

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER 2018

Sheldon Park Assisted Living

<p>9:00 Start the Week Right 4 9:30 Stretch Exercise 10:00 Game Time w/Friends 11:00 Stories from the Heart 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Day Light Saving 3:00 Nickel Bingo 4:00 YouTube Funnies <small>Daylight Saving Time Ends</small></p>	<p>9:00 Speed Social 5 9:30 Exercise with Kate 10:30 Legend: Roy Rogers 10:30 Drive: Trent Rd 1:15 Shopping: Trader J 1:20 Black Jack Game 2:00 Memory Tones 3:00 Exercise with Junko 4:00 Cocktails w/ Jennifer</p>	<p>9:00 Today's News 6 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:00 Election Day 3:00 Matt from the Shedd 4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Kate 7 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 2:15 Laughter Medicine 3:00 Exercise with Junko 4:00 Wine Wednesday</p>	<p>9:00 News of The Building 8 9:30 Tai Chi Exercise 10:30 Brain Games 1:30 Activity Meeting 2:15 Relaxation/Meditation 3:00 John on Piano 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Make a Friend 9 9:30 Exercise with Kate 10:00 Rummikub/Yarn 10:30 Day Night Donuts 1:15 Mystery Drive 1:30 Special Talk 2:00 Slap Happy Drums 3:00 Exercise with Junko 4:00 Cocktail Social</p>	<p>9:00 Meet Your Neighbor 10 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 11:00 Copic Markers 1:15 Brain Puzzle Fun 2:00 Fall Favorites 2:30 Science w/Jaylene 3:00 Nickel Bingo 4:00 Stepping Out</p>
<p>9:00 Start the Week Right 11 9:30 Stretch Exercise 10:00 Game Time w/Friends 11:00 Stories from the Heart 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Veterans Day Rem. 3:00 Nickel Bingo 4:00 YouTube Funnies <small>Remembrance Day (Canada)</small></p>	<p>9:00 Speed Social 12 9:30 Exercise with Kate 10:30 Let's Bake w/Jennifer 10:30 Drive:Cherry Creek 1:15 Shopping Valley River 1:20 Black Jack Game 2:15 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails w/Jennifer</p>	<p>9:00 Today's News 13 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:00 Readers Theater 3:00 Matt from the Shedd 4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Kate 14 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 2:15 Laughter Medicine 3:00 Exercise with Junko 4:00 Wine Wednesday</p>	<p>9:00 News of The Building 15 9:30 Tai Chi Exercise 10:30 Brain Games 11:00 Holly's Jewelry 1:30 Meet & Greet 2:15 Relaxation/Meditation 3:00 Art w/Christina 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Make a Friend 16 9:30 Exercise with Kate 10:00 Rummikub/Yarn 10:30 Drive: Fox Hollow 1:15 Moshofsky Center 1:30 Show Your Photos 2:15 Something Warm 3:00 Exercise with Junko 4:00 Cocktail Social</p>	<p>9:00 Meet Your Neighbor 17 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 11:00 Copic Markers 1:15 Brain Puzzle Fun 2:00 Fall Favorites 2:30 Science w/Jaylene 3:00 Nickel Bingo 4:00 Stepping Out</p>
<p>9:00 Start the Week Right 18 9:30 Stretch Exercise 10:00 Game Time w/Friends 11:00 Stories from the Heart 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Sunday Social 3:00 Nickel Bingo 4:00 YouTube Funnies</p>	<p>9:00 Speed Social 19 9:30 Exercise with Kate 10:30 Let's Bake w/Jennifer 1:15 Out to Movies 1:20 Black Jack Game 2:15 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails with Jennifer</p>	<p>9:00 Today's News 20 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:00 Food Meeting 3:00 Matt from the Shedd 4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Kate 21 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 1:15 Festival of Trees 2:15 Laughter Medicine 3:00 Exercise with Junko 4:00 Wine Wednesday</p>	<p>22  <small>Thanksgiving Day (US)</small></p>	<p>9:00 Make a Friend 23 9:30 Exercise with Kate 10:00 Rummikub/Yarn 1:30 Christmas Decorating 2:15 Something Warm 3:00 Exercise with Junko 4:00 Cocktail Social</p>	<p>9:00 Meet Your Neighbor 24 9:30 Tai Chi Exercise 10:30 Bible Study w/Jack 11:00 Copic Markers 1:15 Brain Puzzle Fun 2:00 Fall Favorites 2:30 Science w/Jaylene 3:00 Nickel Bingo 4:00 Stepping Out</p>
<p>9:00 Start the Week Right 25 9:30 Stretch Exercise 10:00 Game Time w/Friends 11:00 Stories from the Heart 1:30 Sheldon Park Store 1:30 Wii Game 2:15 Sunday Social 3:00 Nickel Bingo 4:00 YouTube Funnies</p>	<p>9:00 Speed Social 26 9:30 Exercise with Kate 10:30 Let's Bake w/Jennifer 10:30 Drive to Brownsville 1:15 Shopping: Dollar Tree 1:20 Black Jack Game 2:15 Fall Refreshment 3:00 Exercise with Junko 4:00 Cocktails with Jennifer</p>	<p>9:00 Today's News 27 9:30 Tai Chi Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arranging 2:00 Best Night Sleep 3:00 Matt from the Shedd 4:00 Fast Round Trivia</p>	<p>9:30 Exercise with Kate 28 10:30 Oregon History w/Mel 11:15 Walk with Jaylene 1:00 Nickel Bingo 2:15 Laughter Medicine 3:00 Exercise with Junko 4:00 Wine Wednesday</p>	<p>9:00 News of The Building 29 9:30 Tai Chi Exercise 10:30 Brain Games 1:30 Your Life Story 2:15 Veteran's Club 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Make a Friend 30 9:30 Exercise with Kate 10:00 Rummikub/Yarn 10:30 Lunch: Papas Pizza 1:15 Shopping: Big Lots 1:30 Legend: W. Churchill 2:15 Something Warm 3:00 Exercise with Junko 4:00 Cocktail Social</p>	