CC YOUNG
SENIOR LIVING

Memory Care Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys vs Arizona Cardinals - FOX (CH. 56, 400 or 401) 6:00 Outdoor Breeze-weather permitting	**2** 9:30 Patricia's Sole Mates- Walking Group 10:00 Move & Groove w/ Tammy 10:45 Refresh and Refuel 11:00 Brain Games: Folding Match 2:00 The PM Pick-Me-Up Exercise 2:30 Drive In Movie: A Charlie Brown Thanksgiving (1973) 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**3** 9:30 Patricia's Sole Mates- Walking Group 10:00 Music Therapy 10:00 OLLI- From Names to Narratives Ch.81 10:45 Refresh and Refuel 11:00 This Day in History: Daily Chronicles 2:30 Mani's w/Ann 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**4** 9:45 Devotionals with Ministry Team 10:00 Kathy's Cranium Crunch 10:45 Refresh and Refuel 11:00 Chair Exercise with Tina 2:30 Afternoon Cinema: Resident Choice 3:00 Tunes and Melodies 4:00 Balloon-Noodle Ball w/CNAs 6:00 Outdoor Breeze-weather permitting	**5** 9:30 Patricia's Sole Mates- Walking Group 10:00 Singin' with Russ & Fran 10:00 OLLI- Writing Your Own Songs Ch.81 10:45 Refresh and Refuel 11:00 Music Therapy 2:00 The PM Pick-Me-Up Exercise 2:30 Crafty Corner: Turkey Painting 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**6** 10:00 BINGO 10:30 Live Entertainment-4th Fl 10:45 Refresh and Refuel 11:00 Arts & Crafts Classes: Paper Corn Craft 2:30 Drive In Movie: Free birds (2013) 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**7** 10:00 BINGO 1:00 Chair Exercise with Tina 2:30 Saturday Matinee 6:00 Outdoor Breeze-weather permitting
8 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys at Indianapolis Colts - FOX (CH. 56,400 or401) 6:00 Outdoor Breeze-weather permitting	**9** 9:30 Patricia's Sole Mates- Walking Group 10:00 Move & Groove w/ Tammy 10:45 Refresh and Refuel 11:00 Brain Games: Thanksgiving Memories' Game 2:00 The PM Pick-Me-Up Exercise 2:30 Drive In Movie: Miracle on 34th Street (1947) 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**10** 9:30 Patricia's Sole Mates- Walking Group 10:00 Music Therapy 10:00 OLLI- Inside the Band Ch.81 10:45 Refresh and Refuel 11:00 This Day in History: Daily Chronicles 2:30 Craft: Plate Turkeys 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**11** 9:45 Devotionals with Ministry Team 10:00 Kathy's Cranium Crunch 10:45 Refresh and Refuel 11:00 Chair Exercise with Tina 2:30 Afternoon Cinema: Grumpy Old Men 3:00 Tunes and Melodies 4:00 Balloon-Noodle Ball w/CNAs 6:00 Outdoor Breeze-weather permitting	**12** 9:30 Patricia's Sole Mates- Walking Group 10:00 Singin' with Russ & Fran 10:00 OLLI-U.S. Navy Submarine Operations Ch.81 10:45 Refresh and Refuel 11:00 Music Therapy 2:00 The PM Pick-Me-Up Exercise 2:30 Crafty Corner: Turkey Headbands 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**13** 10:00 BINGO 10:45 Refresh and Refuel 11:00 Crafty Corner: Thankful Tree 2:00 Live Entertainment-4th Fl 2:30 Drive In Movie: Planes, Trains and.... 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**14** 1:00 Chair Exercise with Tina 2:30 Saturday Matinee 6:00 Outdoor Breeze-weather permitting
