# November 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Activities Subject to Change**<br>10:30 Morning Yoga with Kristin<br>11:<br>1:3<br>2:3<br>3:3<br>4:3<br>10:<br>11:<br>1:3<br>2:3<br>3:3<br>4:3<br>3:30 Trivia | 10:30 Morning Yoga with Kristin<br>11:30 News/Cooking Class<br>1<br>2<br>3<br>4<br>1<br>1<br>1<br>2<br>3<br>4:30 Seated Kick Ball<br>3:30 Trivia | 10:30 Morning Yoga with Kristin<br>11:30 News/Cooking Class<br>1:30 Ring Toss<br>2:<br>3:<br>4:<br>1<br>1<br>1<br>2:<br>3:<br>4:30 Seated Kick Ball<br>3:30 Trivia | 10:30 Morning Yoga with Kristin<br>11:30 News/Cooking Class<br>1:30 Ring Toss<br>2<br>3<br>4<br>1<br>1<br>1<br>2<br>3:30 Trivia<br>4:30 Seated Kick Ball<br>3:30 Trivia | **1 Dia De Los Muertos**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>Current Events and Word Games (I)<br>Hydration Cart<br>Sugar Craft Skull (C)<br>Lunch<br>**Participant Council Meeting** (S)<br>Patio Rendezvous: Axe Throwing (P)<br>Snack<br>**Healing Baskets** (C)<br>Movie of Choice (E)<br>Happy Hour (S)<br>Water our Garden (P)<br>*Relax by Breath with Ed* (E) |
| **4 National Candy Corn Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>The San Diego Union-Tribune (I)<br>Hydration Cart<br>Flying Bat Craft (C)<br>Lunch<br>The Price is Right (I/E)<br>Snack<br>Aromatherapy BINGO (S)<br>Movie of Choice (E)<br>Music and Massage (S)<br>**Garden Club** (S/P/C) | **5 American Football Day**<br>Breakfast at Little Blue House Café (S)<br>*Exercise with Laura*<br>Current Events (I)<br>Hydration Cart<br>Armchair Travel (E/S)<br>Lunch<br>Patio Rendezvous: Football Toss (P)<br>NFL BINGO (S)<br>Snack<br>Table Games (S)<br>Fall Football Tree Craft (C)<br>Movie of Choice (E)<br>An Afternoon at Lauire's Bistro (S/P) | **6 National Basketball Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>Word Play (I)<br>Lunch<br>Cornhole (P)<br>Poker (E/I)<br>Textured Basketball Craft (C)<br>Snack<br>Book Club: Short Stories (I)<br>Movie of Choice (E)<br>An Afternoon at Lauire's Bistro (S/P) | **7 International Games Week**<br>Breakfast at Little Blue House Café (S)<br>Seated Yoga and OT/PT (P)<br>Current Events (I)<br>Hydration Cart<br>(C)<br>Lunch<br>Patio Rendezvous: Cornhole (P)<br>Choir Rehearsal (C)<br>Patio Fun (S)<br>Snack<br>Movie of Choice (E)<br>Table Games (S)<br>An Afternoon at Lauire's Bistro (S/P) | **8 National STEM Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>Current Events and Word Games (I)<br>Hydration Cart<br>*MusicWorx* (S)<br>Lunch<br>BINGO (S)<br>Patio Rendezvous: Axe Throwing (P)<br>Snack<br>Connect the Dots (C)<br>Movie of Choice (E)<br>Decades Trivia (S)<br>Water our Garden (P) |
| **11 Veterans Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>The San Diego Union-Tribune (I)<br>Hydration Cart<br>Thanks for your service Flag (C)<br>Lunch<br>*Piano Concerto with Glenn* (S)<br>*Pinning Ceremony: Veterans* (S)<br>Snack<br>BINGO (S)<br>Movie of Choice (E)<br>Music and Massage (S)<br>**Garden Club** (S/P/C) | **12 National Happy Hour Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>Current Events (I)<br>Hydration Cart<br>*Stories for Seniors with Walter* (I)<br>Lunch<br>Football Toss (P)<br>Thanksgiving Mixology (C/S)<br>Snack<br>Magazine Treasure Hunt (C/I)<br>Movie of Choice (E)<br>An Afternoon at Lauire's Bistro (S/P) | **13 World Kindness Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>Word Play (I)<br>Lunch<br>Golf (P)<br>Poker (E/I)<br>Kindness Flower Craft (C)<br>Snack<br>Book Club: Short Stories (I)<br>Fossil Documentary (E)<br>An Afternoon at Lauire's Bistro (S/P) | **14 Nat'l American Teddy Bear Day**<br>Breakfast at Little Blue House Café (S)<br>Seated Yoga and SPA Day (P/E)<br>Current Events (I)<br>Hydration Cart<br>*Love on a Leash* (S)<br>Lunch<br>Patio Rendezvous: Cornhole (P)<br>Paper Plate Pumpkin Teddy Bear (C)<br>Patio Fun (S)<br>Snack<br>Movie of Choice (E)<br>Bear BINGO (S)<br>An Afternoon at Lauire's Bistro (S/P) | **15 National Drummer Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>Current Events and Word Games (I)<br>Hydration Cart<br>Chocolate Cupcake Social (S)<br>Lunch<br>BINGO (S)<br>Patio Rendezvous: Axe Throwing (P)<br>Snack<br>Movie of Choice (E)<br>DIY Hand Drums (C)<br>Water our Garden (P)<br>*Relax by Breath with Ed* (E) |
