00** Current Events **10:45** Rhythm and Balance **1:30** Extraordinary People **2:30** Quiet Time **3:00** **Happy Hour** **6:30** Movie Night	**30** **9:30** Coffee Social **10:30** Stretch & Tone **1:30** Relaxation **2:30** Quiet Time **3:00** Trivia **6:30** Movie Night