

# PALM BAY MEMORY CARE

# NOVEMBER 2021

350 MALABAR RD SW PALM BAY, FL 32907 PH: 321 574 6290 WEBSITE: palmbaymemorycare.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>WE ARE COLLECTING NON-PERISHABLE FOOD ITEMS FOR OUR FOOD DRIVE. NOV 1-NOV 21. IF YOU'D LIKE TO DONATE, PLEASE DROP OFF IN OUR FRONT LOBBY. THANK YOU!</b></p>	<p><b>1</b> 10:00 Upper Body Stretches 11:00 Daily Chronicles 2:00 Board Games 3:30 Amazing Facts 4:00 Puzzles</p>	<p><b>2</b> 10:00 Lower Body Workout 10:30 Coffee Cart 2:00 Bingo 3:00 IN2L Fun 4:00 Therapeutic Coloring</p>	<p><b>3</b> 10:00 Neck &amp; Shoulder Exer 11:00 Daily Chronicles 2:00 "Whack" Around 3:00 Courtyard walks 4:30 Sing A Long</p>	<p><b>4</b> 10:00 Foot &amp; Ankle Flex 10:30 Juice Cart 2:00 Word Games 3:00 Bowling 4:00 Patio Chat</p>	<p><b>5</b> 10:00 Hand &amp; Wrist Exercise 11:00 Daily Chronicles 1:00 Hand Massage 2:00 Happy Hour <b>2:30 TRIVIA WITH JILL</b> 3:30 Bean Bag Toss</p>	<p><b>6</b> 10:00 Whole Body Workout 11:00 Daily Chronicles 2:00 Bingo 3:00 Getting to know you Visits 4:30 Patio Chat</p>
	<p><b>7 HAPPY B-DAY PEGGY</b> 10:00 Bible Study 1:00 Patio Chat <b>2:00 FOOD DEMO WITH CHEF RANDY</b> 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p>	<p><b>8</b> 10:00 Upper Body Stretches 11:00 Daily Chronicles 2:00 Board Games <b>2:00 Mystery Bus Trip</b> 3:30 Amazing Facts 4:00 Puzzles</p>	<p><b>9</b> 10:00 Lower Body Workout 10:30 Coffee Cart 2:00 Bingo 3:30 IN2L Fun 4:00 Therapeutic Coloring</p>	<p><b>10</b> 10:00 Neck &amp; Shoulder Exer 11:00 Daily Chronicles <b>2:00 NOVEMBER BIRTHDAY PARTY WITH BERNA &amp; WES LIVE ENTERTAINMENT</b> 3:30 Courtyard walks 4:30 Sing A Long</p>	<p><b>11 VETERAN'S DAY</b> 10:00 Foot &amp; Ankle Flex 10:30 Juice Cart <b>2:00 Veteran Appreciation FAMILY EVENT Entertainment by One Man Band</b> 4:00 Patio Chat</p>	<p><b>12</b> 10:00 Hand &amp; Wrist Exercise 11:00 Daily Chronicles 1:00 Hand Massage <b>2:00 LIVE CONCERT WITH DAVE LIEBERGOT</b> 3:30 Bean Bag Toss</p>
<p><b>14</b> 10:00 Bible Study 1:00 Patio Chat <b>2:00 Ice Cream Social</b> 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p>	<p><b>15</b> 10:00 Upper Body Stretches 11:00 Daily Chronicles 1:30 Music 2:00 Board Games 3:00 Puzzles</p>	<p><b>16 HAPPY B-DAY JOANN</b> 10:00 Lower Body Workout 10:30 Coffee Cart 2:00 Bingo 3:30 IN2L Fun 4:00 Therapeutic Coloring</p>	<p><b>17</b> 10:00 Neck &amp; Shoulder Exer 11:00 Daily Chronicles 2:00 "Whack" Around <b>3:00 HEALTH CHAT WITH MELISSA, WD</b> 4:30 Sing A Long</p>	<p><b>18</b> 10:00 Foot &amp; Ankle Flex 10:30 Juice Cart <b>10:30 HEARTS OF GOLD VISITS (Dog Therapy)</b> 2:00 Word Games 3:00 Bowling 4:00 Mind Games</p>	<p><b>19</b> 10:00 Hand &amp; Wrist Exercise 11:00 Daily Chronicles 1:00 Hand Massage <b>2:00 Rootbeer Floats</b> 3:30 Bean Bag Toss</p>	<p><b>20</b> 10:00 Whole Body Workout 11:00 Daily Chronicles <b>2:00 THANKFUL GATHERING FAMILY EVENT</b> 3:00 Getting to know you Visits 4:30 Patio Chat</p>
<p><b>21</b> 10:00 Bible Study 1:00 Patio Chat <b>2:00 Ice Cream Social</b> 3:00 Parachute Fun 4:00 4:00 Courtyard Walk 6:00 Sunday Night Movie</p>	<p><b>22</b> 10:00 Upper Body Stretches 11:00 Daily Chronicles 1:30 Music 2:00 Board Games <b>2:00 Mystery Bus Trip</b> 3:30 Puzzles</p>	<p><b>23</b> 10:00 Lower Body Workout 10:30 Coffee Cart 2:00 Bingo 3:30 IN2L Fun 4:00 Therapeutic Coloring</p>	<p><b>24</b> 10:00 Neck &amp; Shoulder Exer <b>10:30 AMY HUESTON LIVE ENTERTAINMENT</b> 11:00 Daily Chronicles 2:00 "Whack" Around 3:00 Patio Chat</p>	<p><b>25 THANKSGIVING</b> 9:00 Thanksgiving Parade 10:00 Juice Cart <b>12:00 THANKSGIVING MEAL</b> 2:00 Word Games 3:00 Bowling 4:00 Mind Games</p>	<p><b>26</b> 10:00 Hand &amp; Wrist Exercise 11:00 Daily Chronicles 1:00 Hand Massage 2:00 Happy Hour 3:30 Bean Bag Toss</p>	<p><b>27</b> 10:00 Whole Body Workout 11:00 Daily Chronicles 2:00 Bingo 3:00 Getting to know you Visits 4:30 Patio Chat</p>
<p><b>28</b> 10:00 Bible Study 1:00 Patio Chat <b>2:00 Ice Cream Social</b> 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p>	<p><b>29 HAPPY B-DAY JUDY</b> 10:00 Upper Body Stretches 11:00 Daily Chronicles <b>2:00 RESIDENT COUNCIL MEETING</b> 1:30 Music in Me 3:30 Puzzles</p>	<p><b>30</b> 10:00 Lower Body Workout 10:30 Coffee Cart 2:00 Bingo 3:30 IN2L Fun 4:00 Therapeutic Coloring</p>	<p>VISIT &amp; LIKE OUR FACEBOOK PAGE </p>		<p><b>*November Calendar subject to change due to resident choice.</b></p>	

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