







2021 Memory Care Calendar

November

Province Place of Maryview
1 Bon Secours Way, Portsmouth, VA 23703

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 VETERANS DAY ★ ★ ★ ★ ★ THANK YOU FOR YOUR SERVICE	1 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 1:30 PM Coloring (sy,p) 2:00 PM Music Memories (p,c,s) 3:30- 4:30 PM Movie (r,s,sy)	2 9:30 AM Devotions (sp,r,s) 10:00 AM Match Game (c,s,pr) *10:00 AM Fitness Fun! (p,s,c) 1:00 PM Hymns (s,r,sp) 1:30 Courtyard Chat (s,o,sy) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Video (sp,r,s)	3 9:30 AM Reminiscing (c,s,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) 1:30 PM Coloring (sy,p) 2:00- 3:00 PM Movie (r,s,sy) 3:30 PM Ice Cream Bars (s,r,sy)	4 9:30 AM Current Events (n,r,s) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 1:30 PM Coloring (sy,p) 1:30 PM ZOOM Visits (c,s,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)	5 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) *3 - 4 PM Happy Hour with Lyle & Linda Dowling (s,r,sy,o)	6 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)	
7 Daylight Saving Ends 10-11 AM Worship Service Video (sp,r,s) 1:30 PM Coloring (sy,p) 2 PM Reminiscing (c,s,r) 3 PM Courtyard Chat (o,sy,s)  Set clocks back one hour	8 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 1:30 PM Coloring (sy,p) 2:00 PM Music Memories (p,c,s) 3:30- 4:30 PM Movie (r,s,sy)	9 9:30 AM Devotions (sp,r,s) 10:00 AM Match Game (c,s,pr) *10:00 AM Fitness Fun! (p,s,c) 1:00 PM Rockin' w/ Rick (s,r,sy) 1:30 Courtyard Chat (s,o,sy) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Video (sp,r,s)	10 9:30 AM Reminiscing (c,s,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) 1:30 PM Coloring (sy,p) 2:00- 3:00 PM Movie (r,s,sy) 3:30 PM Hot Chocolate (s,r,sy)	11 Veteran's Day  9:30 AM Current Events (n,r,s) 10:00 AM Devotions (sp,r,s) *10:30 AM Heart Songs Trio (s,r,sy) 11:30 AM Rhythm Band (sy,p,c) 1:30 PM Coloring (sy,p) 2:00 PM Veteran's Ceremony (r,s) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)	12 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) *3 - 4 PM Happy Hour with Eddie Sal (s,r,sy)	13 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)	
14 10-11 AM Worship Service Video (sp,r,s) 1:30 PM Coloring (sy,p) 2 PM Reminiscing (c,s,r) 3 PM Courtyard Chat (o,sy,s)	15 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 1:30 PM Coloring (sy,p) 2:00 PM Music Memories (p,c,s) 3:30- 4:30 PM Movie (r,s,sy)	16 9:30 AM Devotions (sp,r,s) 10:00 AM Match Game (c,s,pr) *10:30 AM Fitness Fun! (p,s,c) 1:00 PM Hymns (s,r,sp) 1:30 Courtyard Chat (s,o,sy) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Video (sp,r,s)	17 9:30 AM Reminiscing (c,s,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) 1:30 PM Coloring (sy,p) 2:00- 3:00 PM Movie (r,s,sy) 3:30 PM Birthday Cake (s,r,sy)	18 9:30 AM Current Events (n,r,s) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 1:30 PM Coloring (sy,p) 1:30 PM ZOOM Visits (c,s,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)	19 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) *3 - 4 PM Happy Hour with Jon Durfee (s,r,sy,o)	20 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)	
21 10-11 AM Worship Service Video (sp,r,s) 1:30 PM Coloring (sy,p) 2 PM Reminiscing (c,s,r) 3 PM Courtyard Chat (o,sy,s)	22 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 1:30 PM Coloring (sy,p) 2:00 PM Music Memories (p,c,s) 2:00 PM Afternoon Drive * 3:30- 4:30 PM Movie (r,s,sy)	23 9:30 AM Devotions (sp,r,s) 10:00 AM Match Game (c,s,pr) *10:00 AM Fitness Fun! (p,s,c) 1:00 PM Hymns (s,r,sp) 1:30 Courtyard Chat (s,o,sy) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Video (sp,r,s)	24 9:30 AM Reminiscing (c,s,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) 1:30 PM Coloring (sy,p) 2:00- 3:00 PM Movie (r,s,sy) 3:30 PM Root Beer Floats (s,r,sy)	25 Thanksgiving 9:30 AM Current Events (n,r,s) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 1:30 PM Coloring (sy,p) 1:30 PM ZOOM Visits (c,s,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)	26 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy)	27 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)	
28 10-11 AM Hymns & Gospel Singing w/ Rick (sp,r,s) 1:30 PM Coloring (sy,p) 2 PM Reminiscing (c,s,r) 3 PM Courtyard Chat (o,sy,s)	29 9:30 AM Current News (p,r) 10:00 AM Devotions (sp,r,s) *10:00 AM Fitness Fun! (p,s,c) 11:00 AM Puzzles (sy,c,s) 1:30 PM Coloring (sy,p) 2:00 PM Music Memories (p,c,s) 	30 9:30 AM Devotions (sp,r,s) 10:00 AM Match Game (c,s,pr) *10:30 AM Fitness Fun! (p,s,c) 1:00 PM Hymns (s,r,sp) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Video (sp,r,s) Christmas Decorating 				Activity Codes p: Physical pr: Productive n: Nature sp: Spiritual o: Outside r: Reflective c: Cognitive sy: Sensory s: Social * Off unit in the Activity Room + Weather Permitting/ Sign up	All activities are 30 minutes in length unless stated otherwise. 1-2 PM Daily Quiet Time Restful music in the Living Room (sy)