



November 2018



Memory Lodge
Eskaton Village Carmichael

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>TUESDAYS EVENING MUSIC WILL ALTERNATE <i>ELIZABETH ON HARP</i> & <i>ANN ON ACOUSTIC GUITAR</i>. PRIVATE IN ROOM VISITS ARE AVAILABLE. 6:00-8:00PM</p>		<p>Activities and times may change. For any scheduling questions, call 916-974-2141</p>		<p>1 (<i>Hairdresser Visits</i>) 10:00 Chair Yoga 10:30 This Day in History 2:00 Reminisce List- Thxgiving 3:00 Movie Matinee 6:00 After Dinner Music 7:00 Evening TV</p>	<p>2 9:35 Ball Toss & Music 10:00 Chair Zumba w/ Christie 11:00 Hydration Time 2:00 Bible Study w/ Ch. Grant 3:30 Puzzle & Snack on the Patio 6:00 Evening Documentary</p>	<p>3 9:35 Morning Chair Stretches 2:00 Table Games on the Patio 3:15 Turkey Chocolate Pudding Cups 10:00-11:30 CERAMICS CLASS 4 SPOTS </p>
<p>4 11:15 Church Service 1:15 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Piano Hymns w/ Voz Alta 6:00 After Dinner Music 7:00 Evening TV</p>	<p>5 10:00 Morning Walking Group 11:00 Classical Piano w/ Justin 1:30 Afternoon Stretch 2:00 Group Games- 10 Things 3:00 Julian LaCalle on Guitar 6:00 After Dinner Music 7:00 Evening TV</p>	<p>6 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 3:30 Snack Time Social 6:00 Music Partners Visit 7:00 Evening TV</p>	<p>7 10:00 Morning Stretch 10:45 Massage by Sandra 2:00 Densmore and Blake Visit 3:00 Happy Hour w/ Lily 11:30-1:00 CAFÉ LUNCHEON</p>	<p>8 (<i>Hairdresser Visits</i>) 10:00 Chair Yoga 10:30 This Day in History 1:30 Corn Hole Battle 6:00 After Dinner Music 7:00 Evening TV 3:00-3:30 TEA WITH TIGHE </p>	<p>9 9:35 Range of Motion Exercise 10:00 Chair Zumba w/ Christie 11:00 Hydration Time 11:15 Twister Toss 2:00 Sugar Cookie Decorating 6:00 Evening Documentary</p>	<p>10 8:35 Morning Strolls 9:35 Coffee & Tea on the Patio 10:45 Bowling 1:00 Bible Study w/ Ch. Grant 3:00 Mini Cornucopia 6:00 Evening Film</p>
<p>11 11:15 Church Service 1:15 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymns w/ Pristina 6:00 After Dinner Music 7:00 Evening TV</p>	<p>12 (<i>Manicurist Visits</i>) 10:00 Morning Walking Group 11:00 Music w/ Skip Morgan 1:30 Afternoon Stretch 2:30 Board Games- Scrabble 6:00 After Dinner Music 7:00 Evening TV</p>	<p>13 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 3:30 Snack Time Social 6:00 Music Partners Visit 7:00 Evening TV</p>	<p>14 10:00 Morning Stretch 10:45 Massage by Sandra 2:00 Sing Along w/ Pristina 3:00 Happy Hour w/ TBA 11:00-12:00 PETS FOR</p>	<p>15 (<i>Hairdresser Visits</i>) 10:00 Chair Yoga 10:30 This Day in History 1:30 Travel Mat- The Great Barrier Reef 2:00 Australia's First 4 Bil Years 6:00 After Dinner Music 7:00 Evening TV</p>	<p>16 9:35 Morning Chair Stretches 10:00 Chair Zumba with Christie 2:00 Bible study with Ch. Grant 3:45 Thank-full Jar Mix 6:00 Evening Documentary 9:00-12:00 DERMATOLOGY VISIT</p>	<p>17 10:00-11:30 CERAMICS CLASS 4 SPOTS 2:30-4:00 FALL HARVEST FAMILY PARTY</p>
<p>18 11:15 Church Service 1:30 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymns w/ Pristina 6:00 After Dinner Music 7:00 Evening TV</p>	<p>19 10:00 Morning Walking Group 10:30 Music w/ Alta Gray 1:30 Afternoon Stretch 2:30 Group Games- In a Pickle 6:00 After Dinner Music</p>	<p>20 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 3:30 Snack Time Social 6:00 Music Partners Visit 7:00 Evening TV</p>	<p>21 10:00 Music w/ Michael Jaspar 10:45 Massage by Sandra 1:30 Sing Along w/ Pristina 2:30 Happy Hour w/ Rick 3:00-4:00 HEARING AID CLINIC</p>	<p>22 (<i>Thanksgiving Day</i>) 10:00 Chair Yoga 10:30 This Day in History 2:00 Movie Matinee-"By the Light of the Silvery Moon" 12:00-1:00 THANKSGIVING LUNCHEON</p>	<p>23 9:35 Morning Strolls 11:00 Hydration Time 2:00 Bible Study w/ Ch. Grant 3:45 Family Feud Trivia 6:00 Evening Documentary CHAIR ZUMBA CANCELLED</p>	<p>24 9:30 Range of Motion Exercise 10:00 Music & Parachute 11:15 Reminiscence Ball 2:00 Rick Steve Europe 3:30 Canvas Painting 6:00 Evening Film</p>
<p>25 11:15 Church Service 1:30 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Piano Hymns w/ Voz Alta 6:00 After Dinner Music 7:00 Evening TV</p>	<p>26 10:00 Morning Walking Group 11:00 Classical Piano w/ Justin 1:30 Hisayo on Piano 2:30 Group Games- Family Feud 6:00 After Dinner Music 7:00 Evening TV</p>	<p>27 9:30 Breathe & Stretch w/ Adam 10:15 Coffee & News 1:30 Drive In Movie 6:00 Music Partners Visit 2:00-3:00 ART PRESENTATION</p>	<p>28 10:00 Morning Stretch 10:45 Massage by Sandra 2:00 Densmore and Blake Visit 3:00 Happy Hour w/ TBA 10:00-11:30 SCENIC DRIVE</p>	<p>29 10:00 Chair Yoga 10:30 This Day in History 1:30 Movie Matinee 6:00 After Dinner Music 3:00-4:00 DRUM W/ RHYTHMS OF EMPOWERMENT</p>	<p>30 9:35 Morning Stretches Exercise 10:00 Chair Zumba w/ Christie 11:00 Hydration Time 2:00 Bible Study w/ Ch. Grant 6:00 Evening Movie</p>	