






Choice in Aging –SENIOR RESPITE CARE PROGRAM – November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		¹ 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Keep Fitw/ Elena 11:00 Sing along w/ Laurie and staff 1:00 Social Time/ OTGames/ Reading 1:30 Arts N craft 2:00 Pet Time w/GIGI <i>Afternoon Walks as permitted</i>	² 9:30 Coffee Social 10:00 Flying' Frisbee 10:30 Keep Fit w/ Ashley 11:00 Singing w/ Laurie 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo	³ 9:30 Coffee Social 10:00 Paddle Ball 10:30 Horticultural therapy w/ Marjorie 10:30 Keep Fit! w/Justine 11:00 The Chat Room 11:30 Picture Expression 1:00 Jim Ritz - The Music Man
⁶ 9:30 Coffee Social 10:00 Balloon Bash 10:30 Keep Fit w/ Raven 11:00 Singing w/ Laurie 1:00 Social Time/Games/ Reading 1:30 Artists' Workshop 2:00 Pet Time w/GIGI	⁷ 9:30 Coffee Social 10:00 Bean Bags' 10:30 Keep Fit/ Joann 11:00 Music w/ Rosalie 1:00 Social Time/ OT Games/ Reading 1:30 Watercolors <i>Afternoon Walks as permitted</i>	⁸ 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Keep Fit/ W Elena 11:00 The Chat Room 11:15 Picture Expression 11:30 Balloon Bash 1:00 Social Time/ OT Games/ Reading 1:30 Arts N craft 2:00 Pet Time w/GIGI	⁹ 9:30 Coffee Social 10:00 Flying' Frisbee 10:30 Keep Fit w/ Ashley 11:00 Singing w/ Laurie 1:00 Social Time/Games/ Reading 1:30 Free Choice/Craft 2:00 Pet time W/ Mercy <i>Afternoon Walks as permitted</i>	¹⁰ 9:30 Coffee Social 10:00 Paddle Ball 10:30 Keep fit! With w/Justine 11:00 Jim Ritz - The Music Man 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo
¹³ 9:30 Coffee Social 10:00 Balloon Bash 10:30 Keep Fit w/ Raven 11:00 Muzeke 1:00 Social Time/Games/ Reading 1:30 Artists' Workshop 2:00 Pet Time w/GIGI	¹⁴ 9:30 Coffee Social 10:00 Bean Bags' 10:30 Keep Fit/ Joann 11:00 Singing w/ Laurie 1:00 Social Time/ OT Games/ Reading 1:30 Watercolors	¹⁵ 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Keep Fit w/ Elena 11:00 Jim Ritz - The Music Man 1:00 Social Time/ OTGames/ Reading 1:30 Free Choice/Bingo 2:00 Pet Time w/GIGI <i>Afternoon Walks as permitted</i>	¹⁶ 9:30 Coffee Social 10:00 Flying' Frisbee 10:30 Keep Fit w/Ashley 11:00 Johnny rocket and candy Wrapper 1:00 Social Time/Games/ Reading 1:30 Free Choice/Craft Birthday celebration	¹⁷ 9:30 Coffee Social 10:00 Keep Fit! w/Justine 10:30 Paddle Ball 11:00 Look who is Cooking for fun 1:00 Social Time/Games/ Reading 1:15 Let's talk about movies!! 1:30 Movie Time!!!
²⁰ 9:30 Coffee Social 10:00 Balloon Bash 10:30 Keep Fit w/ Raven 11:00 Jim Ritz - The Music Man 1:00 Social Time/Games/ Reading 1:30 Free Choice/Bingo 2:00 Pet Time w/GIGI	²¹ 9:30 Coffee Social 10:00 Bean Bags' 10:30 Keep Fit/ Joann 11:00 Muzeke and Rosalie 1:00 Social Time/ OT Games/ Reading 1:30 Watercolors	²² 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Keep Fitw/ Elena 11:00 Singing w/ Laurie 1:00 Social Time/ OTGames/ Reading 1:30 Arts N craft 2:00 Pet Time w/GIGI	²³  <i>Choice in Aging Center Closed</i>	²⁴  <i>Choice in Aging Center Closed</i>
²⁷ 9:30 Coffee Social 10:00 Balloon Bash 10:30 Keep Fit w/ Raven 11:00 Singing w/ Laurie 1:00 Social Time/Games/ Reading 1:30 Artists' Workshop 2:00 Pet Time w/GIGI	²⁸ 9:30 Flying Frisbees 10:00 Bean Bags' 10:30 Exercise with Joann 11:00 Jim Ritz - The Music Man 1:00 Social Time/ OT Games/ Reading 1:30 Watercolors <i>Afternoon Walks as permitted</i>	²⁹ 9:30 Coffee Social 10:00 Bowling Challenge 10:30 Keep Fitw/ Elena 11:00 Muzeke 1:00 Social Time/ OTGames/ Reading 1:30 Free Choice/Bingo 2:00 Pet Time w/GIGI	³⁰ 9:30 Coffee Social 10:00 Flying' Frisbee 10:30 Keep Fit w/ Ashley 11:00 Angel and her Flute 1:00 Social Time/Games/ Reading 1:30 Free Choice/Craft 2:00 Pet time W/ Mercy <i>Afternoon Walks as permitted</i>	 <i>1. Justine, B Nov 3</i>

Coffee Social: 9:30 - 10 a.m. Refreshments: 11:00 a.m. & 2:00 p.m. Lunch: 12:00 noon Bus: 2:30 - 3:00 p.m.

Alzheimer's Support Group Meetings: 3rd Wednesdays of each month from 4:30 – 6:00 p.m. | Choice in Aging, Respite Care Program, 490 Golf Club Road, Pleasant Hill, CA 94523 (925) 682-6330 x121!