




NOVEMBER 2021 EVENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>HAPPY THANKSGIVING!</p>	<p>1 BINGO SALE</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 STRETCH & FLEX 11:15 COOLDOWN MUSIC 1:30 BALLOON TOSS 3:30 COGNITIVE GROUP</p>	<p>2</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 REMINISCING 11:15 COOLDOWN MUSIC 1:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>3</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 BALLOON TOSS 11:15 COOLDOWN MUSIC 2:00 MUSIC HOUR w/ HEAVENLY MUSIC 3:30 COGNITIVE GROUP</p>	<p>4</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 LET'S GET FIT 11:15 COOLDOWN MUSIC 2:00 BINGO 3:30 SENSORY ENRICHMENT</p>	<p>5</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 TRIVIA 11:15 COOLDOWN MUSIC 2:00 ARTS & CRAFTS 3:30 COGNITIVE GROUP</p>	<p>6</p> <p>9:15 COFFEE SOCIAL 10:00 CATHOLIC MASS 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 MOVIE HOUR</p>
<p>7</p> <p>9:15 COFFEE SOCIAL 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 RELIGIOUS SERVICE 2:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>8</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 STRETCH & FLEX 11:15 COOLDOWN MUSIC 1:30 BALLOON TOSS 3:30 COGNITIVE GROUP</p>	<p>9</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 REMINISCING 11:15 COOLDOWN MUSIC 1:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>10</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 BALLOON TOSS 11:15 COOLDOWN MUSIC 2:00 DANCING HOUR w/ JUAN ROBLES 3:30 COGNITIVE GROUP</p>	<p>11 VETERAN'S DAY</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 LET'S GET FIT 11:15 COOLDOWN MUSIC 2:00 BINGO 3:30 SENSORY ENRICHMENT</p>	<p>12</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 TRIVIA 11:15 COOLDOWN MUSIC 2:00 ARTS & CRAFTS 3:30 COGNITIVE GROUP</p>	<p>13</p> <p>9:15 COFFEE SOCIAL 10:00 CATHOLIC MASS 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 MOVIE HOUR</p>
<p>14</p> <p>9:15 COFFEE SOCIAL 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 RELIGIOUS SERVICE 2:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>15</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 STRETCH & FLEX 11:15 COOLDOWN MUSIC 1:30 BALLOON TOSS 3:30 COGNITIVE GROUP</p>	<p>16</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 REMINISCING 11:15 COOLDOWN MUSIC 1:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>17</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 BALLOON TOSS 11:15 COOLDOWN MUSIC 2:00 MUSIC HOUR w/ HEAVENLY MUSIC 3:30 COGNITIVE GROUP</p>	<p>18</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 LET'S GET FIT 11:15 COOLDOWN MUSIC 2:00 BINGO 3:30 SENSORY ENRICHMENT</p>	<p>19</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 TRIVIA 11:15 COOLDOWN MUSIC 2:00 ARTS & CRAFTS 3:30 COGNITIVE GROUP</p>	<p>20</p> <p>9:15 COFFEE SOCIAL 10:00 CATHOLIC MASS 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 MOVIE HOUR</p>
<p>21</p> <p>9:15 COFFEE SOCIAL 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 RELIGIOUS SERVICE 2:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>22</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 STRETCH & FLEX 11:15 COOLDOWN MUSIC 1:30 BALLOON TOSS 3:30 COGNITIVE GROUP</p>	<p>23</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 REMINISCING 11:15 COOLDOWN MUSIC 1:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>24</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 BALLOON TOSS 11:15 COOLDOWN MUSIC 2:00 DANCING HOUR w/ JUAN ROBLES 3:30 COGNITIVE GROUP</p>	<p>25 THANKSGIVING</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 LET'S GET FIT 11:15 COOLDOWN MUSIC 2:00 BINGO 3:30 SENSORY ENRICHMENT</p>	<p>26</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 TRIVIA 11:15 COOLDOWN MUSIC 2:00 ARTS & CRAFTS 3:30 COGNITIVE GROUP</p>	<p>27</p> <p>9:15 COFFEE SOCIAL 10:00 CATHOLIC MASS 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 MOVIE HOUR</p>
<p>28</p> <p>9:15 COFFEE SOCIAL 10:00 NAIL CARE & PRETTY HAIR 11:15 COOLDOWN MUSIC 2:00 RELIGIOUS SERVICE 2:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>29 RESIDENT COUNCIL</p> <p>9:15 COFFEE CHAT 10:00 REALITY ORIENTATION 10:15 STRETCH & FLEX 11:15 COOLDOWN MUSIC 1:30 BALLOON TOSS 3:30 COGNITIVE GROUP</p>	<p>30</p> <p>9:15 COFFEE SOCIAL 10:00 REALITY ORIENTATION 10:15 REMINISCING 11:15 COOLDOWN MUSIC 1:30 SING A LONG 3:30 SENSORY ENRICHMENT</p>	<p>THE SHORES POST ACUTE 2828 MEADOW LARK DRIVE SAN DIEGO, CA 92123 (858) 277-6460</p> 		<p>LANGUAGE LINE (888) 808-9008 (831) 242-8841 PIN NUMBER 32404306</p> 	<p>ACTIVITIES ARE SUBJECT TO CHANGE W/O PRIOR NOTICE. ACTIVITY MATERIALS ARE AVAILABLE IN THE GRAND LOUNGE.</p>