

CCACC ADHC Activities and Service Calendar November 2018

| | | | | 11/01/2018 Thursday | 11/02/2018 Friday | 11/03/2018 Saturday |
|--|---|---|---|---|---|--|
| 11/04/2018  | |  |  | 8:30 Line Dance / Taichi 9:45 Grocery 10:00 ESOL 1 / Conversation 3 10:00 Cantonese Group/ Opera 10:20 General Exercise / Yoga 11:00 * Music Therapy 12:00 Rest and Lunch 1:30 Departure | 8:30 Line Dance 9:50 Grocery 10:20 Exercise /Arm Chair exercise 11:00 Movie 10:40 *Bingo / Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:50 Outing 10:00 Movie/ Mahjong 10:05 General Exercise 10:45 *Bingo /Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure |
| 11/04/2018 Sunday | 11/05/2018 Monday | 11/06/2018 Tuesday | 11/07/2018 Wednesday | 11/08/2018 Thursday | 11/09/2018 Friday | 11/10/2018 Saturday |
| 9:30 Church 10:00 Movie / Mahjong 10:05 Exercise 10:30 Social Dance 10:45 Bingo/Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure |  8:30 Line Dance 9:45 Taichi 10:00 Folk Songs /Beijing Opera 10:20 Exercise /Arm Chair Exercise 11:00 Photo Shape 11:00 Folk Dance 12:00 Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance / Opera 10:00 Exercise/ Chinese Painting 9:50 Hymns Songs/ Opera 10:45 Lunch Eating out  1:30 Departure | 8:30 Line Dance 9:45 Bible Story / Taichi *hair cut 10:00 Opera /Painting /swimming 10:20 Exercise 11:00 YuanJi Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance / Taichi 9:45 Grocery 10:00 ESOL 1 / Conversation 3 10:00 Cantonese Group/ Opera 10:20 General Exercise / Yoga 11:00 * Music Therapy 12:00 Rest and Lunch 1:30 Departure | 8:30 Line Dance 9:50 Grocery 10:20 Exercise /Arm Chair exercise 11:00 Movie 10:40 *Bingo / Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:50 Outing 10:00 Movie/ Mahjong 10:05 General Exercise 10:45 *Bingo /Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure |
| 11/11/2018 Sunday | 11/12/2018 Monday | 11/13/2018 Tuesday | 11/14/2018 Wednesday | 11/15/2018 Thursday | 11/16/2018 Friday | 11/17/2018 Saturday |
| 9:30 Church 10:00 Movie / Mahjong 10:05 Exercise 10:30 Social Dance 10:45 Bingo/Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:45 Taichi 10:00 Folk Songs /Beijing Opera 10:20 Exercise / Arm Chair Exercise 11:00 Photo Shape 11:00 Folk Dance 12:00 Lunch / Birthday Party  1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance / Opera 10:00 Chinese Painting 10:00 Hymns Songs/ Vocal Singi 10:20 General Exercise 11:00 Entertainment / Drawing 12:00 Rest and Lunch 1:00 Karaoke/ Board Games 1:30 Departure | 8:30 Line Dance/ **Pedicure 9:45 Bible Story / Taichi *hair cut 10:00 Opera /Painting /swimming 10:20 Exercise 11:00 YuanJi Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance /Taichi 9:50 General Exercise 10:00 ESOL 1 / Conversation 3 10:00 Cantonese Group/ Opera 10:20 General Exercise / Yoga 11:00 * Music Therapy 12:00 Rest and Lunch 1:30 Departure | 8:30 Line Dance 9:50 Grocery 10:20 Exercise /Arm Chair exercise 11:00 Movie 10:40 *Bingo / Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:50 Outing 10:00 Movie/ Mahjong 10:05 General Exercise 10:45 *Bingo /Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure |
| 11/18/2018 Sunday | 11/19/2018 Monday | 11/20/2018 Tuesday | 11/21/2018 Wednesday | 11/22/2018 Thursday | 11/23/2018 Friday | 11/24/2018 Saturday |
| 9:30 Church 10:00 Movie / Mahjong 10:05 Exercise 10:30 Social Dance 10:45 Bingo/Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:45 Taichi 10:00 Folk Songs /Beijing Opera 10:20 Exercise / Arm Chair Exercise 11:00 Photo Shape 11:00 Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance / Opera 10:00 Chinese Painting 10:00 Hymns Songs/ Vocal Singi 10:20 General Exercise 11:00 Health education / Drawing 12:00 Rest and Lunch 1:00 Karaoke/ Board Games 1:30 Departure | 8:30 Line Dance/ 9:45 Bible Story / Taichi *hair cut 10:00 Opera /Painting /swimming 10:20 Exercise 11:00 YuanJi Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | <div style="text-align: center;"> Center Close  </div> | 8:30 Line Dance 9:50 Grocery 10:20 Exercise /Arm Chair exercise 11:00 Movie 10:40 *Bingo / Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:50 Outing 10:00 Special Program  12:00 Rest and Lunch 1:30 Departure |
| 11/25/2018 Sunday | 11/26/2018 Monday | 11/27/2018 Tuesday | 11/28/2018 Wednesday | 11/29/2018 Thursday | 11/30/2018 Friday | |
| 9:30 Church 10:00 Movie / Mahjong 10:05 Exercise 10:30 Social Dance 10:45 Bingo/Taichi 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance 9:45 Taichi 10:00 Folk Songs /Beijing Opera 10:20 Exercise / Arm Chair Exercise 11:00 Photo Shape 11:00 Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance / Opera 10:00 Chinese Painting 10:00 Hymns Songs/ Vocal Singi 10:20 General Exercise 11:00 Entertainment / Drawing 12:00 Rest and Lunch 1:00 Karaoke/ Board Games 1:30 Departure | 8:30 Line Dance 9:45 Bible Story / Taichi *hair cut 10:00 Opera /Painting /swimming 10:20 Exercise 11:00 YuanJi Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | 8:30 Line Dance / Taichi 9:45 Grocery 10:00 ESOL 1 / Conversation 3 10:00 Cantonese Group/ Opera 10:20 General Exercise / Yoga 11:00 * Music Therapy 12:00 Rest and Lunch 1:30 Departure | 8:30 Line Dance 9:50 Grocery 10:20 Exercise /Arm Chair exercise 11:00 Movie 10:40 *Bingo / Folk Dance 12:00 Rest and Lunch 1:00 Karaoke/ /Board Games 1:30 Departure | |