


November 2022

Sabal Palms Memory Care Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>SABAL PALMS ASSISTED LIVING & MEMORY CARE A Protea Senior Living Community</p>	<p>FB *Find Balance LI *Live Inspired MC *Maintain Connections SK *Seek Knowledge SS *Stay Strong ★ Purposeful</p>	<p>9:30 SS Home Stretch Derby 10:00 SS Infusion Bar 10:30 SK Pet therapy 11:30 SK Tablet for coloring or painting 2:00 ★ Paint Pour 4:00 MC Resident Spotlight: My History 6:30 LI Sentimental Serenity 7:00 FB Timeless Melodies Choir Club</p> <p>1</p>	<p>9:30 SS Shaker Dancing 10:00 SS Infusion Bar 11:30 SK Name That Job 2:00 ★ Colorful Collage 4:00 MC Wheel of Fortune 6:30 LI Daily Devotions 7:00 FB Chapter Chat</p> <p>2</p>	<p>9:30 SS TacTic Toss 10:00 SS Infusion Bar 11:30 SK Word Search with Friends 2:00 ★ Crafty Club: Picture Perfect 2:30 MC Prize Bingo 4:00 MC Patio Put-Put 6:30 LI Mindfulness Meditation</p> <p>3</p>	<p>9:30 SS Senior Stretch 10:00 SS Infusion Bar 11:30 SK Link Think 1:00 MC Trips and Travels/ Roll & Stroll Community Grounds 2:00 ★ Crafty Club: Suncatchers 4:00 MC Uncorked/ Fun with Friends 6:30 LI Meditation Circle 7:00 SK Montessori Life</p> <p>4</p>	<p>9:30 SS Bowling 10:00 SS Infusion Bar 11:30 SK A World of Good-News 1:00 MC Be Our Guest/ Frank Sinatra takes the Stage (Virtual) 2:00 ★ Puzzle Club 4:00 MC Favorite Song-Sing-A-Long 6:30 LI Tablet for relaxation 7:00 SK Pass the Popcorn/ its a wonderful life</p> <p>5</p>	
	<p>Daylight Saving Time Begins 9:30 SS Rocking and Rolling 10:00 SS Infusion Bar 11:30 SK Finishing Lyrics and Finishing Lines 2:00 ★ World of Color 4:00 MC Green Thumb Gardeners 6:30 LI Music in Motion 7:00 LI Church Gathering and Worship</p> <p>6</p>	<p>9:30 SS Shake Shake- Ice Cream Making 10:00 SS Infusion Bar 11:30 SK Jingle Jumble 2:00 ★ Wonderful World of Watercolor 4:00 MC Wacky Weeding 6:30 LI Weekday Worship: Favorite Hymns</p> <p>7</p>	<p>Election Day 9:30 SS Seated Aerobics 10:00 SS Infusion Bar 10:30 SK Pet therapy 11:30 SK This Day in History Discussion Group 2:00 ★ Time to Shine 4:00 ★ Birthday Bash 6:30 LI Prayer or group spiritual reading 7:00 FB Timeless Melodies Choir Club</p> <p>8</p>	<p>9:30 SS Balloon Toss 10:00 SS Infusion Bar 11:30 SK Word Search 2:00 ★ Walker Bags 4:00 MC Dirt cups 6:30 LI Chicken Soup for the Soul 7:00 FB Chapter Chat</p> <p>9</p>	<p>9:30 SS Weight training 10:00 SS Infusion Bar 11:30 SK Name That Tune 2:00 ★ Nursing Life Station 2:30 MC Prize Bingo 4:00 MC Happy Trails 6:30 LI Chicken Soup for the Soul</p> <p>10</p>	<p>Veterans Day 9:30 SS Ribbon Dance 10:00 SS Infusion Bar 11:30 SK Tongue Twisters 1:00 MC Trips and Travels/ Roll & Stroll Community Grounds 2:00 ★ Cooking Club: Smooth Moves 4:00 MC Uncorked/Only Count the Happy Hours 6:30 LI Mindfulness Meditation 7:00 SK Montessori Life</p> <p>11</p>	<p>9:30 SS Kickball 10:00 SS Infusion Bar 11:30 SK A World of Good-News 1:00 MC Be Our Guest/ Fred Astaire takes the Stage (Virtual) 2:00 ★ Puzzle Club 4:00 MC Beautiful Blossoms Game 6:30 LI Daily Devotions 7:00 SK Pass the Popcorn/disney flick encanto</p> <p>12</p>
