Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:30am** Exercise **3:00pm** Movie	2 **10:30am** Scenic Drive **10:30am** Therapy Dog Visit **1:30pm** Puzzles or Brain Games **1:30pm** Strength Training with Del **2:30pm** Trivia	3 **10:30am** Noodle Ball **1:00pm** Exercises with Dana from Select PT **1:30pm** Bingo **3:00pm** Live music and snacks	4 **10:30am** Scenic Drive **1:00pm** Arm chair travel **1:30pm** Strength Training with Del **2:30pm** Water Painting or Coloring	5 **10:30am** Noodle Ball **1:30pm** Strength Training with Del **2:00pm** Brain Games **3:00pm** Movie	6 **10:30am** Coloring **1:00pm** Exercises with Dana from Select PT **2:00pm** Movie	7 **10:00am** Stroll courtyard and water plant **10:30am** Coloring **2:00pm** Movie
8 **10:30am** Exercise **3:00pm** Movie	9 **9:00am** Spirit Week- Crazy Hat Day **9:00am** Sprit Week- Jersey Day (wear) **10:30am** Scenic Drive **10:30am** Therapy Dog Visit **1:30pm** Puzzles or Brain Games **1:30pm** Strength Training with Del **2:30pm** Trivia	10 **9:00am** Spirit Week- Crazy Hat Day **10:30am** Noodle Ball **1:00pm** Exercises with Dana from Select PT **1:30pm** Bingo **3:00pm** Live music and snacks	11 **9:00am** Spirit Week- Red, White & Blue (wear) **10:30am** Scenic Drive **1:00pm** Arm chair travel **1:30pm** Strength Training with Del **2:30pm** Water Painting or Coloring	12 **9:00am** Spirit Week- Retro Day- wear decade themed clothes **10:30am** Noodle Ball **1:30pm** Strength Training with Del **2:00pm** Brain Games **3:00pm** Movie	13 **9:00am** Spirit Week- Western Day Theme **10:30am** Coloring **11:30am** Chille Cook-Off Contest **1:00pm** Exercises with Dana from Select PT **2:00pm** Movie	14 **10:00am** Stroll courtyard and water plant **10:30am** Coloring **2:00pm** Movie
15 **10:30am** Exercise **3:00pm** Movie	16 **10:30am** Scenic Drive **10:30am** Therapy Dog Visit **1:30pm** Puzzles or Brain Games **1:30pm** Strength Training with Del **2:30pm** Trivia	17 **10:30am** Noodle Ball **1:00pm** Exercises with Dana from Select PT **1:30pm** Bingo **3:00pm** Live music and snacks	18 **10:30am** Scenic Drive **1:00pm** Arm chair travel **1:30pm** Strength Training with Del **2:30pm** Water Painting or Coloring	19 **10:30am** Noodle Ball **1:30pm** Strength Training with Del **2:00pm** Brain Games **3:00pm** Movie	20 **10:30am** Coloring **1:00pm** Exercises with Dana from Select PT **2:00pm** Movie	21 **10:00am** Stroll courtyard and water plant **10:30am** Coloring **2:00pm** Movie
22 **10:30am** Exercise **11:30am** Thanksgiving Feast with Families **3:00pm** Movie	23 **10:30am** Scenic Drive **10:30am** Therapy Dog Visit **1:30pm** Puzzles or Brain Games **1:30pm** Strength Training with Del **2:30pm** Trivia	24 **10:30am** Noodle Ball **1:00pm** Exercises with Dana from Select PT **1:30pm** Bingo **3:00pm** Live music and snacks	25 **10:30am** Scenic Drive **1:00pm** Arm chair travel **1:30pm** Strength Training with Del **2:30pm** Water Painting or Coloring	26 **1:30pm** Strength Training with Del **3:00pm** Movie	27 **10:30am** Coloring **1:00pm** Exercises with Dana from Select PT **2:00pm** Movie	28 **10:00am** Stroll courtyard and water plant **10:30am** Coloring **2:00pm** Movie
29 **10:30am** Exercise **3:00pm** Movie	30 **10:30am** Scenic Drive **10:30am** Therapy Dog Visit **1:30pm** Puzzles or Brain Games **1:30pm** Strength Training with Del **2:30pm** Trivia					

November 2026

Riverside & Mountainside Memory Care

Happy Birthday!

Mary F. - 20th
Paul "Doc" D. - 20th