Independence Village of Ames

Memory Care

November

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Exerscise 1:00 Card Club 2:00 Church with Denny	**2** 9:00 Daily Chronical 11:00 Balloon Volleyball 3:00 Music with Carol 6:15 Monday Movie Night	**3** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Chair Yoga 2:00 BINGO! 4:00 Would You Rather	**4** 9:00 Daily Chronical 10:00 Connection Pods 10:30 Exercise with Fox 2:00 Turkey Suncatchers 4:00 Finish the Phrase 6:15 Bev's Movie	**5** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Sit and be Fit 1:30 Fall and Thanksgiving Coloring 4:00 Thanksgiving Trivia 6:00 Hand Massages	**6** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Balloon Hockey 2:00 PomPom Fall Tree Making 4:00 Happy Hour 6:15 Friday Night Movie	**7** 11:00 Giant Dice Workout 1:00 Music and Manicures 3:00 Let's Play: Go Fish
8 11:00 Exerscise 1:00 Card Club 2:00 Church with Denny	**9** 9:00 Daily Chronical 11:00 Balloon Volleyball 3:00 Music with Carol 6:15 Monday Movie Night	**10** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Chair Yoga 2:00 BINGO! 4:00 Would You Rather	**Veterans Day** **11** 9:00 Daily Chronical 10:00 Connection Pods 10:30 Exercise with Fox 1:30 Paper Poppy Making 4:00 Finish the Phrase 6:15 Bev's Movie	**12** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Sit and be Fit 2:00 Pinecone Bird Feeders 6:00 Hand Massages	**13** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Balloon Hockey 1:30 Nature Walk in the Courtyard 4:00 Pie Taste Testing Happy Hour 6:15 Friday Night Movie	**14** 11:00 Giant Dice Workout 1:00 Music and Manicures 3:00 Let's Play: Go Fish
15 11:00 Exerscise 1:00 Card Club 2:00 First Methodist Church	**16** 9:00 Daily Chronical 11:00 Balloon Volleyball 6:15 Monday Movie Night	**17** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Chair Yoga 2:00 BINGO! 3:00 Music with Carol 4:00 Would You Rather	**18** 9:00 Daily Chronical 10:00 Connection Pods 10:30 Exerscise with Fox 1:30 Candle Painting 4:00 Finish the Phrase 6:15 Bev's Movie	**19** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Sit and be Fit 2:00 Pumpkin Pie Plate Garland 4:00 Guess the Jingle 6:00 Hand Massages	**20** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Balloon Hockey 2:00 Button Turkeys 4:00 Happy Hour 6:15 Friday Night Movie	**Dixie's Birthday** **21** 11:00 Giant Dice Workout 1:00 Music and Manicures 3:00 Let's Play: Go Fish
22 11:00 Exerscise 1:00 Card Club 2:00 Cornerstone Church	**23** 9:00 Daily Chronical 11:00 Balloon Volleyball 2:00 Live Entertainment wit Tom Hofer 6:15 Monday Movie Night	**24** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Chair Yoga 2:00 BINGO! 3:00 Music With Carol 4:00 Would You Rather	**25** 9:00 Daily Chronical 10:00 Connection Pods 10:30 Exercise with Fox 2:00 Thanksgiving Story Telling! 4:00 Finish the Frase 6:15 Bev's Movie	**Thanksgiving** **26** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Sit and Be Fit 1:00 Harvest Chex Mix 6:00 Hand Massages	**27** 9:00 Daily Chronical 10:00 Connection Pods 11:00 Balloon Hockey 2:00 Air Dry Clay Fun! 4:00 Leave and Laughter Happy Hour 6:15 Friday Night Movie	**28** 11:00 Giant Dice Workout 1:00 Music and Manicures 3:00 Let's Play: Go Fish
29 11:00 Exerscise 1:00 Card Club 2:00 First Babtist Church	**30** 9:00 Daily Chronical 11:00 Balloon Volleyball 2:00 Watercolor Paining 3:00 Music with Carol 6:15 Monday Movie Night					

Calender Key:

AR – Activities Room
CYH – CyHawk Room
CH/TV – Chapel/TV Room
CY – Courtyard
1F-F – 1st Floor Fireplace
2F-F – 2nd Floor Fireplace
DR – Dining Room
PDR– Private Dining Room
PO - Patio
LIB – Library
CO – Community Outing
2F - 2nd Floor Area
TYD - To Your Door
* - Sign Up for Activity!!

Independence Village SENIOR LIVING