

November 2022 South Hampton Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HAPPY BIRTHDAY TO YOU</p> <p>Margrit Stark — 11/7</p>		<p>1</p> <p>10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts & Crafts Scarecrow 3:30 Play ball with Odie</p> 	<p>2</p> <p>10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>3</p> <p>10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music & Movement 2:00 Afternoon Update 2:30 Music with Claudia Nash in the Regent Dining Room (big band/variety) 3:45 Game Time</p>	<p>4</p> <p>10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts & Crafts — Indian Corn 3:30 Table Time</p> 	<p>5</p> <p>11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>6 Daylight Saving Time Ends 11:00 Range of Motion 3:30 Afternoon Stroll</p> 	<p>7</p> <p>10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music & Movement 2:00 Afternoon Update 2:30 Music with The Secords (old time country) 3:45 Hand Spa</p>	<p>8</p> <p>10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Fine Motor — Painting Wooden Stars & Balls 3:30 Play ball with Odie</p>	<p>9</p> <p>10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>10</p> <p>10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music & Movement 2:00 Afternoon Update 2:30 Music with Jason & Cheryl in the Regent Dining Room (favorites/variety) 3:45 Game Time</p>	 <p>11</p> <p>10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts & Crafts — Tissue Paper Leaves 3:30 Table Time</p>	<p>12</p> <p>11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>13</p> <p>11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>14</p> <p>10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music & Movement 2:00 Afternoon Update 2:30 Crafting Turkey Cups 3:30 Hand Spa</p> 	<p>15</p> <p>10:00 Morning Greeting 10:30 Music & Movement 11:00 Range of Motion 2:30 Hawaii Amore with Roma (Hawaiian/variety music) 3:45 Turkey Cup Bowling Game</p>	<p>16</p> <p>10:00 Morning Greeting 10:30 Brain Boosters — Around the World 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>17</p> <p>10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Music & Movement 2:00 Afternoon Update 2:30 Sensory/Reminisce — Thanksgiving 3:45 Table Time</p>	<p>18</p> <p>10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:30 Music with Country Artist Buck Ellard in the Regent Dining Room 3:30 Table Time</p>	<p>19</p> <p>11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>20</p> <p>11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>21</p> <p>10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music & Movement 2:30 Guitarist Brian Douglas (Jazz music) 3:45 Hand Spa</p>	<p>22</p> <p>10:00 Morning Greeting 10:30 Music & Movement 11:00 Range of Motion 2:30 Olympic Peninsula Ukulele Strummers (variety music) 3:45 Play ball with Odie</p>	<p>23</p> <p>10:00 Morning Greeting 10:30 Brain Boosters — Pair Up matching game 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	 <p>24</p> <p>11:00 Turkey Toss Exercise Balloon 2:30 Music with Dennis Blair in the Regent Dining Room</p>	<p>25</p> <p>10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts & Crafts — Ornaments 3:30 Deck the Halls — Christmas Decorating</p> 	<p>26</p> <p>11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>27</p> <p>11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>28</p> <p>10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music & Movement 2:00 Afternoon Update 2:30 Lawrence Welk Hour 3:30 Deck the Halls — Christmas Decorating</p>	<p>29</p> <p>10:00 Morning Greeting 10:30 Music & Movement 11:00 Range of Motion 2:00 Afternoon Update 2:30 Fine Motor — Crafting Christmas Garland 3:30 Play ball with Odie</p>	<p>30</p> <p>10:00 Morning Greeting 10:30 Brain Boosters — Remember When? 40's & 50's Movie Stars 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>Activities through the month may change. Please keep an eye on the daily activity schedule posted on the boards throughout Sherwood for the most up to date event information.</p>		