| **18 Mickey Mouse Birthday**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>The San Diego Union-Tribune (I)<br>Hydration Cart<br>Build Your Own Nachos (S)<br>Lunch<br>Patio Rendezvous: Axe Throwing (P)<br>**Men's Club** (S)<br>Snack<br>How to Draw Mickey and Minnie (C)<br>Mickey Movie (E)<br>Music and Massage (S)<br>**Garden Club** (S/P/C) | **19 Let's Talk Turkey Tuesday**<br>Breakfast at Little Blue House Café (S)<br>*Exercise with Laura*<br>Current Events (I)<br>Hydration Cart<br>Armchair Travel (E/S)<br>Lunch<br>Football Toss (P)<br>Cotton Ball Turkey Painting (C)<br>Snack<br>Turkey History (I)<br>Thanksgiving Pondering Prompts(S/I/)<br>Movie of Choice (E)<br>An Afternoon at Lauire's Bistro (S/P) | **20 Stately Knowledge Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>Word Play and Arts & Crafts (I/C)<br>Lunch<br>Cornhole (P)<br>Name the State Puzzle (E/I)<br>Snack<br>State Facts and Trivia (E)<br>Movie of Choice (E)<br>An Afternoon at Lauire's Bistro (S/P)<br>Animal BINGO (S) | **21 Watch the Television Day**<br>Breakfast at Little Blue House Café (S)<br>Seated Yoga and OT/PT (P)<br>Current Events (I)<br>Hydration Cart<br>TV show BINGO (S)<br>Lunch<br>Patio Rendezvous: Cornhole (P)<br>Choir Rehearsal (C)<br>Guess that TV tune (I)<br>Snack<br>Movie of Choice (E)<br>Matching Television Puzzels (S)<br>An Afternoon at Lauire's Bistro (S/P)<br>*Helen Woodward PET Encounter* (S) | **22 The White Album Anniversary Day**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>Current Events and Word Games (I)<br>Hydration Cart<br>Beatles, About the White Album (E)<br>Lunch<br>Patio Rendezvous: Axe Throwing (P)<br>Snack<br>Craft (C)<br>Movie (E)<br>Happy Hour (S)<br>Water our Garden (P)<br>Beatles Guess the Song (I/E) |
| **25 Thanksgiving Luncheon**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>The San Diego Union-Tribune (I)<br>Hydration Cart<br>*Cat Therapy w/ Hospice of S.C.* (S)<br>Lunch<br>**November Birthday Celebration** (S)<br>The Price is Right (I/E)<br>Snack<br>Thanksgiving Activity Packet (C)<br>Movie of Choice (E)<br>Music and Massage (S)<br>**Garden Club** (S/P/C) | **26 Good Grief Day**<br>Breakfast at Little Blue House Café (S)<br>*Exercise with Laura* (P)<br>Current Events (I)<br>Hydration Cart<br>*Tuesday School w/ Deacon Tay* (E)<br>Lunch<br>Football Toss (P)<br>How to Draw Snoopy (E/C)<br>Snack<br>BINGO (S)<br>Charlie Brown Watercolor Art (C/I)<br>Movie of Choice (E)<br>An Afternoon at Lauire's Bistro (S/P) | **27 What Do You Want to Know Wed**<br>Breakfast at Little Blue House Café (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>Word Play (I)<br>Lunch<br>Otay Ranch Performance (S)<br>Poker (E/I)<br>Autumn Birch Watercolor Craft (C)<br>Snack<br>Book Club: Short Stories (I)<br>Rock and Roll Trivia (S/E)<br>An Afternoon at Lauire's Bistro (S/P) | **28 Thanksgiving**<br> | **29 Center Closed**<br> |

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

## Birthdays!

November 10th - "Bill" Boehm

LITTLE BLUE House 3686

3686 4th Avenue San Diego, CA 92103

Activity calendar sponsored by The Guardian Angel Program of San Diego County.

## Special Events

Monday, November 11th: Veterans' Pinning Ceremony.

- Thank you to the Lightbridge Hospice team!

Monday, November 25th: Thanksgiving Luncheon.

- Thank you to Nora Belmer & NCL team!

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