

Sun

Mon

Tue

Wed

Thu

Fri

Sat

November 2018

Sagepoint Senior Living Services
Adult Day Services
10200 La Plata Road
La Plata, Maryland 20646
301.934.1900

1
10:00 B-I-N-G-O
12:45 Grace Lutheran
1:15 Indoor Soccer

2
10:30 Clown Toss
12:45 Horse Racing
1:15 Month Ahead

3
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Fact or Fiction?

NOTES:

5
10:00 Balloon Volley
12:45 If I was...
1:15 Opposites Trivia

6
10:00 Crafts
12:45 Sing A-long
1:15 **Parachute Exercise**

7
10:00 Cooking Class
10:00 Trivia
11:00 Catholic Mass (R)
12:45 Reminiscing
1:15 Coffee Social

8
10:00 B-I-N-G-O
12:30 Timeless Trivia
1:00 Charades

9
10:30 Team Bowling
12:30 Horse Racing
1:15 Spelling Bee

10
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Would you Rather?

Birthstone
Citrine
Flower
Chrysanthemum

12
10:30 Ring Toss
12:45 Proverbs
1:30 United Praise Team

13
10:00 Table Games
12:45 Hot Potato
1:15 Best Rx: Laughter

14
10:00 Sit and Be Fit
12:45 This Day In Age...
1:30 Name that Tune

15
10:00 B-I-N-G-O
12:45 Grace Lutheran
1:15 Hot Tea & Treats Social

16
10:30 Clown Toss
12:45 Horse Racing
1:15 Happy Hour

17
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Trivial Pursuit

Astrological Signs
Scorpio
Oct 22 - Nov 21
Sagittarius
Nov 22 - Dec 21

19
10:00 Port Tobacco Players (R)
12:45 Group Activity Satisfaction Discussion
1:15 Kickball

20
10:00 Crafts
12:45 When I was....
1:15 **Parachute Exercise**

21
10:00 Cooking Class
10:00 Trivia
10:00 Catholic Mass (R)
12:45 Reminiscing
1:15 Birthday Party

Happy Thanksgiving

23
Eric M. Birthday
10:30 Team Bowling
12:45 Horse Racing
1:15 Hot Cocoa Social

24
Sherman M. Birthday
10:00 Jaycees Bingo (D)
12:45 Sit & Be Fit
1:30 Billboard Trivia

Daily Events:
9:00 Breakfast
11:00 Lunch
12:00 News Review
2:00 Snack
2:30 Relaxation
3:00 Departure

26
10:30 Charles County Show Troupe
12:45 Hang Man
1:30 United Praise Team

27
10:00 Table Games
12:30 Basket Toss
1:30 Indoor Soccer

28
10:00 Sit and Be Fit
12:45 Penny Postcards
1:15 Pizza Party

29
10:00 LOC B-I-N-G-O
12:45 Grace Lutheran
1:15 Simon Says

30
James B. Birthday
10:30 Team Bowling
12:45 Horse Racing
1:15 Linda on Keyboard