

## Adult Day Service Center

### November 2017 Activities Calendar

1527 4<sup>th</sup> Street 2<sup>nd</sup> Floor  
Santa Monica, CA 90401  
Phone: (310) 394-9871

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Ongoing Daily Activities:</b> 9:00-9:30-Current Events &amp; Conversation 9:30-10:00-Morning Stretch 1:00-1:30-Outdoor Relaxation <i>Cranium Crunches</i> 4:00-6:00-Break-out Groups: Board games, puzzles, ongoing socialization</p>	<p><b>Note:</b> <b>Activities subject to change without notice</b></p>	<p><b>1</b> 10:00-Day of the Day Around the World 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Autumn Word Jumble 2:45-Money Order Facts</p>	<p><b>2</b> 10:00-Devised Egg Fun Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Floor Games</p>	<p><b>3</b> 10:00-Cliché Day Game 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches <b>1:30-Music &amp; Mental Fitness - Bob</b> 2:45-Brain Games</p>
<p><b>6</b> 10:00-Saxophone Trivia Q &amp; A 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-Bulletin Board Trivia</p>	<p><b>7</b> 10:00-US Presidential Elections Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Poetry A Tribute to Veterans</p>	<p><b>8</b> <b>8</b> 10:00-Pancake Breakfast - Eva 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music Therapy - Irby 2:45-This Was the Year...1986</p>	<p><b>9</b> 10:00-Veteran's Day Trivia 10:30-Balance /Strength Training - Don 11:30-Activities with Calvary Christian School 2:00-Parachute Game 2:45-Hand Massage / Manicures Puzzles &amp; Ponderings</p>	<p><b>10</b> 10:00-Veterans' Day History 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Word-Within-a-Word 2:45-Brain Games</p>
<p><b>13</b> 10:00-On this Day...1952 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Cook's Corner - Jasmine 2:45-Person, Place, or Thing? Facts</p>	<p><b>14</b> 10:00-Guacamole Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music Therapy - Irby 2:45-Yiannis Chryssomallis Biography</p>	<p><b>15</b> 10:00-America Recycle Day Trivia 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Nina &amp; Friends Performance 2:45-November in History</p>	<p><b>16</b> 10:00-November Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Floor Games</p>	<p><b>17</b> 10:00-Famous Sayings About Life 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music &amp; Mental Fitness - Bob 2:45-Brain Games</p>
<p><b>20</b> 10:00-Geography Trivia 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art of Collage - Lisa 2:45-Thanksgiving Word Jumble</p>	<p><b>21</b> 10:00-Thanksgiving Jokes 10:30-Balance /Strength Training -Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Pumpkin Trivia Q &amp; A</p>	<p><b>22</b> 10:00-Thanksgiving Trivia 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Matcing Game with Dolores 2:45-What are you Thankful for?</p>	<p><b>23</b> CENTER CLOSED IN OBSERVANCE OF THANSGIVING DAY HOLIDAY</p>	<p><b>24</b> CENTER CLOSED DAY AFTER THANSGIVING</p>
<p><b>27</b> 10:00-November in History Facts 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Musician Singer Peter &amp; Friend 2:45-Hangman Game</p>	<p><b>28</b> 10:00-Family Connection Q &amp; A 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Riddles Game</p>	<p><b>29</b> 10:00-Square Dance Facts 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Entertainer Singer Ron Morrissey 2:30-November Birthday Celebration 2:45-November Birthday Facts</p>	<p><b>30</b> 10:00-Thought For the Day 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Pet Therapy Lend-a-Paw - Lisa 2:45-Floor Games</p>	<p><b>Lunch: 12:00-1:00 pm</b> <b>Afternoon snack: 2:30</b></p>

Spanish Calendar see back

# Highlights!

**Dominoes with Mark & Ed**  
in the Blue Room



**Around the World**  
The Month of  
Iceland



Tuesdays at 1:30

## Special Events

**November Birthday**  
Celebration

Wednesday, November 29 at  
2:30



## Special Events & More

Check the calendar for our  
performers, parties, and other  
special events to look out for,  
**highlighted in bold on the**  
calendar!

\*Italics notes activities running

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<p><b>Nota:</b> Las actividades sujetas a cambios sin previo aviso</p>		<b>1</b>	<b>2</b> 12:00-1:00 pm Almuerzo: 1:00-1:30 pm relajación en el patio	<b>3</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Compartir tus vivencias 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Jugar pelota
<b>6</b>	<b>7</b> 10:00-La crónica cotidiana 10:30-Ejercicios con María 11:30-Día de las elecciones en US 1:30-Juego de serpiente y escalera 2:30-Aperitivo / bocadillo 2:45-Masaje de manos	<b>8</b>	<b>9</b>	<b>10</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Decir trabalenguas 1:30-Juego de boliche 2:30-Aperitivo / bocadillo 2:45-Recordando a los veteranos de la guerra
<b>13</b>	<b>14</b> 10:00-La crónica cotidiana 10:30-Ejercicios - María 11:30-Cuantos tipos de aguacates hay? 1:30-Terapia de música con Irby 2:30-Aperitivo / bocadillo 2:45-Día de reciclar en US	<b>15</b>	<b>16</b>	<b>17</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Como celebras acción de gracias? 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Juegos mentales
<b>20</b>	<b>21</b> 10:00-La crónica cotidiana 10:30-Ejercicios con María 11:30-De que estas agradecido? 1:30-Proyecto de arte 2:30-Aperitivo / bocadillo 2:45-Origen de los proverbios	<b>22</b>	<b>23</b>	<b>24</b> CENTRO CERRADO DIA DESPUES DE ACCION DE GRACIAS
<b>27</b>	<b>28</b> 10:00-La crónica cotidiana 10:30-Ejercicios con María 11:30-Juego de matematicas 1:30-Juego de bingo con premios 2:30-Aperitivo / bocadillo 2:45-Preguntas y respuestas del mes de Noviembre	<b>29</b>	<b>30</b>	

