Inglemoor Rehabilitation and Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 THEME: Autumn Colors & Nature 10:00 Chair Exercise & Stretching 10:30 Forest Animals 1:00 Fall Color Exploration 2:00 Matching Games 3:15 Puzzles and Sensory	2 THEME: Autumn Colors & Nature 10:00 Seated Arm & Leg Exercises 10:30 Soft Fabric Touch 1:00 Autumn Scents & Textures 2:00 Color Matching 3:15 Hand Massage	Amelia visits 3 THEME: Autumn Colors & Nature 10:00 Gentle Movement to Music 10:30 Autumn Leaf Sort 1:00 Orange Leaf Sensory 2:00 Orange Leaf Stamp Art 3:15 Music Memories	Birds visit 4 THEME: Autumn Colors & Nature 10:00 Chair Yoga & Breathing *10:00 Eucharist 10:30 Birdsong Listening 1:00 Purple Flower Touch 2:00 Purple Texture Sort 3:15 Sensory Relaxation	Kia visits 5 THEME: Autumn Colors & Nature 10:00 Seated Fitness & Stretching 10:30 Nature Picture Sort 1:00 Green Nature Discovery 2:00 Pressed-Leaf Collage 3:15 Music & Movement	Cappuccino visits 6 THEME: Autumn Colors & Nature 10:00 Rhythm & Movement Exercise 10:30 Sunshine Picture Sort 1:00 Sunshine & Yellow Textures 2:00 Sunshine Paper Mosaic 3:15 Familiar Songs	7 THEME: Autumn Colors & Nature 10:00 Gentle Range-of-Motion Exercise 10:30 Autumn Leaf Rubbings 1:15 Snoezelen: Soft Jazz & Fall Lights 2:00 Tissue-Paper Fall Tree 3:15 Cozy Texture Basket
8 THEME: Music & Memories 10:00 Chair Exercise & Stretching 10:30 Circus Time 1:00 Country Music Sensory 2:00 Pumpkin Craft and Sensory 3:15 Social	9 THEME: Music & Memories 10:00 Seated Arm & Leg Exercises 10:30 Familiar Songs 1:00 Pink Rhythm Ribbons 2:00 Pink Tissue Flower Craft 3:15 Sensory Scarves	Amelia visits 10 THEME: Music & Memories 10:00 Gentle Movement to Music 10:30 Tactile Sorting 1:00 Orange Music Shakers 2:00 Pumpkin Sponge Painting 3:15 Gentle Stretch	Birds visit 11 THEME: Music & Memories 10:00 Chair Yoga & Breathing *10:00 Eucharist 10:30 Feather Touch 1:00 Purple Sound Discovery 2:00 Lavender Color Match 3:15 Music Memories	Kia visits 12 THEME: Music & Memories 10:00 Seated Fitness & Stretching 10:30 Green Color Match 1:00 Green Music & Movement 2:00 Nature Leaf Bookmark 3:15 Soft Ball Toss	Cappuccino visits 13 THEME: Music & Memories 10:00 Rhythm & Movement Exercise 10:30 Yellow Object Match 1:00 Yellow Song Memories 2:00 Yellow Sun Catcher 3:15 Calming Music	14 THEME: Music & Memories 10:00 Gentle Range-of-Motion Exercise 10:30 Felt Shape Collage 1:15 Snoezelen: Country Music & Lights 2:00 Paper Plate Turkey Craft 3:15 Thanksgiving Picture Talk
15 THEME: Textures & Creative Arts 10:00 Chair Exercise & Stretching 10:30 Occupations 1:00 Classical Music & Touch 2:00 Fall Harvest 3:15 Matching Games	16 THEME: Textures & Creative Arts 10:00 Seated Arm & Leg Exercises 10:30 Tactile Treasures 1:00 Soft Pink Fabrics 2:00 Fabric Patchwork Collage 3:15 Music & Movement	Amelia visits 17 THEME: Textures & Creative Arts 10:00 Gentle Movement to Music 10:30 Orange Pom-Poms 1:00 Orange Clay Exploration 2:00 Pumpkin Paper Garland 3:15 Familiar Songs	Birds visit 18 THEME: Textures & Creative Arts 10:00 Chair Yoga & Breathing *10:00 Eucharist 10:30 Nature Sounds 1:00 Purple Tactile Shapes 2:00 Purple Fabric Sort 3:15 Gentle Movement	Kia visits 19 THEME: Textures & Creative Arts 10:00 Seated Fitness & Stretching 10:30 Texture Matching 1:00 Green Texture Boards 2:00 Garden Flower Collage 3:15 Relaxation Music	Cappuccino visits 20 THEME: Textures & Creative Arts 10:00 Rhythm & Movement Exercise 10:30 Tactile Exploration 1:00 Yellow Sensory Art 2:00 Corn Kernel-Free Mosaic 3:15 Rhythm & Music	21 THEME: Textures & Creative Arts 10:00 Gentle Range-of-Motion Exercise 10:30 Pinecone Texture Touch 1:15 Snoezelen: Classical Music & Fiber Optics 2:00 Handprint Gratitude Wreath 3:15 Warm & Cool Fabric Sort
22 THEME: Thanksgiving & Gratitude 10:00 Chair Exercise & Stretching 10:30 Baby Time 1:00 Harvest Sounds & Scents 2:00 Book Time 3:15 Meditation	23 THEME: Thanksgiving & Gratitude 10:00 Seated Arm & Leg Exercises 10:30 Rhythm Sticks 1:00 Pink Thankful Hearts 2:00 Thanksgiving Card Making 3:15 Guided Relaxation	Amelia visits 24 THEME: Thanksgiving & Gratitude 10:00 Gentle Movement to Music 10:30 Harvest Matching 1:00 Orange Harvest Textures 2:00 Fall Leaf Watercolor 3:15 Calming Music	Birds visit 25 THEME: Thanksgiving & Gratitude 10:00 Chair Yoga & Breathing *10:00 Eucharist 10:30 Bird Picture Talk 1:00 Purple Gratitude Ribbons 2:00 Soft Sensory Balls 3:15 Calming Sounds	Kia visits 26 THEME: Thanksgiving & Gratitude 10:00 Seated Fitness & Stretching 10:30 Green Object Sort 1:00 Green Harvest Sensory 2:00 Thankful Tree Craft 3:15 Gentle Stretch	Cappuccino visits 27 THEME: Thanksgiving & Gratitude 10:00 Rhythm & Movement Exercise 10:30 Photo Reminiscing 1:00 Yellow Family Memories 2:00 Yellow Paper Lantern 3:15 Gentle Movement	28 THEME: Thanksgiving & Gratitude 10:00 Gentle Range-of-Motion Exercise 10:30 Holiday Ribbon Sorting 1:15 Snoezelen: Gentle Instrumental Music 2:00 Cotton-Ball Snow Scene 3:15 Winter Memory Pictures
29 THEME: Winter Welcome 10:00 Chair Exercise & Stretching 10:30 Show and Tell 1:00 Snoezelen w/ Oldies 2:00 Art Time 3:15 Craft Time	30 THEME: Winter Welcome 10:00 Seated Arm & Leg Exercises 10:30 Winter Picture Reminiscing 1:00 Winter Texture Basket 2:00 Snowflake Paper Collage Craft 3:15 Cozy Music & Sensory Social					

November 2026
Inglemoor Rehabilitation & Care Center- Reflections

Activities are subject to change.