15 11:00 Worship Services live Streaming from the Point Channel 81 3:25 Dallas Cowboys vs San Francisco 49ers - FOX (CH. 56, 400 or 401) 6:00 Outdoor Breeze-weather permitting	**16** 9:30 Patricia's Sole Mates- Walking Group 10:00 Move & Groove w/ Tammy 10:00 BINGO 10:45 Refresh and Refuel 11:00 DSOCares Recital 11:00 Brain Games: Rhythm Mimic 2:00 The PM Pick-Me-Up Exercise 2:30 Drive In Movie: The Sound of Music (1965) 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**17** 9:30 Patricia's Sole Mates- Walking Group 10:00 Music Therapy 10:00 OLLI- Contemporary Trends in Antisemitism Ch. 81 10:45 Refresh and Refuel 11:00 This Day in History: Daily Chronicles 2:00 Bingo Blitz! 2:30 Mani's w/Ann 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**18** 9:45 Devotionals with Ministry Team 10:00 Kathy's Cranium Crunch 10:45 Refresh and Refuel 11:00 Chair Exercise with Tina 2:30 Afternoon Cinema: The Beverly Hillbillies 3:00 Tunes and Melodies 4:00 Balloon-Noodle Ball w/CNAs 6:00 Outdoor Breeze-weather permitting	**19** 9:30 Patricia's Sole Mates- Walking Group 10:00 Singin' with Russ & Fran 10:00 OLLI-William Cowper Brann and "The Iconoclast" Ch. 81 10:45 Refresh and Refuel 11:00 Music Therapy 2:00 The PM Pick-Me-Up Exercise 2:30 Crafty Corner 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**20** 10:30 Live Entertainment-4th Fl 10:45 Refresh and Refuel 11:00 Craft Corner: Pinecone Turkeys 2:30 Drive In Movie: Seasonal & Thanksgiving Favorites 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**21** 1:00 Chair Exercise with Tina 2:30 Saturday Matinee 6:00 Outdoor Breeze-weather permitting
22 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys vs Tennessee Titans- FOX (CH.56, 400 or 401) 6:00 Outdoor Breeze-weather permitting	**23** 9:30 Patricia's Sole Mates- Walking Group 10:00 Move & Groove w/ Tammy 10:45 Refresh and Refuel 11:00 Brain Games: Texture Sort 2:00 The PM Pick-Me-Up Exercise 2:30 Drive In Movie: The Wizard of Oz 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**24** 9:30 Patricia's Sole Mates- Walking Group 10:00 Music Therapy 10:45 Refresh and Refuel 11:00 This Day in History: Daily Chronicles 2:00 BINGO 2:30 Aromatherapy with Hand Massage 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**25** 9:45 Devotionals with Ministry Team 10:00 Kathy's Cranium Crunch 10:00 BINGO 10:45 Refresh and Refuel 11:00 Chair Exercise with Tina 2:30 Afternoon Cinema: The Carol Burnett Show 3:00 Tunes and Melodies 4:00 Balloon-Noodle Ball w/CNAs 6:00 Outdoor Breeze-weather permitting	**26** **Happy Thanksgiving** 9:30 Patricia's Sole Mates- Walking Group 10:00 Singin' with Russ & Fran 10:45 Refresh and Refuel 11:00 Music Therapy 2:00 The PM Pick-Me-Up Exercise 2:30 Crafty Corner 3:00 Tunes and Melodies 3:30 Cowboys vs Philadelphia Eagles - FOX (CH.56 ,400 or 401) 6:00 Outdoor Breeze-weather permitting	**27** 10:00 BINGO 10:45 Refresh and Refuel 11:00 Board Games 2:30 Drive In Movie: E.T. the Extra Terrestrial 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	**28** 1:00 Chair Exercise with Tina 2:30 Saturday Matinee 6:00 Outdoor Breeze-weather permitting
29 11:00 Worship Services live Streaming from the Point Channel 81 6:00 Outdoor Breeze-weather permitting	**30** 9:30 Patricia's Sole Mates- Walking Group 10:00 Move & Groove w/ Tammy 10:45 Refresh and Refuel 11:00 Brain Games: Card Matching 2:00 The PM Pick-Me-Up Exercise 2:30 Drive In Movie: National Velvet (1944) 3:00 Tunes and Melodies 6:00 Outdoor Breeze-weather permitting	Be sure to explore all of our livestream options available on our in-house TV station, Channel 81! For detailed descriptions of each offering, please refer to your Lifestyle Guide. OLLI Classes every Tuesday & Thursday at 10:00 AM streaming live on Channel 81.				

Dimensions Of Wellness Legend

- Emotional
- Physical
- Social
- Environmental
- Intellectual
- Spiritual
- Vocational