

October 01-07, 2023

Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
Morning Church In person church service with GC Naz Exercise Walking Club Life Skills Garden Checks and clean out	Morning Morning Inspirations Starting our morning with a hot cup of coffee and inspirational readings. Exercise Shoot'n Hoops! 	Morning Exercise Morning Stretch and Movement Cool Drinks & Chronicles Cool down after fitness with a cool drink and a discussion on current and past events. Life Skills Fabric Looms. Let's pick out some fall fabric for decor.	Morning This Day in History Reminiscing and discussing events that happened on this day in a variety of years. Exercise Hula Hoop Fitness Life Skills Baby Care Bath time for the babies!	Morning Conversations with Courtney Chats over coffee with LE Lead Courtney Exercise Seated Dance: Tapping our toes to a catchy tune.	Morning Friday Funnies Knock, knock? Who's there? Friday Funnies! Start they day with a giggle. Exercise Volleyball Life Skills Sock sorting and matching.	Morning Coffee & Chronicles Coffee and a discussion on current and past events. Exercise Upper Body Blitz Life Skills Library Stocking and Organizing
Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Movie Matinee Sound of Music Out and About SP Bingo in 1Cr with AL	Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Pet Visits Visits with our favorite pup Finn and Fireman Tom! Life Skills Activity Corner Organizing and Clean up. We had lots of visitors over the weekend. Let get things put back in order. Out and About SP Live Entertainment in the Bistro: Dean Simms	Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Live Entertainment Bill at the Piano with a fun sing along. Out and About SP Games Shows in the Media Room. Come press your luck with a few old time favorites. Creative Cuisine Magic 2 Ingredient Cake! Note: this is a reschedule from last week.	Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Art with With Friends Dauber Art Create works of art using bingo Daubers. Way Back Wednesday Tell me about your first job Out and About SP Todd Berry will be in the house for an after dinner concert.	Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Manicures and Music Relax with LE with Manicures, soothing music and drinks. Out and About SP Salon Visits Please see Courtney if you need help scheduling hair appointments.	Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Games with Friends Giant Connect Four Happy Hour Hydration Fruit punch and Dolly Parton Out and About SP Music Trivia in the Bistro	Afternoon Lunch Time Tunes Sit back and relax during meal time as we listen to our favorite tunes. Puzzles with Friends Jig Saw, Crosswords, Seek and find. Puzzles are more fun when done with a plus one. One on One Card games and Trivia Out and About SP Take a stroll with LE as they prepare the building for the busy week ahead.
Evening Small Wind Down Group - 3 Choices: Hand Massages Revivify	Evening Small Wind Down Group - 3 Choices: Creative Coloring Revivify	Evening Small Wind Down Group - 3 Choices: Revivify Curl up with a cozy blanket and enjoy a movie.	Evening Small Wind Down Group - 3 Choices: Community Crosswords Revivify	Evening Small Wind Down Group - 3 Choices: Revivify Magazine Reading	Evening Small Wind Down Group - 3 Choices: Revivify Word Searches	Evening Small Wind Down Group - 3 Choices: Revivify Relaxing Spa Music

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