

Sunday

Monday

Tuesday

Wednesday

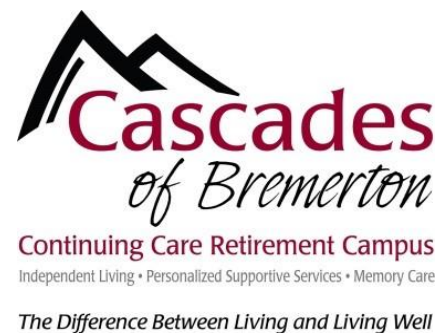
Thursday

Friday

Saturday

November 2024

Ashley Gardens



8:00 ZEN MUSIC **1**
9:00 CONVERSATION & DAILY CHRONICLES
10:00** GENTLE STRETCH (RL)
11:00 READING
1:00 CROSSWORDS
2:00-2:30 SNACK & HYDRATE
4:00 TABLE SETTING
4:30 LIGHT THE WORLD TEAL
Diwali (Hindu)

8:00 ZEN MUSIC **2**
10:00** GENTLE STRETCH (RL)
11:00 TABLE TALK AND DAILY CHRONICLES
1:30 PUZZLES
2-2:30 REFUEL & HYDRATE
3:00 SENSORY & SORTING
4:00 ADULT COLORING
5:00 AROMATHERAPY
6:00 TABLE GAMES (RL)

