November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Activities Subject to Change BYGONE DAYS PRODUCTIONS	10:30 Morning Yoga with Kristin 3:30 Trivia	10:30 Morning Yoga with Kristin 11:30 News/Cooking Class 1:30 Ring Toss 4:30 Seated Kick Ball 3:30 Trivia	10:30 Morning Yoga with Kristin 11:30 News/Cooking Class 1:30 Ring Toss 3:30 Trivia 4:30 Seated Kick Ball 3:30 Trivia	**1 Day of the Dead** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Sugar Skull Decorating (C) Lunch Tabletop Curling Game (P) Arts and Crafts (C) BINGO (S) Snack Family Feud (S) Movie of Choice (E) Water our Garden (P) Day of the Dead Word Game (I/E)
4 National Candy Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart Name That Candy (C/I) Lunch Cornhole (P) Word Play (I) Snack Movie of Choice (E) Poker/UNO (E/I) I Love Candy Word Search (I/E) Outdoor Walk (P)	**5 American Football Day** Breakfast at Glenner's (S) Chair Yoga (P) Current Events (I) Hydration Cart Football Throw Game (P) Lunch Musical Balloon (P) Arts and Crafts (C) Snack Book Club: Short Stories (I) American Football Trivia (I/E) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**6 National Basketball Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart Laundry Basket Basketball (S/I) Lunch Golf (P) Karaoke (C/S) Table Games (I/E) Snack Magazine Treasure Hunt (C/I) Charades (S/C) Outdoor Walk (P) Basketball Word UNScramble (I/E)	**7 International Games Week** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Begin and End Game (I/E) Lunch Musical Balloon (P) Creative Writing: Letters to Marines (C) What's in Common? (S/I) Snack BINGO (S) Movie of Choice (E) Outdoor Walk (P) Tabletop Curling Game (P)	**8 National STEM Day** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart *Stories for Seniors with Walter* (I) Lunch Nerf Shoot-Out (P/I) Arts and Crafts (C) Senses Sensory Bins (S/I) Snack Poker/UNO (E/I) Movie of Choice (E) Aromatherapy (S) Water our Garden (P)
11 Veterans Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Pinning Ceremony: Veterans** (S) Lunch Cornhole (P) Word Play (I) Snack Story Behind the Song (E) Arts & Crafts (C) Music and Massage (S) Outdoor Walk (P)	**12 National Happy Hour Day** Breakfast at Glenner's (S) Scarf Dance & OT/PT (P) Current Events (I) Hydration Cart Karaoke:Billboard Hits from 1950's (C) Lunch *Music with Myron* (S) Table Roll (P) Arts and Crafts (C) Snack Movie of Choice (E) BINGO (S) Outdoor Walk (P) Joke Sharing (S/I)	**13 World Kindness Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart Kindness Word Search (E/I) Lunch Football Toss (P) Popcorn Reading/Table Games (I/E) Magazine Treasure Hunt (C/I) Snack Kindness Chain (E/C) Charades (S) Outdoor Walk (P)	**14 Nat'l American Teddy Bear Day** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Theodore "Teddy" Roosevelt (E/I) Lunch Show & Tell (S) Nerf Shoot-Out (P/I) Creative Writing: Letters to Navy (C) Snack BINGO (S) Movie of Choice (E) SPA and Relaxation (S) Outdoor Walk (P)	**15 National Drummer Day** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart *Helen Woodward PET Therapy* (E/S) Lunch *Piano with Vincent* (P/S) Family Feud (S) Tabletop Curling Game (P/I) Snack Arts and Crafts (C) Poker/UNO (E/I) Movie of Choice (E) Water our Garden (P)
18 Mickey Mouse's Birthday Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart *Monday School with Deacon Tay* (E) Lunch Cornhole (P) "How to Draw Mickey" (I) Snack Movie of Choice (E) Mickey Snack Cakes(C) UNO (S) Outdoor Walk (P)	**19 Let's Talk Turkey Tuesday** Breakfast at Glenner's (S) Chair Yoga (P) Current Events (I) Hydration Cart Turkey Trivia (S/I) Lunch *Piano with Nina* (S) Make Turkey Napkin Rings (C) Snack Book Club:Short Stories (I) Fall Sing-a-long (S) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**20 Stately Knowledge Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I/S) Hydration Cart Naming States (S/I) Lunch Patriotic Sing-a-long (S) Tabletop Curling Game (P/I) Popcorn Reading/Table Games (I/E) Snack California Facts & Trivia (I/E) Magazine Treasure Hunt (C/I) Charades (S) Outdoor Walk (P)	**21 World Philosophy Day** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events & Who Was It? (I) Hydration Cart Karaoke (S/C) Lunch Arts & Crafts (C) Philosophers & Happiness (I/S) Writing: Letters to Comm. Heroes (C) Football Toss (P) Snack Intro to Philosophy (S/E) Outdoor Walk (P) Movie of Choice (E)	**22 Ella Fitzgerald Day** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Lunch Bowling (P) Family Feud (S/I) History of Apollo Theater (S/I) Snack Poker/UNO (E/I) Ella's Greatest Hits (I/C) Karaoke Ella-style (S/C) Movie of Choice (E) Water our Garden (P)
25 National Parfait Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart Parfait Perfection (C) Lunch Table Roll (P) Word Play (I) Snack Movie of Choice (E) "Did You Know..." (I/E) UNO (S) Outdoor Walk (P)	**26 Good Grief Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Thanksgiving Luncheon w/ NCL** (S) Lunch Nerf Shoot-Out (P) Word Play (I) Snack A Charlie Brown Thanksgiving (E) Who is Charles Shulz (I/C) BINGO (S) Outdoor Walk (P)	**27 What to Know Wednesday** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Candy Corn Craze (S/C) Lunch Cornhole (P) Arts and Crafts (C) *Music w/ Zack David* (S) Snack Poker/UNO (S/I) Jeopardy Glenner-style (I/E) Water our Garden (P) Movie of Choice (E)	**28 Thanksgiving Day** 	**29 Center Closed**

Birthdays!

November 6th - David P.
November 9th - C. "Bret" S.
November 18th - Betty W.
November 29 - Betty d.L.M.
November 30th - "Tom" J.
November 30th - Jennifer R. (employee)

(S) = Social | (P) = Physical | (I) = Intellectual
(C) = Creative | (E) = Education

GEORGE G. GLENNER
ALZHEIMER'S FAMILY CENTERS, INC.®

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Special Events

Friday, November 15th - Vincent Young on Piano

Tuesday, November 26th, Thanksgiving Luncheon

Thank you, NCL for Thanksgiving Lunch & volunteers!