

# May 2023 Memory Care Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Exercise  11:30 Communion with Holy Spirit	<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Movin' to Music Cardio	<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Bean Bag Toss  11:15 Exercise with Active for Life (South)	<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Seated Strength: Resistance Bands  11:30 Jim's Special Outing: Dewey's Pizza (sign ups only)	<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Scarf Dancing Exercise	<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Seated Strength: Weights	<u>Morning</u>  Morning Wake Up: Enjoy coffee, chronicles, & discussion  Sweatin' to the Oldies
<u>Afternoon</u>  1:00-3:00 Moms & Mimosas Brunch/Music with the Amethyst String Trio (IL Atrium) * Family escort required.  1:30 Church with Abraham  Remembering Songs About Motherhood	<u>Afternoon</u>  Cooking Club with Emily: Pasta Salad  Walking Club with Mary, get your steps in	<u>Afternoon</u>  Notable Nurses in History  2:30 Therapy Dog Visits with Duke  Watercolor & Relaxation Music	<u>Afternoon</u>  2:30 Culinary Showcase with Chef Phil  3:00/3:30 Music & Mocktails with Bill	<u>Afternoon</u>  Manicures with Alyssa (East residents)  Music Therapy with Sara (S)  Daily Devotion & Prayer	<u>Afternoon</u>  2:00 Happy Hour with Debbie Darling  Brain Games: Mind Joggers	<u>Afternoon</u>  Game Time: Shake Up the Relatives  Garden Bed Prep
<u>Evening Wind Down</u>  Short Stories	<u>Evening Wind Down</u>  Classical Music & Puzzles	<u>Evening Wind Down</u>  Movie Night	<u>Evening Wind Down</u>  Create & Color	<u>Evening Wind Down</u>  Crossword	<u>Evening Wind Down</u>  Friday Night Musical	<u>Evening Wind Down</u>  Word Games with Friends