

December 2023 - Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Small Group: Coffee and Conversation	Small Group: 1440 Walk	Small Group: Catholic Service	Small Group: GH Zumba	Small Group: Chocolate Chat	Small Group: Brownies	Small Group: Reading Books
Large Group: Homemade Crafts	Large Group: Holiday Sweaters	Large Group: Pilates Exercise	Large Group: RESA Kids Visit	Large Group: Cooking Brownies	Large Group: Jen and Frankie Therapy	Large Group: Mystery Outing
Life Skills: Watering Plants	Life Skills: Dishes	Life Skills: Laundry	Life Skills: Family Style Lunch	Life Skills: Clean Up from Cooking	Life Skills: Kitchen Clean Up	Life Skills: Cupboard Organizing
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Small Group: Resident Lead Games	Small Group: Lunch Topic	Small Group: Music	Small Group: Music with Wendy	Small Group: Games	Small Group: Chair Workout	Small Group: Watching Silver Bells
Large Group: Pine Cone Trees	Large Group: Bingo	Large Group: Educational Hanukkah Talk	Large Group: Resident Forum	Large Group: Hydration Station	Large Group: Bingo	Large Group: Belly Dancers
Personal Engagement: Favorite Christmas Songs	Personal Engagement: Games	Personal Engagement: Book Talk	Personal Engagement: 1 on 1 Talk	Personal Engagement: Cotton Candy Cart	Personal Engagement: Hot Cocoa Bar	Personal Engagement: Dance Chat
Out of the Neighborhood: Band Workout	Out of the Neighborhood: Exercise	Out of the Neighborhood: Briggs Library	Out of the Neighborhood: Family Holiday Party	Out of the Neighborhood: Exercise	Out of the Neighborhood: Lights Tour	Out of the Neighborhood: Sweatin' to the Oldies
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Small Wind Down Group - 3 Choices:	Small Wind Down Group - 3 Choices:	Small Wind Down Group - 3 Choices:	Small Wind Down Group - 3 Choices:	Small Wind Down Group - 3 Choices:	Small Wind Down Group - 3 Choices:	Small Wind Down Group - 3 Choices:
Weekly Affirmations	Book on CD	Journaling	Deep Breathing	Prep for Bed	Tomorrow To Do List	Week Wrap Up
Hand Messages	Breathing Exercise	White Noise	Foot Baths	Head Messages	Therapy Oils	Meditation
Music	Eye Masks	Stretching	Relaxation Sounds	Puzzles	Bed Yoga	Warm Hands