

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p> <p>Clubs scheduled weekly *Programs subject to change</p>	<p>■ Alzheimer Poetry Project ■ Field to Fare ■ Memories in the Making ■ Mindful Matters 🦋 Spiritual</p>	<p>Stay Tuned for Therapy dog visits from Bernie, Tilly and Ripley!</p>					
	<p>Daylight Saving Time Ends 10:00 Virtual Church Service 10:30 Daily Groove 1:00 Indoor Walking Club- Self-Guided 2:00 Word Games and Puzzles 3:00 Crafter's Corner 3:30 Packers vs Lions Fox Sports</p>	<p>10:00 Daily Groove — Picture Book Month Exploration 11:00 Poetry Corner 1:00 Indoor Walk Club 1:30 Look for Circles Day 2:00 Nail Care and Hand Massages 3:00 Midday Musings and Snacks and Rehydration 3:00 SPECIAL GUESTS: Card Making with Kathie and Sharon 4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm Election Day 10:00 Seated Yoga 10:30 Daily Chronicles 11:00 Stories of Thanks 1:30 Yarn Crafter's Club [CR] 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 How is it Made? 4:00 Music and Motion</p>	<p>10:00 Mobility and Flexibility 10:30 Inspirational Roles Models Month Discussion 1:00 Stand Up and S-T-R-E-T-C-H 2:00 BINGO Bash! 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 Book Club: Family Stories Month 4:00 Oui Si/Uno 4:00 Polar Bear Week</p>	<p>Blu Grotto Buddy Visits 2pm 10:00 Daily Groove 10:30 Daily Chronicles 10:30 Thankful Thursday 11:00 🦋 SPECIAL GUEST: Communion with Reverend Childress 1:00 Kitchen Fun 2:00 Noodle Exercises 3:00 Sounds and Snacks [BG] 3:00 Table Top Games 4:00 Use Your Noodle-Brain Games</p>	<p>10:00 Chair Dancing 10:30 Daily News/Weather Report 1:00 Life In Color Painting Session 2:30 Sadie Hawkins Discussion 3:00 Afternoon Refresh with Snacks/ Hydration 4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times Wisconsin Badger Football vs Iowa State TBD 10:00 Seated Exercises 10:30 Daily News/Weather Report 1:00 Indoor Walking Club 2:00 Table Top Games 3:00 Crafter's Corner 4:00 Active Games</p>
DAILY RHYTHM	<p>12:00 Packers vs the Bears 1:00 Indoor Walking Club- Self-Guided 2:00 Word Games and Puzzles</p>	<p>Forget-Me-Not Day Veterans Day 10:00 Daily Groove — Picture Book Month Exploration 11:00 Poetry Corner 11:30 Origami Day 1:00 Indoor Walk Club 1:30 Crafter's Corner 2:00 Nail Care and Hand Massages 3:00 Midday Musings and Snacks and Rehydration 3:30 Sort It Out 4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm 10:00 Seated Yoga 10:30 Daily Chronicles 11:00 Stories of Thanks 1:30 Yarn Crafter's Club [CR] 2:30 SPECIAL GUEST: Qi Gong with Joan 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 Sesame Street Day Appreciation 4:00 Music and Motion</p>	<p>World Kindness Day 10:00 Mobility and Flexibility 10:30 Inspirational Roles Models Month Discussion 1:00 Stand Up and S-T-R-E-T-C-H 2:00 BINGO Bash! 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 Book Club: Family Stories Month 4:00 Gallery Night [CR]</p>	<p>Blu Grotto Buddy Visits 2pm 10:00 Daily Groove 10:30 Daily Chronicles 11:00 Thankful Thursday 1:30 HeartStrings Quartet [CR] 2:00 Noodle Exercises 3:00 Sounds and Snacks [BG] 3:00 Table Top Games 4:00 Use Your Noodle-Brain Games</p>	<p>10:00 Chair Dancing 10:30 Daily News/Weather Report 1:00 Life In Color Painting Session 2:30 Steve Irwin Day Discussion 3:00 Afternoon Refresh with Snacks/ Hydration 4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Badger Football vs Oregon TBD Nail Care with Care Team/ Varied Times 10:00 Seated Exercises 10:30 Daily News/Weather Report 1:00 Indoor Walking Club 2:00 Table Top Games 3:00 Crafter's Corner 4:00 Active Games</p>
