Independence Village of Waukee

Memory Care

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Caregivers: Card Game 6:00 Caregivers: Aromatherapy/ Hand Massages	**2** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Brain Games 3:00 Live Music: Neil Hewitt Country 6:00 Explore: Connection Pods	**3** 9:45 Daily Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Break 1:30 Craft: Ornament Painting 3:00 ENCORE: Sing! 6:00 Reading Circle w/	**4** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Game: UNO Card Flip 2:00 Happy Hour: Songs of the Sock Hop 6:00 Winddown: Evening Tea	**5** 9:45 Daily Chronicles 10:00 Walk for Wellness 11:00 Hydration Break 1:30 Balloon Bat 4:00-6:00 MC RIBBON CUTTING (BLOCK OFF 3PM) 6:00 Coloring Creations	**6** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Sodas & Manicures 3:00 BINGO 6:00 Movie Night Presents: A Royal Wedding (1951)	**7** 9:30 Daily Chronicles 10.00 Sunshine Stretches 1:30 Craft: Cat Origami 6:00 Brain Crunches: Puzzles and Word Search
8 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Caregivers: Card Game 6:00 Caregivers: Aromatherapy/ Hand Massages	**9** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 “Dunking” for Apples 3:00 Aromatherapy & Hand Massage 6:00 Explore: Connection Pods	**10** 9:45 Daily Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Break 1:30 Happy Hour: Beach Bums! 3:00 ENCORE: Sing! 6:00 Reading Circle w/	**11** 9:45 Daily Chronicles 10:30 Morning Salutations Stretch 11:00 Hydration Break 2:15 Veterans Day: American Legion Ceremony 6:00 Winddown: Evening Tea	**12** 9:45 Daily Chronicles 10:00 Walk for Wellness 11:00 Hydration Break 2:15 SPIRITUAL: A Thankful Heart 3:00 CRAFT: Clay Snail Friends 6:00 Coloring Creations	**13** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Sodas & Manicures 3:00 Live Music: Tom Hofer 6:00 Movie Night Presents: Wild in the Country	**14** 9:30 Daily Chronicles 10.00 Sunshine Stretches 1:30 Poetry Corner: Shel Silverstein 6:00 Brain Crunches: Puzzles and Word Search
15 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Caregivers: Card Game 6:00 Caregivers: Aromatherapy/ Hand Massages	**16** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Decorating: Fall Windows 3:00 GAME: Would You Rather 6:00 Explore: Connection Pods	**17** 9:45 Daily Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Break 2:00 Happy Hour: Seniors Rock! 3:30 ENCORE: Sing! 6:00 Reading Circle w/	**18** 9:45 Daily Chronicles 10:00 Music & Massages w/ Jeanne Blum 10:30 Hydration Break 1:30 Spiritual: Hymns from Bible Passages 4:30-6:30 MC Thanksgiving Dinner 6:00 Winddown: Evening Tea	**19** 9:45 Daily Chronicles 10:00 Walk for Wellness 11:00 Hydration Break 1:30 Block: FSR 3:00CRAFT:Leaf Butterflies 6:00 Coloring with Katie	**20** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Sodas & Manicures 3:00 BINGO! 6:00 Movie Night Presents: XXX	**21** 9:30 Daily Chronicles 10.00 Sunshine Stretches 1:30 Craft: Easter Eggs into Fall Acorns 6:00 Brain Crunches: Puzzles and Word Search
22 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Caregivers: Card Game 6:00 Caregivers: Aromatherapy/ Hand Massages	**23** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 2:00 Social: Your Own Smoothie Bar 3:00 Balloon Bat Volleyball 6:00 Explore: Connection Pods	**24** 9:45 Daily Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 1:30 Live Music Bill Connet 3:00 Universal Yums 6:00 Reading Circle w/	**25** 9:45 Daily Chronicles 10:30 Morning Salutations Stretch 11:00 Hydration Break 2:00 Happy Hour: Country 3:00 Brain Games! 6:00 Winddown: Evening Tea	**26** 9:45 Daily Chronicles 10:00 Walk for Wellness 11:00 Hydration Break 1:30 CRAFT: Clay & Marble Snails 3:00 BINGO 6:00 Coloring Creations with Katie	**27** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Sodas & Manicures 3:00 BINGO! 6:00 Movie Night Presents:	**28** 9:30 Daily Chronicles 10.00 Sunshine Stretches 1:30 BINGO! 6:00 Brain Crunches: Puzzles and Word Search
29 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Caregivers: Card Game 6:00 Caregivers: Aromatherapy/ Hand Massages	**30** 9:45 Daily Chronicles 10:30 Cardio Drumming 11:00 Hydration Break 1:30 Skywriting Names 3:00 Social:: Chocolate Cherry Cake Parfaits 6:00 Explore: Connection Pods					

Calender Key:
ALAR - Assisted Living Activity Room
ALLR - Assisted Living Living Room
ALDR - Assisted Living Dining Room
CR - Community Room
EX - Exercise Room
FR - Family Room
GR - Game Room
ILDR - Independent Living Dining Room
TC - Town Center
TH- Theater

Family is always welcome to join in anytime!

Independence Village SENIOR LIVING

Life Skills:

Coupon Clipping
Counting Coins
Dust & Shine
Folding & Sorting
Stuffing Envelopes
Sorting Mail
Yarn Rolling
Seasonal Decorating
Napkin Folding
Bead Sorting
Sweeping
Reading/Writing (ex: thank you cards)
Grading Papers
Sweeping
Table Setting
Table Wipe Down
Kitchen Clean Up
Silverware Sorting
Silverware Polishing
Greeting Card Writing
List Making (ex. Grocery Lists)
Sorting Playing Cards
Sorting By Colors (ex. dominoes)
Watering Plants/Gardening
Baby Care
Identifying Tools/Household Items
Cooking Corner

Physical Engagement:

Target Practice
Jumbo Bowling
Ladder Toss
Balloon Bat
Balloon Volleyball
Bean Bag Toss
Bucket Ball
Ring Toss
Ball Darts
Seated Ball Toss
Parachute Game
Basketball Toss
Tabletop Air Hockey
Velcro Catch (patio game)
Tabletop Ping Pong

Exercises:

Cardio Drumming
Chair Yoga
Seated Tai Chi
Stretching
Walking Club
Sit and Fit
Scarf Dancing
Ribbon Dancing

Mental Engagement/Memory Recall:

Trivia
Name 10
Finish the Phrase
Hangman
Pictionary
BINGO
Sensory (ex: scent guessing)
Name that Sound (youtube)
Reading Daily Chronicle
My 2 Cents Game
Shake Loose a Memory Game
Recipe Recall Activity
Sequencing Tasks
Card Games
Board Games
Identify Famous Faces
What's in the Box?
Puzzles
Taste Testing
Who Am I?/What Am I? (activity connection)
Name That Landmark
Name That Tune
Sing Along
Instrument Exploration (maracas/shakers)
Life Long Learning
Tech Exploration
National Geographic/Earth/Historic Documentaries
Ticketless Travel (activity connection)
Reminisce
Conversation Prompts/Discussions (open-ended questions)