

# November: AUSTRALIA

2025

An Atlas Senior Living Community

## Memory Care

|                                    |                                                                                                                                                                          |                                                                                                                                                                                                                   |                                                                                                                                                                                                           |                                                                                                                                                                              |                                                                                                                                                              |                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| SUNDAY                                                                                                              | MONDAY                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                     | FRIDAY                                                                                                                                                       | SATURDAY                                                                                                          |
|                                     |                                                                                         | <b>Around the World Activities</b><br><b>Activities With Leadership</b><br><b>Think Tank</b><br><b>Women's Group</b><br><b>Men's Group</b><br><b>Memories and Mementos</b>                                        |                                                                                                                                                                                                           |                                                                                                                                                                              |                                                                                                                                                              | 1 10- Morning news and Coffee<br>1-MOD Led activity<br>2- Snack/Hydration<br>3-Outdoor Walk<br>5:30- Movie Night  |
| 2 10-Church services and Coffee<br>1-MOD led Activities<br>2-Snack/Hydration<br>3-Outdoor walk<br>5:30 Movie Night  | 3 10-Snack/Hydration<br>10:30 Morning Workout<br>11- <b>Australian Flag Craft</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night              | 4 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night                                                                             | 5 10-Snack/Hydration<br>10:30 Morning Workout<br>11- <b>Great Barrier Reef Tour</b><br><b>1-Wellness Wednesday with Melissa</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night | 6 10-Snack/Hydration<br><b>10:30 Choco Spiders with Cassie</b><br>11- Trivia<br>2-Thirsty Thursday<br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night | 7 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>2-Ice Cream Social w/ Banana Bread</b><br>4- Outdoor Walk<br>5:30- Movie Night             | 8 10- Morning news and Coffee<br>1-MOD Led activity<br>2- Snack/Hydration<br>3-Outdoor Walk<br>5:30- Movie Night  |
| 9 10-Church services and Coffee<br>1-MOD led Activities<br>2-Snack/Hydration<br>3-Outdoor walk<br>5:30 Movie Night  | 10 10-Snack/Hydration<br>10:30 Morning Workout<br>11- <b>Trivia/ Aussie Slang and Words</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night    | 11 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>1-Veteran Pinning Ceremony</b><br><b>1:30 Men's Group with Tonzi</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night | 12 10-Snack/Hydration<br>10:30 Morning Workout<br>11- <b>Tour of Australia</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night                                                  | 13 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>2-Thirsty Thursday Apple Fritters with Kevin</b><br>4- Outdoor Walk<br>5:30- Movie Night                  | 14 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>2-Ice Cream Social with Macadamia Nut cookies</b><br>4- Outdoor Walk<br>5:30- Movie Night | 15 10- Morning news and Coffee<br>1-MOD Led activity<br>2- Snack/Hydration<br>3-Outdoor Walk<br>5:30- Movie Night |
| 16 10-Church services and Coffee<br>1-MOD led Activities<br>2-Snack/Hydration<br>3-Outdoor walk<br>5:30 Movie Night | 17 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>1-Crafting with JoEllen</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night | 18 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br>2-Snack/Hydration<br>3-Spa Day<br><b>4- Women's Group Garden Club Plant Eucalyptus</b><br>5:30- Movie Night                                       | 19 10-Snack/Hydration<br>10:30 Morning Workout<br><b>11- Documentary on the Irwin's</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night                                         | 20 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>2-Thirsty Thursday Granny Smith Apples</b><br>4- Outdoor Walk<br>5:30- Movie Night                        | 21                                                                      | 22 10- Morning news and Coffee<br>1-MOD Led activity<br>2- Snack/Hydration<br>3-Outdoor Walk<br>5:30- Movie Night |
| 23 10-Church services and Coffee<br>1-MOD led Activities<br>2-Snack/Hydration<br>3-Outdoor walk<br>5:30 Movie Night | 24 10-Snack/Hydration<br>10:30 Morning Workout<br><b>11-Activities with Audrey</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night             | 25 10-Snack/Hydration<br>10:30 Morning Workout<br>11- Trivia<br><b>2-Snack/Hydration Avocado Toast</b><br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night                                                       | 26 10-Snack/Hydration<br>10:30 Morning Workout<br><b>11- Sydney Olympics</b><br>2-Snack/Hydration<br>3-Spa Day<br>4- Outdoor Walk<br>5:30- Movie Night                                                    | 27                                                                                      | 28 10-Snack/Hydration<br>10:30 Morning Workout<br><b>11- Trivia on Australia</b><br>2-Ice Cream Social<br>4- Outdoor Walk<br>5:30- Movie Night               | 29 10- Morning news and Coffee<br>1-MOD Led activity<br>2- Snack/Hydration<br>3-Outdoor Walk<br>5:30- Movie Night |
| 30 10-Church services and Coffee<br>1-MOD led Activities<br>2-Snack/Hydration<br>3-Outdoor walk<br>5:30 Movie Night |                                                                                                                                                                          |                                                                                                                                                                                                                   |                                                                                                                                                                                                           |                                                                                                                                                                              |                                                                                                                                                              |                                                                                                                   |