DAYLIGHT SAVINGS ENDS 3 9:00 VIRTUAL CHURCH SERVICES 10:30/11:15 YOGA/NAMASTE MEDITATION ~ WATER FLOW 1:30/3:00 BAKING 1:25 SEAHAWKS VS RAMS 2-2:30 SNACK & HYDRATE 3:00 SUNDAY MATINEE	ELECTION DAY 4 8:00 ZEN MUSIC 10:30/11:15 YOGA CHAT & POETRY 1:00** BINGO 2:00-2:30 SNACK & HYDRATE 3:00/4:00 HOLIDAY CRAFTS 3:00/4:00 JIGSAW PUZZLES 4:15* BINGO 5:30/5:45 ART HISTORY	5 8:00 ZEN MUSIC 10:30/11:15 SIT FIT & CURRENT EVENTS 1:30 LIVE MUSIC! W/ BRETT 2-2:30 SNACK & HYDRATE 3:00/4:00 HOLIDAY CARDMAKING 5:30 AROMATHERAPY 6:00 CROCOCILE HUNTER	6 8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS CHRONICLES & CONVERSE 1/1:30 SING ALONG w/Suzie Q & NAILS 2:00-2:30 SNACK & HYDRATE 2:30 LIVE MUSIC! @ WILLOWS 4:00/4:30 TOWN HALL w/ ACTIVITY COMMITTEE	7 8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE 11:00 COMMUNION 1:00/2:15 SHARADES 2:00-2:30 SNACK & HYDRATE 3:00/ 3:30 JOURNALING w/ INSPIRATIONAL KINDNESS QUOTES 6:00 DOMINOS (RL)	8 8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00-2:30 SNACK & HYDRATE 4:00 TABLE SETTING 6:00 FRIDAY NIGHT MOVIE	9 8:00 ZEN MUSIC 10:00** GENTLE STRETCH (RL) 11:00 TABLE TALK AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)
10 8:00 ZEN MUSIC 9:00 VIRTUAL CHURCH 10:30/11:15 YOGA/NAMASTE MEDITATION ~FOREST 2:00 GIRL SCOUTS CRAFT VISIT 2:00-2:30 SNACK & HYDRATE 3:00 SUNDAY MATINEE 6:00 ~VIRTUAL CONCERT CHOICE	11 8:00 ZEN MUSIC 10:30/11:15 YOGA CHAT & POETRY 1:00** BINGO 2:00/2:30 VETERAN'S COFFEE 3:00/4:00 PATRIOTIC SING ALONG 4:15* BINGO 6:00 CAROL BURNETT SHOW <small>Veterans Day Remembrance Day (Canada)</small>	12 8:00 ZEN MUSIC 10:30/11:15 SIT FIT & CURRENT EVENTS 1:00/1:30 REMINISCE 2:00 GAMESHows 2:00-2:30 SNACK & HYDRATE 3:30/4:30 HOLIDAY CARDMAKING 5:30 AROMATHERAPY 6:00 ARMCHAIR TRAVELS	13 8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS CHRONICLES & CONVERSE 1/1:30 SING ALONG w/Suzie Q & NAILS 2:00-2:30 SNACK & HYDRATE 2:30 SCENIC DRIVE 4:15/4:45 TRIVIA CIRCLE 6:00 YELLOW SUBMARINE	14 8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE 11:00 COMMUNION 1:00/2:15 GAME: CONNECT 4 2:00-2:30 FIRESIDE COCOA & SNACK 3:00/4:00 GRATEFUL JOURNALING 6:00 DOMINOS (RL)	15 8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00-2:30 SNACK & HYDRATE 4:00 TABLE SETTING 6:00 FRIDAY NIGHT MOVIE	16 8:00 ZEN MUSIC 10:00** GENTLE STRETCH (RL) 11:00 TABLE TALK AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)
17 8:00 ZEN MUSIC 10:30/11:15 YOGA/NAMASTE MEDITATION ~OCEANS 11:00 VIRTUAL CHURCH 11:00 CHAT & CHRONICLES 12:30/1:00 CHARCUTERIE CREATIONS 1:25 SEAHAWKS VS 49'ers FOOTBALL PARTY 6:00 ~VIRTUAL CONCERT	18 8:00 ZEN MUSIC 10:30/11:15 YOGA CHAT & POETRY 1:00** BINGO 2:00-2:30 SNACK & HYDRATE 3:00/4:00 HOLIDAY CRAFTS 3:00/4:00 JIGSAW PUZZLES 4:15* BINGO 5:30/5:45 ART HISTORY: NAT KING COLE	19 8:00 ZEN MUSIC 10:30 SIT FIT & CURRENT EVENTS 1:00/1:30 REMINISCE 2:00 GAMESHows 2:00-2:30 SNACK & HYDRATE 3:00* WOODWORKING 4:00** BALLOON BASEBALL 5:30 AROMATHERAPY 5:30 ARMCHAIR TRAVELS	20 8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS CHRONICLES & CONVERSE 1/1:30 SING ALONG w/Suzie Q & NAILS 3:00 SCENIC DRIVE 4:15/4:45 PRE-DINNER JOKES 6:00 WHEEL OF FORTUNE	21 8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE 11:00 COMMUNION 1:00/2:15 GAME: CONNECT 4 2:00-2:30 FIRESIDE COCOA & SNACK 3:00/4:00 GRATEFUL JOURNALING 6:00 DOMINOS (RL)	22 8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00-2:30 SNACK & HYDRATE 4:00 TABLE SETTING 6:00 FRIDAY NIGHT MOVIE	23 8:00 ZEN MUSIC 10:00** GENTLE STRETCH (RL) 11:00 TABLE TALK AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)
24 8:00 ZEN MUSIC 10:30/11:15 YOGA/NAMASTE MEDITATION ~BIRD SONGS 11:00 VIRTUAL CHURCH 11:00 CHAT & CHRONICLES 1:00/3:00 BAKING 1:05 SEAHAWKS VS CARDINALS 2:00-2:30 SNACK & HYDRATE 3:00 SUNDAY MATINEE	25 8:00 ZEN MUSIC 10:30/11:15 YOGA CHAT & POETRY 1:00** BINGO 2:00-2:30 SNACK & HYDRATE 3/4:00 CRAFTS: ORNAMENTS 3:00/4:00 JIGSAW PUZZLES 4:15* BINGO 5:30/5:45 ART HISTORY: GEORGIA O'KEEFFE	26 8:00 ZEN MUSIC 10:30/11:15 SIT FIT & CURRENT EVENTS 1:00/1:30 REMINISCE 2:00 GAMESHows 2:00-2:30 NOVEMBER BIRTHDAYS PARTY 5:30 AROMATHERAPY 6:00 ARMCHAIR TRAVELS	27 8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS CHRONICLES & CONVERSE 1/1:30 SING ALONG w/Suzie Q & NAILS 2:30 SCENIC DRIVE 4/4:30 TRAVELOUGE BORNEO 6:00 MOVIE: INDIANA JONES	HAPPY THANKSGIVING! 28 9:00 FIRESIDE TEA & COFFEE 10:30 GRATEFUL JOURNALING & DISCUSSION 12:00 FAMILY DINNER 1:00 THANKSGIVING REMINISCING 2:00 LIVE MUSIC! w/ STACIE FOOTBALL <small>Thanksgiving Day</small>	29 8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00-2:30 SNACK & HYDRATE 4:00 TABLE SETTING 6:00 HALLMARK CHRISTMAS MOVIE	30 8:00 ZEN MUSIC 10:00** GENTLE STRETCH (RL) 11:00 TABLE TALK AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)