



LIFE ADULT DAY CENTER, November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beauty Oasis Sit Down & Tone Up Basketball Outing: Botanic Garden	2 Musical Highlight: George Jones Seatworks Balloon Bat Arts & Crafts: Thankful Leaves	3 
4 	5 Religious Studies Chair Line Dancing Kickball Highlight: Will Rogers	6 Group Word Pictures SS Core Fitness Football History of Basketball (Active)	7 Words Within A Word Sittercise Horseshoes Outing: Sheerar Museum	8 Advertising Slogans Sit & Be Fit Scoop Ball Arts & Crafts: Heart Birdfeeders	9 Special Guests: Community Bell Choir Light Strengthening Ring Toss Highlight: Sydney Opera House	10 Be someone's strength. Be someone's inspiration. Be someone's reason to never give up. - Author Unknown
11 "True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost." - Arthur Ashe	12 Religious Studies Chair Pilates Life Saver Veteran's Day/Remembrance Day	13 Animal Highlight: Fox Strength & Tone Toss Across Culinary Creations	14 Thanksgiving & Pilgrims Fitter Sitters Parachute Weird Science	15 Group Word Search Sit Down & Tone Up Frog Toss Outing: Perry	16 Mickey Mouse's Birthday! ST Strength & Tone Scoop Ball Turkey Trot	17 
18 	19 Religious Studies Chair Yoga Bowling Tactile Copier	20 Culinary Creations: Indian Pudding Fitter Sitter Hoola Hoop Toss Sensory Sensations: Native American Heritage	21 Arts & Crafts: Paper Mitten/Snowflake Wreath Chair Yoga Bocce Ball Beauty Oasis	22 CLOSED HAPPY THANKSGIVING!!!	23 CLOSED CLOSED	24 "Reflect upon your present blessings, of which every man has many; not on your past misfortunes, of what all men have some." - Charles Dickens
25 "There is a wonderful mythical law of nature that the three things we crave most in life - happiness, freedom, and peace of mind - are always attained by giving them to someone else." -Peyton Conway March	26 Religious Studies Chair Line Dancing Kickball Drum Circle	27 Arts & Crafts: Jewelry Making Chair Dancing Ladderball "Stuff" to Enhance Your Household!	28 Geography Bee Stronger Senior Frog Toss Outing: TBA	29 Animal Highlight: Bears Strength & Tone Parachute All About Bridges	30 Hershey, PA Seatworks Balloon Bat Arts & Crafts: Christmas Crafts	