	<p>9:30 SS Seated Soccer / "Football" 10:00 SS Infusion Bar 11:30 SK The Letter Game 2:00 ★ World of Color 4:00 MC Green Thumb Gardeners 6:30 LI Prayer or group spiritual reading 7:00 LI Church Gathering and Worship</p> <p>13</p>	<p>9:30 SS Mimicked stretching 10:00 SS Infusion Bar 11:30 SK Word Clue- fill in the blank 2:00 ★ Get Crafty Welcome Sign 4:00 MC Armchair Travel: France 6:30 LI Tablet for relaxation</p> <p>14</p>	<p>9:30 SS Basketball 10:00 SS Infusion Bar 10:30 SK Pet therapy 11:30 SK Treeval Word Game: Peacemakers 2:00 ★ Dinner Party name cards 4:00 MC Riddle Me This 6:30 LI Meditation Circle 7:00 FB Timeless Melodies Choir Club</p> <p>15</p>	<p>9:30 SS Table Ball / Table Pong 10:00 SS Infusion Bar 11:30 SK Brainstorming 2:00 ★ Star of David chocolate pretzels 4:00 MC Painting watercolor dreidels 6:30 LI Weekday Worship: Favorite Hymns 7:00 FB Chapter Chat</p> <p>16</p>	<p>9:30 SS Bean Bag Toss 10:00 SS Infusion Bar 11:30 SK Group Imagination 2:00 ★ Painting Posies 2:30 MC Prize Bingo 4:00 MC Go Team- Sports Hour 6:30 LI Music in Motion</p> <p>17</p>	<p>9:30 SS Frisbee Golf 10:00 SS Infusion Bar 11:30 SK Remember When 1:00 MC Trips and Travels/ Roll & Stroll Community Grounds 2:00 ★ Crafty Club: Stained Glass 4:00 MC Uncorked/Margaritas and Memories 6:30 LI Sentimental Serenity 7:00 SK Montessori Life</p> <p>18</p>	<p>9:30 SS Seated Qigong Tai Chi and Yoga 10:00 SS Infusion Bar 11:30 SK A World of Good-News 1:00 MC Be Our Guest/clint eastwood virtual 2:00 ★ Puzzle Club 4:00 MC Bird scaping: Attracting and Recognizing your Native Birds 6:30 LI Sentimental Serenity 7:00 SK Pass the Popcorn/the sound of music</p> <p>19</p>
	<p>9:30 SS Octaband 10:00 SS Infusion Bar 11:30 SK Word Wall 2:00 ★ World of Color 4:00 MC Green Thumb Gardeners 6:30 LI Chicken Soup for the Soul 7:00 LI Church Gathering and Worship</p> <p>20</p>	<p>9:30 SS Morning Stretch 10:00 SS Infusion Bar 11:30 SK Group Rhyme 2:00 ★ No-bake items 4:00 MC Share the Good News 6:30 LI Prayer or group spiritual reading</p> <p>21</p>	<p>9:30 SS Free-Throw Competition 10:00 SS Infusion Bar 10:30 SK Pet therapy 11:30 SK High Tea 2:00 ★ Office Life Station 4:00 MC I Love Lucy 6:30 LI Daily Devotions 7:00 FB Timeless Melodies Choir Club</p> <p>22</p>	<p>9:30 SS Lively Drumming 10:00 SS Infusion Bar 11:30 SK History of Film 2:00 ★ Food Art 4:00 MC Going out for ice cream 6:30 LI Meditation Circle 7:00 FB Chapter Chat</p> <p>23</p>	<p>Thanksgiving 9:30 SS HORSE 10:00 SS Infusion Bar 11:30 SK Dave Delivers Donuts in Denver 2:00 ★ Food on the griddle 2:30 MC Prize Bingo 4:00 MC Manicure Madness 6:30 LI Mindfulness Meditation</p> <p>24</p>	<p>9:30 SS Sit and Be Fit 10:00 SS Infusion Bar 11:30 SK Treeval Word Game: Food Combos 1:00 MC Trips and Travels/ Roll & Stroll Community Grounds 2:00 ★ Planning a parade float 4:00 MC Uncorked/It's happy hour everywhere 6:30 LI Music in Motion 7:00 SK Montessori Life</p> <p>25</p>	<p>9:30 SS Balance Boogie 10:00 SS Infusion Bar 11:30 SK A World of Good-News 1:00 MC Be Our Guest/robert redford (virtual) 2:00 ★ Puzzle Club 4:00 MC Cookies and Conversations 6:30 LI Tablet for relaxation 7:00 SK Pass the Popcorn/westside story</p> <p>26</p>
	<p>9:30 SS Throw Tic Tac Toe 10:00 SS Infusion Bar 11:30 SK Poetry Pals 2:00 ★ World of Color 4:00 MC Green Thumb Gardeners 6:30 LI Weekday Worship: Favorite Hymns 7:00 LI Church Gathering and Worship</p> <p>27</p>	<p>9:30 SS Chair Dance 10:00 SS Infusion Bar 11:30 SK Treeval Word Game: US Presidents 2:00 ★ Residents Pick 4:00 MC Seasonal Celebration 6:30 LI Meditation Circle</p> <p>28</p>	<p>9:30 SS Badminton 10:00 SS Infusion Bar 10:30 SK Pet therapy 11:30 SK National Gallery of Art: Washington DC Virtual Visit 2:00 ★ Scented dough claytionary 4:00 MC Planet Earth 6:30 LI Weekday Worship: Favorite Hymns 7:00 FB Timeless Melodies Choir Club</p> <p>29</p>	<p>9:30 SS Meditation and Relaxation 10:00 SS Infusion Bar 11:30 SK National Museum of Modern and Contemporary Art: Korea Virtual Tour 2:00 ★ Community Store 4:00 MC Tablet for a virtual aquarium or virtual pets 6:30 LI Sentimental Serenity 7:00 FB Chapter Chat</p> <p>30</p>			