



ActivCare Laguna Hills November 2023



Daily Activities

Newsworthy
Current Events

Walker's Club
Neighborhood Strolls

Thinking & Doing
Cognitive Exercises

Musical Moments
Interactive Entertainment

Fitness Activity
Stretching & Strength

Creative Arts
Artistic Expression

SPECIAL EVENTS

November 9
Veterans Day
Celebration

November 11
Veterans Day

November 18
Birthday Party

November 23
Happy Thanksgiving



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>VETERANS DAY HONORING ALL WHO SERVED</p>				<p>1 Wiser Now Wednesday</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Scenic Drive: San Juan 11:00 Music Therapy with Loraine 1:00 Courtyard Stroll 2:00 Trivia For The Wise 3:00 Dessert and Coffee Social 3:15 Scenic Drive: Dana Point 4:15 Strength and Balance Exercise 6:00 Moonlight Movie</p>	<p>2 Let Them Eat Cake Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise With Tara 10:00 Fruit and Coffee Social 10:30 Favorite Type of Cake 11:00 Yoga & Sound Healing with Brian 1:00 Family Feud 2:00 Courtyard Walk 3:00 Dessert and Coffee Social 3:30 Thursday Night Trivia 4:15 Table Games 6:00 Moonlight Movie</p>	<p>3 First Modern Auto Show</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Celebrity of the Day: Bob Hope 11:00 Karaoke with Friends! 1:00 Courtyard Stroll Book Club Fridays 2:00 Getting to Know You 3:00 Dessert and Coffee Social 3:30 Prize Bingo 4:15 Classic Car Show Videos 6:00 Moonlight Movie</p>	<p>4 Dream Catcher Day</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 Word Scramble 11:15 Bible Study with Pastor Elbert 1:00 Courtyard Stroll 2:00 Arts & Crafts: Dream Catchers 3:00 Dessert and Coffee Social 3:30 Super Social Bingo! 4:15 Finish That Phrase 6:00 Moonlight Movie</p>
<p>5 Fall-Back Daylight Saving Monopoly Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 History Of Monopoly 11:00 Sunday Service 1:00 Stretch and Relaxation 2:00 Dean Martin Comedy Hour 3:00 Dessert and Coffee Social 3:30 UNO 4:15 Word Scramble 6:30 Moonlight Movie</p>	<p>6 National Saxophone Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Motown Mondays 11:00 Saxophone Fun Facts 1:00 Courtyard Stroll 2:00 Lovely Nails 3:00 Dessert and Coffee Social 3:30 Jazz Music Appreciation 4:15 Popular Sayings 6:00 Moonlight Movie</p>	<p>7 Election Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise with Tara 10:00 Fruit and Coffee Social 10:30 Past Election Trivia 11:00 Guess the Price Game 1:00 Family Feud 2:00 Arts and Crafts with Sue 3:00 Dessert and Coffee Social 3:30 Bingo Night 4:15 Color Your World 6:00 Moonlight Movie</p>	<p>8 "Tennessee Waltz" Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Scenic Drive: Aliso Beach 11:00 Tennessee Waltz Steps 1:00 Family Feud 2:00 True or False Game 3:00 Dessert & Coffee Social 3:15 Scenic Drive: MV Lake 4:15 Strength and Balance Exercise 6:00 Moonlight Movie</p>	<p>9 Nuts About Peanut Butter</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise With Tara 10:00 Fruit and Coffee Social 10:30 Bus Trip: Krispy Kreme Donuts 11:00 Peanut Butter Facts 1:00 Outdoor Games 2:00 Veteran's Day Celebration 3:00 Dessert & Coffee Social 3:30 Thursday Night Trivia 4:15 Indoor Basketball 6:00 Moonlight Movie</p>	<p>10 Marine Corps Anniversary</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Celebrity of the Day: Bea Arthur 11:00 Thanking the Marine Veterans 1:00 Courtyard Stroll Book Club Fridays 2:00 Color Your World 3:00 Dessert and Coffee Social 3:30 Prize Bingo 4:15 Famous Veterans 6:00 Moonlight Movie</p>	<p>11 Veterans Day Remembrance Day</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 Reminiscing: Loved Ones 11:15 Bible Study with Pastor Elbert 1:00 Courtyard Stroll and Chat 2:00 Veterans Day Craft 3:00 Dessert and Coffee Social 3:30 Super Social Bingo! 4:15 Pamper Me Lovely 6:00 Moonlight Movie</p>	
<p>12 Diwali</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Lucille Ball Portrait Painting 11:00 Sunday Service 1:30 Matinee: I Love Lucy Episodes 2:30 Diwali Facts 3:00 Dessert and Coffee Social 3:30 Name 5 4:15 Cornhole Competition 6:30 Moonlight Movie</p>	<p>13 National Kindness Day</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 Interesting Facts: Kindness Quotes 11:00 Motown Mondays 1:00 Water the Garden 2:00 Zumba Gold 3:00 Dessert and Coffee Social 3:30 Indoor Basketball 4:15 Table Games 6:00 Moonlight Movie</p>	<p>14 Pajama Party Teddy Bear Day</p> <p>9:00 Good Morning Exercise with Tara 9:30 Today in History & Current Events 10:00 Fruit and Coffee Social 10:30 History of the Teddy Bear 11:00 Balloon Toss 1:00 Tricky Trivia 2:00 Mini Golf with Sue 3:00 Dessert and Coffee Social 3:30 Bingo Night 4:15 Marine Animals 6:00 Moonlight Movie</p>	<p>15 I Love to Write Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Scenic Drive: San Clemente 11:00 Music Therapy with Loraine 1:00 Walking Club 