

Aster Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All Activities are Subject to Change!</p>	<p>9:00 – Sit and Stretch/Morning Stroll 1 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 2:30 – Current Events with Randy M. / AR 3:00 – Afternoon Trivia 4:00 – Bowling or Puzzles 5:00 – Prepare for Supper</p>	<p>9:00 – Sit and Stretch/Morning Stroll 2 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Muffins and Coffee 4:00 – Table Games 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 3 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Flash Cards and Mind Teasers 4:00 – Afternoon Movie Time 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 4 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Guitar with Randy 4:00 – Bingo Fun 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 5 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Fruit and Yogurt 3:00 – Puzzles and Board Games 3:30 – Happy Hour / Bar Lounge 4:30 – Shabbat Service 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch 6 9:30 – Courtyard Stroll 10:00 – Muffins and Mingle Time 10:00 – Book Reading Time 2:00 – Saturday Bingo 3:00 – Movies and Popcorn</p>	
	<p>9:00 – Sit and Stretch/Morning Stroll 7 10:00 – Beverages & Snacks 11:00 – Book Reading and Reminiscing 1:00 – Put feet up and relax to quiet music 2:00 – Afternoon Social Time 3:00 – Bowling, Bingo or Table Games 3:00 – Worship with Pastor Jill Fellowship to Follow / AR 4:00 – Afternoon Movie and Popcorn 8:20 – GAME TIME / DALLAS COWBOYS AR</p>	<p>9:00 – Sit and Stretch/Morning Stroll 8 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Let's Make No Bake Pumpkin Pies 3:00 – "What's YOUR Favorite Holiday Recipe?" 3:30 – Painting Fun 5:00 – Prepare for Supper 6:30 – After Supper News</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Cottage Cheese and Fruit 4:00 – November Fun Facts 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 10 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Make Cookies for Caregivers 3:00 – Wednesday Dominos or Puzzles 4:00 – Afternoon Movie of Choice 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 11 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Guitar with Randy 3:30 – Book Review with Marti / Sunroom 4:00 – Hands on Crafts 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 12 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Crackers and Cheese Time 3:00 – Bowling and Board Games 3:30 – Happy Hour / Bar Lounge 4:30 – Shabbat Service 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>8:00 – Memory Walk Dallas Zoo 9:00 – Sit and Stretch 13 9:30 – Courtyard Stroll 10:00 – Muffins and Mingle Time 11:00 – Book Reading Time 2:00 – Saturday Bingo 2:00 – Diva Fashion and Fun Afternoon Tea Party / Sunroom 3:00 – Movies and Popcorn</p>
	<p>9:00 – Sit and Stretch/Morning Stroll 14 10:00 – Beverages & Snacks 11:00 – Book Reading and Reminiscing 1:00 – Put feet up and relax to quiet music 2:00 – Afternoon Social Time 3:00 – Bowling, Bingo or Table Games 4:00 – Afternoon Movie and Popcorn 4:15 – GAME TIME / DALLAS COWBOYS AR</p>	<p>9:00 – Sit and Stretch/Morning Stroll 15 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Brown Bag Bingo 4:00 – Afternoon Movies 5:00 – Prepare for Supper 6:30 – After Supper News</p>	<p>CAREGIVER CONFERENCE / BR 16 9:00 – Sit and Stretch/Morning Stroll 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Fruit and Yogurt 4:00 – Sponge Painting 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 17 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Chocolate Tasting Party 3:00 – Color Sorting and Trivia Time 4:00 – Afternoon Movie Time 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 18 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Flower Arranging or Bowling 4:00 – Afternoon Movie Time 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 19 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Home Made Bread and Jam 3:30 – Happy Hour / Bar Lounge 3:30 – Hand Massages and Manicures 4:30 – Shabbat Service 5:00 – Prepare for Supper 6:30 – After Supper News</p>	<p>9:00 – Sit and Stretch 20 9:30 – Courtyard Stroll 10:00 – 4:00 – "City Sidewalks" Holiday Shopping Extravaganza 10:00 – Muffins and Mingle Time 11:00 – Book Reading Time 2:00 – Saturday Bingo 3:00 – Movies and Popcorn</p>
	<p>9:00 – Sit and Stretch/Morning Stroll 21 10:00 – Beverages & Snacks 11:00 – Book Reading and Reminiscing 1:00 – Put feet up and relax to quiet music 1:00 – GAME TIME / DALLAS COWBOYS AR 2:00 – Afternoon Social Time 3:00 – Bowling, Bingo or Table Games 3:00 – Worship with Pastor Jill Fellowship to Follow / AR 4:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll 22 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscence with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Ice Cream Cookie Sandwiches 3:00 – "I am Thankful" Wreath 4:00 – Dominos and Checkers 5:00 – Prepare for Supper 6:30 – After Supper News</p>	<p>9:00 – Sit and Stretch/Morning Stroll 23 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Painting and Collages 5:00 – Texas Winds Kids Trio Before Dinner 5:30 – Family Thanksgiving Meal / Main Dining Area</p>	<p>9:00 – Sit and Stretch/Morning Stroll 24 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Letter Game 4:00 – Afternoon Movie 5:00 – Prepare for Supper 6:30 – After Dinner News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 25 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 12:00 – Thanksgiving Meal 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Thanksgiving Movie Time 4:15 – GAME TIME / DALLAS COWBOYS AR 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 26 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Cookies and Coffee 3:00 – Crossword Puzzle Game 3:30 – Happy Hour / Bar Lounge 4:30 – Shabbat Service 5:00 – Prepare for Supper</p>	<p>9:00 – Sit and Stretch 27 9:30 – Courtyard Stroll 10:00 – Muffins and Mingle Time 11:00 – Book Reading Time 2:00 – Saturday Bingo 3:00 – Movies and Popcorn</p>
	<p>9:00 – Sit and Stretch/Morning Stroll 28 10:00 – Beverages & Snacks 11:00 – Book Reading and Reminiscing 1:00 – Put feet up and relax to quiet music 2:00 – Afternoon Social Time 3:00 – Bowling, Bingo or Table Games 4:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll 29 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscence with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Decorate for Christmas 4:00 – Creative Workshop 5:00 – Prepare for Supper 6:30 – After Supper News Updates</p>	<p>9:00 – Sit and Stretch/Morning Stroll 30 9:30 – Bread Baking and Bingo 10:00 – Reading and Reminiscing with Lilly 11:00 – Morning Coffee Chat 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Decorate for Christmas 4:00 – Magazine Collages 5:00 – Prepare for Supper 6:30 – After Supper News Updates Wear Purple for Alzheimer's</p>	<p>November 2010 Aster Community Calendar Remembering the Past...Improving the Future!</p>			