

November 2021 SHORE UP! Inc Shady Pines Adult Medical Day Care

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 1 Coffee & Tea Club Exercise to Music Blood Pressure & Weights | 2 Coffee & Tea Club Exercise to Music Blood Pressure & Weights | 3 Coffee & Tea Club Exercise to Music Hidden Pictures Bingo | 4 Coffee & Tea Club Exercise to Music You Be the Judge Rebus Puzzles | 5 Coffee & Tea Club Exercise to Music Sensory Leaf Art Word Search |
| 8 Coffee & Tea Club Exercise to Music Bowling Match Game | 9 Coffee & Tea Club Exercise to Music Watercolor Art Fall Riddles | 10 Coffee & Tea Club Exercise to Music Fall Craft Pt 1 Fall Craft Pt 2 | 11 Coffee & Tea Club Exercise to Music Turkey Toss What's on the Side? | 12 Coffee & Tea Club Exercise to Music Shady Pines Cinema |
| 15 Coffee & Tea Club Exercise to Music Fall Favorites Let's Get Cozy | 16 Coffee & Tea Club Exercise to Music Puzzle Race Bingo | 17 Coffee & Tea Club Exercise to Music Fall Tree Craft How Many Words? | 18 Coffee & Tea Club Exercise to Music Holiday Wreath Pt 1 Holiday Wreath Pt 2 | 19 Coffee & Tea Club Exercise to Music Jeopardy Family Feud |
| 22 Coffee & Tea Club Exercise to Music Thanksgiving Trivia Give Thanks | 23 Coffee & Tea Club Exercise to Music Shady Pines Cinema | 24 Coffee & Tea Club Exercise to Music Turkey Hunt Thanksgiving Word Scramble | 25 Closed for Thanksgiving Break | 26 Closed for Thanksgiving Break |

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| 29 Coffee & Tea Club Exercise to Music Ornament Craft Birthday Jingo | 30 Coffee & Tea Club Exercise to Music Holiday Decorating Tree Decorating | November Birthdays Frances T. – 11/2 Sharon D. – 11/24 | Birthstone: Topaz for Fidelity Flower: Chrysanthemum for Lovliness | |



HAPPY THANKSGIVING



After hours (Non-Emergency Messages): 443-523-0050

***All activities are subject to change.**

Schedule of Events:

8:00-10:40 - Arrival/Breakfast/Bathroom Break

10:40-10:50 - Exercise

11:00-12:15 Outing (Scheduled Days)

10:45 -11:15 AM Activities

11:15-11:30 Bathroom Break

11:45 -12:15 Lunch Set Up & Service

12:30-1:00 Lunch

12-1:45 PM Activities

1:45-2:00 Bathroom Break/Snack Prep & Clean Up