

Vital Link: November Life Enrichment 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
			All Saint's Day 1	2	3	4
			9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Craft: Wood Paintings 12:00 Lunch 1:00 Craft: Pinecone Turkeys & Thankful Tree! 2:30 Apple Cider & Snickerdoodles	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Thanksgiving Canvas Painting 11:30 Free Time 12:00 Lunch 12:45 Movie: The Sound of Music 2:30 Apple Cider & Snickerdoodles	National Sandwich Day!	
5	Election Day 6	Stress Awareness Day 7	8	9	10	11
9:00 Donut-Make-You-Wonder? 10:00 Quote of the Day & Exercise 10:30 Craft: Paper Leaves 11:30 Free Time 12:00 Lunch & finish The Sound of Music movie 1:30 Volunteer: Josh & Kids – Conversation & Bible Discussion!	9:00 Donut-Make-You-Wonder? 10:00 Quote of the Day & Exercise 10:30 Thanksgiving Canvas Painting 11:30 Free Time 12:00 Lunch 1:15 Volunteer: Isabelle – Baking! 2:15 Snack & Conversation!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Stress Awareness Discussion 11:30 Free Time 12:00 Lunch 12:45 Bowling @ J. J. Lanes! 2:15 Rest & Relaxation Technique	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: USA Trivia & Jingo 11:30 Stress Awareness Discussion 12:00 Lunch & Veteran's Day Celebration! 12:45 Bowling @ J. J. Lanes! 2:15 Rest & Relaxation Technique	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: USA Trivia & Jingo 11:30 Free Time 12:00 Lunch 1:00 Craft: Veteran's Day 2:00 Veteran's Day Celebration	Thank you to all who have served!	Veterans Day:
12	Caregiver Appreciation Day 13	World Diabetes Awareness Day 14	15	National Fast Food Day 16	17	18
9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Volunteer: Pastor John Quam – Bible Study Volunteer! 12:00 Lunch: Passport to England! (Thanksgiving meal) 1:30 Bingo @ Three Links C.C.! 2:30 Snack & Conversation	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Musical Instruments 12:00 Lunch: Passport to England! (Thanksgiving meal) 1:15 Volunteer: Isabelle – Thanksgiving Craft! 2:15 Snack & Conversation!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Craft: Wood Paintings 11:30 Free Time 12:00 Lunch & Birthday celebration! 1:00 Movie & Popcorn Balls: A Charlie Brown Thanksgiving!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: What's In the Bag? 11:30 Free Time 12:00 Lunch 1:00 Movie & Popcorn Balls: A Charlie Brown Thanksgiving!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Craft: Pinecone Turkeys 11:30 Free Time 12:00 Lunch: Fast Food Themed 1:00 Game: What's In the Bag? 2:00 Fast Food Facts & Trivia	World Peace Day	Client Birthday!
International Men's Day 19	20	21	Vital Link Closed 22	23	24	25
9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Volunteer: Pastor John Quam – Bible Study Volunteer! 12:00 Lunch 12:45 Outing to Northfield Montessori – Craft & Snack!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Thanksgiving arts & crafts 11:00 Lunch @ New Buffet! 1:15 Volunteer: Isabelle – Thanksgiving Jingo! 2:15 Snack & Conversation!	9:00 Donut-Make-You-Wonder? 10:00 Quote of the Day & Exercise 10:30 Thanksgiving arts & crafts 11:30 Free Time 12:00 Lunch 1:15 Thanksgiving Jingo! 2:15 Thanssaivina Reminsice		9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Free Time 11:00 Lunch @ New Buffet In Northfield! 1:15 Adult Coloring & Painting 2:00 Sing Along!		
National Cake Day 26	27	French Toast Day 28	29	Staff Birthday! 30		
9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: The Price is Right 11:30 Free Time 12:00 Lunch & Cake! 1:00 Competition: Bucket Toss 2:00 Board & Card games	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Sing Along! 12:00 Lunch 1:15 Volunteer: Isabelle – Hand Massages & Manicures! 2:15 Snack & Conversation!	9:00 Breakfast & Socialize 10:00 Quote of the Day & Exercise 10:30 Musical Instruments 12:00 Breakfast for Lunch! (French Toast bar) 12:45 Outing to Northfield Montessori – Craft & Snack!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: The Price is Right 11:30 Free Time 12:00 Lunch 1:00 Board games & Card games 2:00 Competition: Bucket Toss	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Adult Coloring & Painting 11:30 Free Time 12:00 Lunch 1:30 Volunteer: Josh & Kids – Conversation & Birthday Treats!		

