

# NOVEMBER EVENTS & ACTIVITIES

# TRADITIONS

MANAGED BY SURPASS SENIOR LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy Hour Lunch	WHAT ARE "OFF TIME" ACTIVITIES			1	2
 <p>Join s for some live music this month in Traditions!</p> <p><b>Friday November 1<sup>st</sup> at 12pm: Live Music with Toney Walsh</b></p> <p><b>Friday November 29<sup>th</sup> at 12pm: Live Music with Norris Perry</b></p>	<p>Join s for some live music this month in Traditions!</p> <p><b>Friday November 1<sup>st</sup> at 12pm: Live Music with Toney Walsh</b></p> <p><b>Friday November 29<sup>th</sup> at 12pm: Live Music with Norris Perry</b></p>	<p>We like to provide many opportunities for our Residents in Traditions to engage in meaningful and purposeful activities that focus on strengths. We strive to provide structure throughout the day, and encourage the use of every dimension of wellness while using what we know about the Alzheimer brain to structure activities in way that they make sense and meet the Resident where they are at that point in the day. What you see on the calendar though, are not the only activities that we provide. We believe in the importance of adapting to our Residents and this may include activities that are not scheduled, but may take place anywhere, at any time, as we adapt to observed needs. You may see one program or many programs taking place concurrently at the same time. We utilize "Activity Tool Boxes" which can be pulled out of the cabinet at any time to engage a resident or group of residents on the spot. We implement scheduled programs and adapt these programs to meet needs, however, we are also aware as professionals that not all structured activities will connect with every resident and so it is important to make use of our "Off Time" Activities.</p>			<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Balloon Volleyball- Morning Snack Stop- Morning Find the Object- Morning Helping Hands-Morning Fabulous Foodies Cooking Club-Afternoon HymnSing- Afternoon Massages &amp; Memories- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop- Morning Conversation Starters- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Inspirational Stories- Afternoon</p>
Daylight Savings Ends 3	4	5	6	7	8	9
<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop-Morning Finish the Cliché- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Senior Stretch- Morning Snack Stop- Morning Find the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon "In Bloom" Flower Arranging- Afternoon Music of Frank Sinatra- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Dance to the 50's Fitness Class- Morning Snack Stop- Morning "Memory Lane" Reminiscence- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Creative Expressions Art Class- Afternoon Tea &amp; Talk- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Noodle Fitness- Morning Snack Stop- Morning Rhyme the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Scarf Fitness- Morning Snack Stop- Morning Brainbusters Trivia Challenge- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Color &amp; Coffee- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Balloon Volleyball- Morning Snack Stop- Morning Find the Object- Morning Helping Hands-Morning Fabulous Foodies Cooking Club-Afternoon HymnSing- Afternoon Massages &amp; Memories- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop- Morning Conversation Starters- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Inspirational Stories- Afternoon</p>
10	Veteran's Day 11	12	13	14	15	16
<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop-Morning Finish the Cliché- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Senior Stretch- Morning Snack Stop- Morning Find the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon "In Bloom" Flower Arranging- Afternoon Music of Frank Sinatra- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Dance to the Elvis Fitness Class- Morning Snack Stop- Morning "Memory Lane" Reminiscence- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Creative Expressions Art Class- Afternoon Tea &amp; Talk- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Noodle Fitness- Morning Snack Stop- Morning Rhyme the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Scarf Fitness- Morning Snack Stop- Morning Brainbusters Trivia Challenge- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Color &amp; Coffee- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Balloon Volleyball- Morning Snack Stop- Morning Find the Object- Morning Helping Hands-Morning Fabulous Foodies Cooking Club-Afternoon HymnSing- Afternoon Massages &amp; Memories- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop- Morning Conversation Starters- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Inspirational Stories- Afternoon</p>
17	18	19	20	21	22	23
<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop-Morning Finish the Cliché- Morning <b>Thanksgiving Day Family Celebration with Live Music</b> Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Senior Stretch- Morning Snack Stop- Morning Find the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon "In Bloom" Flower Arranging- Afternoon Music of Frank Sinatra- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Dance to Country Fitness Class- Morning Snack Stop- Morning "Memory Lane" Reminiscence- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Creative Expressions Art Class- Afternoon Tea &amp; Talk- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Noodle Fitness- Morning Snack Stop- Morning Rhyme the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Scarf Fitness- Morning Snack Stop- Morning Brainbusters Trivia Challenge- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Color &amp; Coffee- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Balloon Volleyball- Morning Snack Stop- Morning Find the Object- Morning Helping Hands-Morning Fabulous Foodies Cooking Club-Afternoon HymnSing- Afternoon Massages &amp; Memories- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop- Morning Conversation Starters- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Inspirational Stories- Afternoon</p>
24	25	26	27	Thanksgiving Day 28	29	30
<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop-Morning Finish the Cliché- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Activity Sampler- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Senior Stretch- Morning Snack Stop- Morning Find the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Trim-A-Tree- Afternoon Music of Frank Sinatra- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Dance to Motown Fitness Class- Morning Snack Stop- Morning "Memory Lane" Reminiscence- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Trim-A-Tree- Afternoon Tea &amp; Talk- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Noodle Fitness- Morning Snack Stop- Morning Rhyme the Word- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Trim-A-Tree- Afternoon Evening Movie Classic &amp; Snacks- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Scarf Fitness- Morning Snack Stop- Morning Brainbusters Trivia Challenge- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Color &amp; Coffee- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Balloon Volleyball- Morning Snack Stop- Morning Find the Object- Morning Helping Hands-Morning Fabulous Foodies Cooking Club-Afternoon HymnSing- Afternoon Massages &amp; Memories- Evening</p>	<p><b>"Rise &amp; Shine" Morning Greet</b></p> <p>Walking Club on the Patio- Morning Snack Stop- Morning Conversation Starters- Morning Helping Hands- Morning Fabulous Foodies Cooking Club-Afternoon Bingo- Afternoon Inspirational Stories- Afternoon</p>

Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.



MCF #104579