

ASCU LIFE ENRICHMENT CALENDAR

November 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Activities are subject to change					1. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Fall Leaf Rubbing 2:00pm-Fall Fling Party 2024 6:00pm-Sensory Bins	2. 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:00am- CNAide Choice 2:00pm-Hot Chocolate Social 6:00pm-Sensory Bins
3. 8:00 am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club 2:00pm-Chapel Services w/ Rev. Claire Thompson (Communion)	4. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David (Communion) 2:00pm-Bird Watching @ Care Center	5. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Movement Class w/Melissa Schoenfeld 2:00pm-Bingo 6:00pm-Sensory Bins	6. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotion w/Tom 2:00pm-Crafts with Debbie 6:00pm-Sensory Bins	7. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Fall Picture Frame Making 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	8. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am- Exercise Group w/ School of O.T. Students 2:00-Photo Reminisce Social 6:00pm-Sensory Bins	9. 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:00am- Walking Club 2:00pm-Paint by Numbers 6:00pm-Sensory Bins
10. 8:00 am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club 2:00pm-Chapel Services w/ Brian Meeks 6:00pm-Sensory Bins	11. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David	12. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Donut Social 2:00pm-Bingo 6:00pm-Sensory Bins	13. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotion w/Tom 2:00pm-Crafts with Debbie 6:00pm-Sensory Bins	14. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Noodle Bop 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	15. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Gratitude Activity 2:00pm- Beaded Wrist Keychain Making 6:00pm-Sensory Bins	16. 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:00am- CNAide Choice 2:00pm-Fall Cupcake Social 6:00pm-Sensory Bins
17. 8:00 am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services 6:00pm-Sensory Bins	18. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David	19. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Fall Canvas Painting 2:00pm-Bingo 6:00pm-Sensory Bins	20. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotion w/Tom 2:00pm-Crafts with Debbie 6:00pm-Sensory Bins	21. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Thanksgiving place card making 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	22. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Morning Stroll 2:30-Bon Voyage Party for School of O.T. Students	23. 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:00am- Walking Club 2:00pm-Cornhole 6:00pm-Sensory Bins
24. 8:00 am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services 6:00pm-Sensory Bins	25. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David	26. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Thanksgiving Greeting Card Making 2:00pm-Bingo 6:00pm-Sensory Bins	27. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotion w/Tom 2:00pm-Crafts with Debbie 6:00pm-Sensory Bins	28. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 2:00pm-Turkey Huntin' w/ Staff 6:00pm-Sensory Bins	29. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Baby Pumpkin Pie Making 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	30. 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:00am- Noodle Bop 2:00pm-Coloring Activity 6:00pm-Sensory Bins