2:00 Reading Letters 3:00 Dessert and Coffee Social 3:15 Scenic Drive: Dana Point 4:15 Sharing Funny Stories 6:00 Moonlight Movie</p>	<p>16 Fast Food Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise With Tara 10:00 Fruit and Coffee Social 10:30 Fast Food Trivia Logos 11:00 Polynesian Dance Therapy 1:00 Courtyard Stroll 2:00 Favorite Fast Food Chains 3:00 Dessert and Coffee Social 3:30 Thursday Night Trivia 4:15 Nails and Chat 6:00 Moonlight Movie</p>	<p>17 World Peace Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Peaceful Quotes & Inspiration 11:00 Celebrity of the Day: Mathini Gandhi 1:00 Melodies On the Patio Book Club Fridays 2:00 True or False Game 3:00 Dessert and Coffee Social 3:30 Prize Bingo 4:15 Dancing With The Stars 6:00 Moonlight Movie</p>	<p>18 Sing a Song Saturday Birthday Party</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 Favorite Tunes 11:15 Bible Study with Pastor Elbert 1:00 Stretch and Balance Exercise 2:00 Celebrating November Birthdays Karaoke King "Roy" 3:00 Dessert and Coffee Social 3:30 Super Social Bingo! 4:15 Table Games 6:00 Moonlight Movie</p>	
<p>19 National Camp Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 All About Camping 11:00 Sunday Service 1:00 Watering the Garden 2:00 Top Hits Karaoke! 3:00 S'mores and Coffee Social 3:30 Table Games 4:15 Music and Dancing with Carestaff 6:30 Moonlight Movie</p>	<p>20 Hidden Treasure Day</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 Yoga & Sound Healing with Brian 11:00 Interesting Facts: Hidden Treasures 1:00 Courtyard Tunes 2:00 The Carol Burnett Show 3:00 Dessert and Coffee Social 3:30 Word Scramble 4:15 Karaoke with Care staff 6:00 Moonlight Movie</p>	<p>21 National Gingerbread Cookie Day</p> <p>9:00 Good Morning Exercise with Tara 9:30 Today in History & Current Events 10:00 Fruit and Coffee Social 10:30 Discussion: Gingerbread Houses 11:00 Finish That Phrase 1:00 Outdoor Stroll 2:00 Arts and Crafts with Sue 3:00 Gingerbread Social 3:30 UNO 4:15 Table Games 6:00 Moonlight Movie</p>	<p>22 Word Puzzle Wednesday Pumpkin Pie Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Scenic Drive: Laguna Beach 11:00 Favorite Things and More 1:00 Music and Dance 2:00 Giant Crossword Puzzle 3:00 Pumpkin Pie and Coffee Social 3:15 Scenic Drive: MV Lake 4:15 Nail Care Social 6:00 Moonlight Movie</p>	<p>23 Happy Thanksgiving!</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Thanksgiving Reminiscing 11:00 Thanksgiving Bingo Tournament 1:00 Thanksgiving Celebration Live Music w/ Cate Murphy 3:00 What Are You Thankful For? 3:30 Outdoor Stroll 4:15 Turkey Talk Trivia 6:00 Moonlight Movie: A Family's Thanksgiving</p>	<p>24 Shop 'til Your Drop Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Finish That Phrase 11:00 Guess the Price Game 1:00 Walking Club Book Club Fridays 2:00 Celebrity of the Day: Cher 3:00 Dessert and Coffee Social 3:30 Prize Bingo! 4:15 Parachute Ball Toss 6:00 Moonlight Movie</p>	<p>25 Board Game Day</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 History of Board Games 11:15 Bible Study with Pastor Elbert 1:00 Courtyard Stroll 2:00 Make Your Own Board Game 3:00 Dessert and Coffee Social 3:30 Super Social Bingo! 4:15 Table Games 6:00 Moonlight Movie</p>	
<p>26 Casablanca's Anniversary</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Nails and Chat 11:00 Sunday Service 1:00 Stretch and Relaxation 2:00 All About Casablanca 3:00 Dessert and Coffee Social 3:30 Sing Along to Favorite Songs 4:15 Table Games and Puzzles 6:30 Moonlight Movie: Casablanca</p>	<p>27 Full Moon Day</p> <p>9:00 Morning Music & Current Events 9:30 ActivFit 10:00 Fruit and Coffee Social 10:30 Interesting Facts: Full Moon 11:00 Motown Mondays 1:00 Courtyard Stroll 2:00 Stretch and Balance 3:00 Dessert and Coffee Social 3:30 Color Your World 4:15 Table Games 6:00 Moonlight Movie</p>	<p>28 Special Centenarian Birthday Party</p> <p>9:00 Good Morning Exercise with Tara 9:30 Today in History & Current Events 10:00 Fruit and Coffee Social 10:30 Magazine Collages 11:00 Jokes and Riddles 1:00 Courtyard Games 2:00 Centenarian Birthday Celebration Live Music 3:00 Birthday Cake Social 4:15 Table Games 6:00 Moonlight Movie</p>	<p>29 Let's Do-Si-Do</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise 10:00 Fruit and Coffee Social 10:30 Scenic Drive: Doheny Beach 11:00 Guess the Price Game 1:00 Water The Garden 2:00 Music and Dance 3:00 Dessert & Coffee Social 3:15 Scenic Drive: Dana Point 4:15 Strength and Balance Exercise 6:00 Moonlight Movie</p>	<p>30 Crazy Hat Day</p> <p>9:00 Morning Music & Current Events 9:30 Good Morning Exercise With Tara 10:00 Fruit and Coffee Social 10:30 Crazy Hat Making Craft 11:00 Yoga & Sound Healing with Brian 1:00 Outdoor Games 2:00 You Be The Judge 3:00 Dessert & Coffee Social 3:30 Thursday Night Trivia 4:15 Indoor Basketball 6:00 Moonlight Movie</p>			