






A MOMENT IN TIME: LET'S LEARN, LAUGH, PLAY AND PRAY!™

ACTIVITY CALENDAR FOR NOVEMBER

WEEK	THEME OF THE WEEK	SUGGESTED ACTIVITIES
1	 <p>Sandwich Day Nov 3</p>	<ul style="list-style-type: none"> • History of the Sandwich • Top 10 Greatest Sandwiches • Sandwich Day Quiz • Make or order your favorite sandwich and enjoy! • Discussion Questions: How many types of sandwiches and their ingredients can you name? What is your favorite sandwich as a child and as an adult now? Did you buy or bring lunch to school? How much did hot lunch cost?
2	 <p>World Kindness Day Nov 13</p>  <p>Veterans Day Nov 11</p>	<ul style="list-style-type: none"> • Kindness Quotes • World Kindness Day Word Search • Discussion Questions: How can you be kind to strangers? To family members? To neighbors? To your caregiver? Share a time that an act of kindness blessed you. Why is kindness important? Do you feel the world is more or less kind? • What kind act can you do this week? Some suggestions: donate gently used clothing; say a prayer for someone; invite your neighbor for coffee; call a friend and let them know you are thinking of them. • Striking Portraits of War Veterans Around the World • Make Veteran's Day craft • Activities to Celebrate Veterans Day: If you're a vet, get a free or discounted meal at participating businesses or free entrance to a state park or museum; send a thank you card to a vet you know; support veteran-owned businesses; make a donation to charities that help vets; pray for our veterans. • Take a virtual field trip of national monuments, museums or battlefields using these links: National Malls; US Veterans and War Memorials; National Museum of US Navy; National Museum of Air Force; Gettysburg National Park
3	 <p>Fall/Autumn</p>	<ul style="list-style-type: none"> • Visit our own Just Breathe - Seasonal - Autumn Leaves • Why Do Leaves Change Color in the Fall? • Take a drive to see the fall foliage - have some fun with our own Car Games while in the car. • "Fall into Autumn" Word Search • Go to a local park or outside your home and collect leaves • Make Dry Leaf Craft Ideas • Discussion Questions: What do you love about fall? How did you celebrate fall: apple picking? raking and jumping in the leaves? building a fire? picking pumpkins? a corn maze? football games?
4	 <p>Thanksgiving</p>	<ul style="list-style-type: none"> • History of Macy's Thanksgiving Day Parade • Thanksgiving Gratitude Game • Thanksgiving Word Unscramble • Thanksgiving Activities Quiz • Make Thanksgiving Day craft • Visit our own Count Your Blessings and make a journal entry • Discussion Questions: Growing up, what did you eat on Thanksgiving? When you had your own family as an adult, what did you prepare? Do you have a favorite dish you are known for? Will you share the recipe? Who sat at your holiday table? Do you have a family Thanksgiving tradition?



BONUS ACTIVITY: FAMOUS NOVEMBER BIRTHDAYS TRIVIA

HELPFUL HINTS FOR THE CAREGIVER

Get the most out of each week's activities with helpful hints and tips below.

TIP 1

The clickable dark bullets are links for learning, story time, music, recipes, crafts, and activities. If you aren't clicking these links, you are missing out!

- 1) Go to our website at www.alwaysanangelhomecare.com
- 2) Click **A MOMENT IN TIME** and scroll down to Activity Calendars to select the current month.
- 3) From there, click the links under each week's activities.
- 4) Learn, read, sing, cook, make, do!



TIP 4

FOR THE VISUALLY IMPAIRED – difficulty seeing

If your client can't see the reading material, read it to them.

Word Searches: Forget about the word search and lead a discussion about the words in the box:

- What does that word mean? Can you define it?
- Is it a noun, verb, adjective or adverb?
- How does that word relate to the topic?
- What other thoughts come to mind when you hear that word?

Crossword Puzzles, Birthdays Trivia, and Other Word Games: You ask the questions and write in your client's answers.

It's easier for your client to see the clickable links on an iPad rather than a cell phone. If your client doesn't have an iPad, talk with the office or family directly about getting one. A desktop or laptop computer works well too.



TIP 3

Visit the clickable links yourself first. Determine what is appropriate for your client.

TIP 2

FOR THE HEARING IMPAIRED
– difficulty hearing

Many of the clickable links can be read. Encourage your client to read the material. Other links are very visual with few words. If needed, pause the video to allow your client to finish reading the text.

TIP 5

TIP 6

Check out the other 24 activities online:

Mind, Body, Soul, 100 Questions, All About Me, Art 101, Bible Stories, Coloring, Count Your Blessings, For Men Only, Games Galore, Household Chores, It's Your Party, Just Breathe, Knit Happens, Let It Snow, Memory Lane – 1950s, Car Games, Reading, Sensory Therapy, Sing-Alongs, The Great Outdoors, Virtual Visits, Wanna Be A Wise Guy

