

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Memory Haven

			Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance <small>Veterans Day Remembrance Day (Canada)</small>
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation 2pm – “A slice of thanks” Dessert Bar Exercise Sensory Kitchen Creation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder <small>Thanksgiving Day (US)</small>	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
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Type the name, address, and other information about your community/company here.