

# ADULT LIFE PROGRAMS

*Our vision is to be the leading provider of adult day services in NC*

**Our Mission:** To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

## November 2022

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MON	TUES	WED	THURS	FRI
<p><b>November Focus:</b> *Native American Heritage Month *Be Thankful *Family Caregivers *American Diabetes *Military Family Appreciation</p>	<p><b>1 10:15-11:30</b> Inspirational Songs Small Group Sessions</p>  <p><b>12:45-1:45</b> Singing w/ Jim Coffey Interactive Card Games</p>	<p><b>2 10:15-11:15</b> Singing &amp; Dancing w/ Macon / Creative Coloring w/ Betty</p>  <p><b>1:00-1:45</b> Let's Play Bingo</p>	<p><b>3 10:15 -11:30</b> Sing Along Move w/The Yoga Group Activity w/ Sherry</p> <p><b>1:00-1:45</b> Participants Council Meeting</p>	<p><b>4 10:15-11:30</b> Morning Music /Chair Exercise Gilbert's Birthday Activity</p>  <p><b>12:30-1:45</b> Pet Therapy w/ Billy &amp; Lakota / Movie &amp; Talk</p>
<p><b>7 10:15-11:30</b> Morning Star Music &amp; Devotion</p>  <p><b>1:00-1:45</b> Brain Aerobics Memory Game</p>	<p><b>8 10:15-11:30</b> Feel Good Songs Small Group Sessions</p>  <p><b>1:00-1:45</b> Times We Treasure Tuesday</p>	<p><b>9 10:15-11:30</b> Morning Music Chair Exercise</p>  <p><b>1:00-1:45</b> Writing and Tea Social</p>	<p><b>10 10:15-11:30</b> Vanilla Cupcake I <b>Small Group Section</b></p>  <p><b>1:00-1:45</b> Nikki's Birthday Activity</p>	<p><b>11 10:15-11:30</b> Inspirational Songs Move w/ Yoga Group Craft Time</p>  <p><b>1:00-1:45</b> Veterans Day &amp; Remembrance Day</p>
<p><b>14 10:15-11:30</b> Dancing Music Pajama Party Day <b>1:00-1:45</b> Leaves of Thanks – Mobile/ w Kathy</p>	<p><b>15 10:15-11:30</b> Inspirational Songs Small Group Sessions</p> <p><b>1:00-1:45</b> Activity w/ Hog&amp; Kisses</p>	<p><b>16 10:15-11:30</b> Morning Music Chair Exercise <b>1:00-1:45</b> Lets practice Relaxation techniques</p>	<p><b>17 10:15-11:30</b> Discussion -What are you thankful for? <b>1:00-1:45</b> Sign Language w/ Susan</p>	<p><b>18 10:15-11:30</b> Healthy Movement / Small Group Sessions</p> <p><b>1:00-1:45</b> Reminisc: Thanksgiving Family Traditions</p>
<p><b>21 10:15-11:30</b> Small Group Sessions World "Hello" Day</p> <p><b>1:00-1:45</b> Thanksgiving Trivia</p>	<p><b>22 10:15-11:30</b> Feel Good Music / Morning Walk</p>  <p><b>1:00-2:00</b> National Cranberry Rel- ish Day/Cranberry Tick Tac Toe</p>	<p><b>23 10:15-11:30</b> Morning Music /Feel Good Songs</p> <p><b>1:00-1:45</b> Diabetes Word Search and Discussion</p>	<p><b>24</b> Closed for Thanksgiving</p> 	<p><b>25</b> Closed for Thanksgiving</p> 
<p><b>27 10:00-11:30</b> Chair Exercise Music &amp; Devotion</p>  <p><b>1:00- 1:45</b> Activity w/ The Doves</p>	<p><b>28</b> Sing Along Health Update w/ Nurse Viki</p>  <p><b>1:00-1:45</b> Name That :Top Hits of the 1960'S(2) w/ Jennifer</p>	<p><b>29 10:15-11:30</b> Getting to know peers: Show and Bragg</p> <p><b>1:00-1:45</b> Amanda 's Parachute Fun / Would Rather?</p>	<p>Sherry-11/1(3yrs) Nicole-11/9(7yrs) Steve-11/23(11yrs)</p> 	<p>Gilbert - 11/2 Nikki G-11/10 Marilyn -11/25</p> 

**\*\* Activities are subject to change \*\***

**This institution is an equal opportunities provider**