

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Garden Cove</i></p> 		<p>HAPPY ANNIVERSARY</p> <p><i>Our 14th Year Anniversary</i></p> 	<p><i>Eat, drink & Be grateful</i></p> 		<p>1 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 4:00 Arm Chair Exercise 6:00 Reading Circle</p>	<p>2 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Art Fun 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 The Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan.2.3)</p>
<p>3 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Bible Stories 12:00 Vikings Football (FOX) at Kansas City Chiefs 1:45 Classic T.V. 3:00 Coffee & Cookies 3:15 Current Events (Sunday Paper) 4:00 Active Games 6:00 Music Listening</p> 	<p>4 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Games 1:45 Inspirational Stories 2:30 Lets Sing 3:15 Coffee & Cookies 4:00 Ring Toss 6:00 Reading Circle</p> 	<p>5 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Pet Visits 1:45 Memory Time 2:45 Sensory Adventures 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p>	<p>6 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Fun 1:45 Task Group 3:15 Snacks & Trivia 4:00 7th Inning Stretch 6:00 Reading Circle</p>	<p>7 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Hand Massage Therapy 1:45 Chicken Soup for the Soul stories 2:45 You Pick a Game 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p>	<p>8 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Veterans Day Prayer Service (CR) 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 4:00 Arm Chair Exercise 6:00 Reading Circle</p> 	<p>9 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Art Fun 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 The Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan.2.3)</p>
<p>10 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Bible Stories 1:45 Classic T.V. 3:00 Coffee & Cookies 3:15 Current Events (Sunday Paper) 4:00 Active Games 6:00 Music Listening 7:20 Vikings Football NBC at Dallas Cowboys</p> 	<p>11 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Games 1:45 Inspirational Stories 2:30 Lets Sing 3:15 Coffee & Cookies 4:00 Ring Toss 6:00 Reading Circle</p> 	<p>12 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Pet Visits 1:45 Memory Time 2:45 Sensory Adventures 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p>	<p>13 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Baking cake for Birthday Party 2:00-4:00 Happy Anniversary Celebrating 14 years (CR) 3:15 Snacks & Trivia 4:00 7th Inning Stretch 6:00 Reading Circle</p> 	<p>14 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Hand Massage Therapy 1:45 Chicken Soup for the Soul stories 2:45 Birthday Party 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p> 	<p>15 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 4:00 Arm Chair Exercise 6:00 Reading Circle</p>	<p>16 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Art Fun 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 The Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan.2.3)</p>
<p>17 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Bible Stories 12:00 Vikings Football (CBS) Vs Denver Broncos 1:45 Classic T.V. 3:00 Coffee & Cookies 3:15 Current Events (Sunday Paper) 4:00 Active Games 6:00 Music Listening</p> 	<p>18 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Games 1:45 Inspirational Stories 2:30 Lets Sing 3:15 Coffee & Cookies 4:00 Ring Toss 6:00 Reading Circle</p> 	<p>19 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Pet Visits 1:45 Memory Time 2:45 Table Games 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p>	<p>20 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Prepare for Brunch 12:00 Brunch 1:45 Task Group 3:15 Snacks & Trivia 4:00 7th Inning Stretch 6:00 Reading Circle</p> 	<p>21 8:00 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Hand Massage Therapy 1:45 Chicken Soup for the Soul stories 2:45 Thanksgiving Celebration 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p>	<p>22 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 4:00 Arm Chair Exercise 6:00 Reading Circle</p>	<p>23 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Trim the Tree 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 The Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan.2.3)</p>
<p>24 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Bible Stories 1:45 Classic T.V. 3:00 Coffee & Cookies 3:15 Current Events (Sunday Paper) 4:00 Active Games 6:00 Music Listening</p>	<p>25 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Games 1:45 Inspirational Stories 2:30 Lets Sing 3:15 Coffee & Cookies 4:00 Ring Toss 6:00 Reading Circle</p> 	<p>26 8:15 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Pet Visits 1:45 Memory Time 2:45 Sensory Adventures 3:15 Coffee & Cookies 4:00 Balloon Volleyball 6:00 Music Listening</p>	<p>27 9:00 Meet & Greet 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Table Fun 1:45 Task Group 3:15 Snacks & Trivia 4:00 7th Inning Stretch 6:00 Reading Circle</p>	<p>Happy Thanksgiving</p> 	<p>29 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:00 Manicures 11:00 Reminisce Group 1:45 Helping Hands 3:15 Coffee & Cookies 4:00 Arm Chair Exercise 6:00 Reading Group</p>	<p>30 9:00 Stretch & Strength Exercise 9:30 Look Good, Feel Good 10:15 Tree the Christmas Tree 1:45 Classic Movie & Refreshments 3:00 Coffee & Cookies 3:15 The Good Old Days 4:00 Active Games 6:00 Lawrence Welk (chan. 2.3)</p> 