




# November 2024 Generations Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>WindChime of Marin Memory Care Community 4151 482-4100 LIC# 216R0977</p>	<b>ACTIVITY LEGEND</b> Be Adventurous Be Challenged Be Connected Be Inspired Be Social Be Well One Reflection					
Glam and Groom Day sponsored by Care Staff 3 9:00am  Chair Yoga w/ Sherry Zak Morris 10:00am  Sunday Mindfulness Meditation Practice 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Therapy Dog Tucker visits residents 2:30pm Activity Kits, Games & Puzzle 3:30pm Games: Bowling, Balloon Tennis, Corn Hole 4:00pm  Sing Along w/ Scott	9:00am  Chair Yoga w/ Sherry Zak Morris 4 10:00am  Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Art & Activities 3:30pm  Beach Ball Soccer 4:00pm  Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	9:00am  Chair Yoga w/ Sherry Zak Morris 5 9:30am  Mindful Morning Check-In, Discussion, Daily Chronicle 10:00am  Tai Chi with Richard 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Art & Activities 3:00pm  Choir Practice w/ Lisa & Sausalito Slim 4:00pm  Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	9:00am  Chair Yoga w/ Sherry Zak Morris 6 10:00am  Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Art & Activities 3:00pm  Garden Club & Fun: Outside Games 4:00pm  Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	9:00am  Chair Yoga w/ Sherry Zak Morris 7 10:00am  Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Music: Drum Circle w/ Matt 3:00pm  Trivia, Current Events, Reading Newspapers & Discussion 4:00pm  Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	9:00am  Chair Yoga w/ Sherry Zak Morris 8 10:00am  Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Happy Hour w/ live music: Sausalito Slim 3:00pm  Armchair Travel Around the World 4:00pm  Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	9:00am  Chair Yoga w/ Sherry Zak Morris 9 10:00am  Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am  Art & Activities 1:00pm  Bingo 2:00pm  Music: Drum Circle w/ Matt 3:00pm  Games: Bowling, Balloon Tennis, Corn Hole 4:00pm  Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater
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