8:00 Breakfast							
10:00 Mindful Matters/Exercise							
10:30 Hydration							
11:00 This Day in History/Various Programs	<p>10:00 Virtual Church Service 10:30 Daily Groove 12:00 Packers vs Bears 1:00 Indoor Walking Club- Self-Guided 2:00 Word Games and Puzzles</p>	<p>10:00 Daily Groove — Picture Book Month Exploration 11:00 Poetry Corner 1:00 Indoor Walk Club 1:30 Crafter's Corner 2:00 Nail Care and Hand Massages 3:00 Midday Musings and Snacks and Rehydration 3:30 Mickey Mouse Day Discussion 4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm 10:00 Seated Yoga 10:30 Daily Chronicles 11:00 Stories of Thanks 1:30 Yarn Crafter's Club [CR] 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 How is it Made? 4:00 Music and Motion</p>	<p>10:00 Mobility and Flexibility 10:30 Family Caregiver Support Group [U] 10:30 Inspirational Roles Models Month Discussion 1:00 Stand Up and S-T-R-E-T-C-H 2:00 BINGO Bash! 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 Book Club: Family Stories Month 4:00 Golf Around</p>	<p>Blu Grotto Buddy Visits 2pm 10:00 Daily Groove 10:30 Daily Chronicles 11:00 Thankful Thursday 1:00 Kitchen Fun 2:00 Noodle Exercises 3:00 Armchair Travel: Sahara Desert 3:00 Sounds and Snacks [BG] 4:00 Use Your Noodle-Brain Games</p>	<p>Happy Birthday, Melinda! 10:00 Chair Dancing 10:30 Daily News/Weather Report 1:00 Life In Color Painting Session 2:00 Pizza Party 2:30 Mother Goose Day Fun! 3:00 Afternoon Refresh with Snacks/ Hydration 4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Badger Football vs Nebraska TBD Nail Care with Care Team/ Varied Times 10:00 Resident Choice: Puzzles, Music and Movies 1:00 Indoor Walking Club- Self-Guided 2:00 Resident Choice: At the Movies</p>
12:00 Lunch							
1:00 Walking Club							
2:00 Mindful Matters/Partner Programs							
3:00 Group Programs	<p>1:00 Indoor Walking Club- Self-Guided 2:00 Word Games and Puzzles 3:30 Packers vs 49ers</p>	<p>International Hat Day- Wear Your Favorite Hat! 10:00 Daily Groove — Picture Book Month Exploration 11:00 Poetry Corner 1:00 Indoor Walk Club 1:30 Crafter's Corner 2:00 Nail Care and Hand Massages 3:00 Midday Musings and Snacks and Rehydration 3:30 Sort It Out 4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm Happy Birthday, Ron! 10:00 Seated Yoga 10:30 Daily Chronicles 11:00 Stories of Thanks 11:30 SPECIAL EVENT: Thanksgiving Family Dinner Time TBD [CR] 1:30 Yarn Crafter's Club [CR] 2:30 SPECIAL GUEST: Qi Gong with Joan 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 How is it Made? 4:00 Music and Motion</p>	<p>10:00 Mobility and Flexibility 10:30 Inspirational Roles Models Month Discussion 11:00 Slinky Day Fun~ 1:00 Stand Up and S-T-R-E-T-C-H 2:00 BINGO Bash! 3:00 Afternoon Refresh with Snacks/ Hydration 3:30 Book Club: Family Stories Month 4:00 Jukebox Day Exploration 5:00 Blu Grotto Family Meeting [CR]</p>	<p>Happy Birthday, Judi! Thanksgiving Word Games/Puzzles 7:30 Macy's Thanksgiving Day Parade (NBC) 3:00 Sounds and Snacks [BG] 7:20 Packers vs Dolphins</p>	<p>Happy Birthday, Melinda! 10:00 Chair Dancing 10:30 Daily News/Weather Report 11:00 Badger Football vs Minnesota 1:00 Life In Color Painting Session 2:30 Meditation Circle 3:00 Afternoon Refresh with Snacks/ Hydration 4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 10:00 Seated Exercises 10:30 Daily News/Weather Report 1:00 Indoor Walking Club 2:00 Table Top Games 3:00 Crafter's Corner 4:00 Active Games</p>
4:00 Art Corner/Recharge							
5:00 Dinner							
6:00 Resident's Choice							