



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Andrew Katko, CTRS: 315-413-3596 Shannon Loughlin, CTRS: 315-413-3903 	AM: Monday 1 Mile Walking Club AM: Name That Tune PM: Sensory Stations PM: 3:15 SUNY ESF Visit PM: Evening with Cammy	AM: Morning 2 Stretch AM: Bible Study AM: Painting PM: Cleaning PM: 3:45 Music with Tommy Barr PM: Unwind with Shannon	AM: Stretch-n-3 Flex AM: Word Games/Trivia PM: 2:30 Move & Grove with Jess PM: Chores PM: Flower Arranging PM: Evening with Andrew	AM: Seated 4 Yoga AM: Bowling PM: Color Therapy PM: Cookies & Conversation PM: Evening Stretch with Nursing	AM: Guided 5 Tai Chi AM: Rosary Reading PM: Culinary Choppers PM: Afternoon Strolls PM: Musical Moments with Nursing	AM: Get Up 6 and Go AM: Hymn Sing-a-Long PM: Manicure Station PM: November Word Mining PM: Evening Stroll with Nursing
AM: 10:00am 7 Sunday Service with Pastor Ralph PM: Sports PM: 1:1 Care Visits PM: Sorting Groups with Nursing Staff	AM: Monday 8 Mile Walking Club AM: Name That Tune PM: Water Pong PM: Sensory Stations PM: Evening with Cammy	AM: Morning 9 Stretch AM: Bible Study AM: Painting PM: 1:00 Harvest Ball with Musical Performance PM: Story Time PM: Unwind with Shannon	AM: Stretch-n10 Flex AM: Word Games/Trivia PM: 2:30 Bowling with Jess PM: Chores PM: Flower Arranging PM: Evening with Andrew	AM: Seated 11 Yoga AM: Cornhole PM: Veteran's Day Recognition PM: Ice Cream Social PM: Evening Stretch with Nursing	AM: Guided 12 Tai Chi AM: Rosary Reading PM: Culinary Choppers PM: Tea and Cookies PM: Musical Moments with Nursing	AM: Get Up 13 and Go AM: Hymn Sing-a-Long PM: Manicure Station PM: Travel to Brazil PM: Evening Stroll with Nursing
AM: 10:00 14 Sunday Service with Pastor Ralph PM: Sports PM: 1:1 Care Visits PM: Sorting Groups with Nursing Staff	AM: Monday 15 Mile Walking Club AM: Name That Tune PM: Table Hockey PM: Sensory Stations PM: Evening with Cammy	AM: Morning 16 Stretch AM: Bible Study AM: Painting PM: Cleaning PM: 3:30 Syracuse City Ballet Story Time PM: Unwind with Shannon	AM: Stretch-n17 Flex AM: Word Games/Trivia PM: 2:30 Ladder Ball with Jess PM: Chores PM: Flower Arranging PM: Evening with Andrew	AM: Seated 18 Yoga AM: 11:00 Drumming with Jimbo PM: Color Therapy PM: Ice Cream Social PM: Evening Stretch with Nursing	AM: Guided 19 Tai Chi AM: Rosary Reading PM: Culinary Choppers PM: Tea and Cookies PM: Musical Moments with Nursing	AM: Get Up 20 and Go AM: Hymn Sing-a-Long PM: Manicure Station PM: Travel the USA PM: Evening Stroll with Nursing
AM: Sunday 21 Service with Pastor Ralph PM: Sports PM: 1:1 Care Visits PM: Sorting Groups with Nursing Staff	AM: Monday 22 Mile Walking Club AM: Name That Tune PM: Balloon Volley PM: Sensory Stations PM: Evening with Cammy	AM: Morning 23 Stretch AM: Bible Study AM: Painting PM: Cleaning PM: 1:30 Music with Dennis McGuire PM: Unwind with Shannon	AM: Stretch-n24 Flex AM: Word Games/Trivia PM: 2:30 Health Benefits with Jess PM: Chores PM: Flower Arranging PM: Evening with Andrew	AM: Seated 25 Yoga AM: Knockout PM: Color Therapy PM: Ice Cream & Chats PM: Evening Stretch with Nursing	AM: Guided 26 Tai Chi AM: Rosary Reading PM: Culinary Choppers PM: Tea and Cookies PM: Musical Moments with Nursing	AM: Get Up 27 and Go AM: Hymn Sing-a-Long PM: Manicure Station PM: Travel to Austria PM: Evening Stroll with Nursing
AM: Sunday 28 Catholic Service with Pastor Ralph PM: Sports PM: 1:1 Care Visits PM: Sorting Groups with Nursing Staff	AM: Monday 29 Mile Walking Club AM: Name That Tune PM: Seated Soccer PM: Sensory Stations PM: Evening with Cammy	AM: Morning 30 Stretch AM: Bible Study AM: Painting PM: 2:00 Music by Jillissa Velleke PM: Story Time PM: Unwind with Shannon	 <h1>November 2021</h1> <p>The Borer Memory Life Community</p>			

Green=Cognitive, Orange=Physical, Pink=Social, Blue=Emotional/Expressive/Creative, Purple=Spiritual