

Vista 5				November 2025			CC Young
Activities							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						Daily Chronicles/Games/Puzzles available in Activity Room	1
11:00 Worship Services	9:30 Daily Chronicles 10:00 Morning Stretch 10:30 Sing Along with Suzie Q 11:00 Brain Games: Vegetable Trivia 1:00 One on One Visits 2:00 Active Afternoons: Bubble Badminton 2:30 Good News Network 3:00 Fit Minds with Honor	9:30 Daily Chronicles 10:00 Happiness Program 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 2:00 Active Afternoons: Dance Along 2:30 Good News Network 3:00 Balloon Guessing Game: What's Inside?	9:30 Daily Chronicles 10:00 Musical Memories: Simon and Garfunkel 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:00 Active Afternoons:Bubble Badminton 2:30 Good News Network 3:00 Brain Games	9:30 Daily Chronicles 10:00 Music Therapy 11:00 Fall Trees Craft 2:00 Active Afternoons: Dance Alongs 2:30 Good News Network 3:00 Musical Memories: John Phillips Sousa's birthday!	9:30 Daily Chronicles 10:00 Musical Memories: Al Hirt's birthday, jazz trumpeter 10:30 Brain Games: Sorting 11:00 Therapeutic Touch with Tammy 2:00 Active Afternoons: Bubble Badminton 2:30 Movie Matinee/Classic TV 3:00 Nail Day	Daily Chronicles/Games/Puzzles available in Activity Room	8
11:00 Worship Services	9:30 Daily Chronicles 10:00 Cowboy Bob 11:00 Morning Stretch 1:00 One on One Visits 2:00 Active Afternoons: Ball Drums 2:30 Good News Network 3:00 Fit Minds with Honor	9:30 Daily Chronicles 10:00 Patriotic Craft 10:30 Veterans Day Remembrance 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 2:00 Active Afternoons: Noodle Base Baseball 2:30 Good News Network 3:00 Happiness Program	9:30 Daily Chronicles 10:00 Musical Memories 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:00 Active Afternoons: Ball Drum 2:30 Good News Network 3:00 Brain Games: EZ Does It Random Trivia	9:30 Daily Chronicles 10:00 Music Therapy 11:00 Armchair Travel-Turkey 2:00 Active Afternoons Noodle BaseBall 2:30 Good News Network 3:00 Robert Lewis Stevenson's birthday: Remembering his Poems	9:30 Daily Chronicles 10:00 Musical Memories: Diana Krall's birthday 11:00 Therapeutic Touch with Tammy 2:00 Active Afternoons: Ball Toss 2:30 Movie Matinee/Classic TV	Daily Chronicles/Games/Puzzles available in Activity Room	15
11:00 Worship Services	9:30 Daily Chronicles 10:00 Morning Stretch 10:30 Piano with Don Weitz 1:00 One on One Visits 2:00 Active Afternoons: Table Scoop 2:30 Good News Network 3:00 Fit Minds with Honor	9:30 Daily Chronicles 10:00 Guess What in The Box 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 2:00 Active Afternoons: Conservation Ball Toss 2:30 Good News Network 3:00 Happiness Program	9:30 Daily Chronicles 10:00 Musical Memories: Tommy Dorsey's birthday 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:00 Active Afternoons: Table Scoop 2:30 Good News Network 3:00 Brain Games	9:30 Daily Chronicles 10:00 Music Therapy 11:00 Fall Leaves Window Art 2:00 Active Afternoons: Table Scoop 2:30 Good News Network 3:00 Laughter is the Best Medicine: Ogden Nash poems	9:30 Daily Chronicles 10:00 Musical Memories: Songs for Giving Thanks 10:30 Brain Games: Dice & Card Matching 11:00 Therapeutic Touch with Tammy 2:00 Active Afternoons: Table Scoop 2:30 Movie Matinee/Classic TV 3:00 Nail Day	Daily Chronicles/Games/Puzzles available in Activity Room	22
11:00 Worship Services	9:30 Daily Chronicles 10:00 Morning Stretch 10:30 Brain Games: Remembering Favorite Thanksgiving Foods 11:00 Musical Memories: Ragtime, Scott Joplin's birthday 1:00 One on One Visits 2:00 Active Afternoons: Noodle Baseball 2:30 Good News Network 3:00 Fit Minds with Honor	9:30 Daily Chronicles 10:00 Making Pumpkin Pie 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 2:00 Active Afternoons: Work Out 2:30 Good News Network 3:00 Hand Massage with Aromatherapy	9:30 Daily Chronicles 10:00 Musical Memories: Tina Turner's birthday 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:00 Active Afternoons: Noodle Baseball 2:30 Good News Network 3:00 Brain Games	9:30 Daily Chronicles 2:00 Active Afternoons: Dancing Star with the CNA	9:30 Daily Chronicles 10:00 Walker & Adams 11:00 Therapeutic Touch with Tammy 2:00 Active Afternoons: Noodle Baseball 2:30 Movie Matinee/Classic TV	Daily Chronicles/Games/Puzzles available in Activity Room	29
11:00 Worship Services					<u>Dimensions Of Wellness Legend</u> Intellectual Emotional Social Physical Spiritual Environmental Vocational		