

# December 3-9.2023

# Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
<b>Morning</b> <b>Church</b> Non-Denominational Church service with GC Naz <b>Exercise</b> Tummy Twists Twist and shout as you move and groove! <b>Life Skills</b> Doll Therapy	<b>Morning</b> Monday Morning Inspirations Start your week off being inspired & encouraged <b>Exercise</b> Hoola Hoop Fitness <b>Life Skills</b> Build a snowman dice game	<b>Morning</b> <b>Exercise</b> <b>Dummercis</b> Cardio + Drumming = a fun way to get fit! <b>Cool Drinks &amp; Chronicles</b> Cool down after fitness with a cold drink & discuss on current & past events.	<b>Morning</b> <b>This Day in History</b> Reminiscing and discussing events that happened on this day in a variety of years. <b>Exercise</b> <b>Walk "N" Rollers</b> They see a roll'n...we walking. Trying to get our fitness on!	<b>Morning</b> <b>Coffee Chats with Courtney</b> Chats over coffee with LE Lead Courtney <b>Exercise</b> Seated Zumba Moving and Grooving to fun festive songs	<b>Morning</b> <b>Friday Funnies</b> Knock, knock? Who's there? Friday Funnies! Start the day with a giggle. <b>Exercise</b> Seated full body stretch Stay limber while staying seated	<b>Morning</b> <b>Coffee &amp; Chronicles</b> Enjoy A hot cup of coffee while discussing current events <b>Exercise</b> Shadow Fitness Fitness for the brain and body <b>Life Skills</b> Christmas Card Delivery
<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Movie Matinee:</b> Elf 2003 PG-13 1hr 37min <b>Out &amp; About</b> Candy Bingo in 1CR J Join us for a sweettime as we play candy bingo with assisted living.	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Pet Therapy Finn &amp; Tom!!</b> Our favorite pup and his firefighter sidekick will be in for a visit. <b>Out &amp; About</b> Monday Mixer: Live entertainment by Bob Clamier	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Live Entertainment</b> Live music with Bill Wilt on the Ppiano and guitar <b>Creative Cuisine</b> Marshmallow Snowman This crafty sweet will be a treat for everyone! <b>Life Skills</b> After lunch tidy up.	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Way Back Wednesday</b> Reminiscing about how Christmas decor has changed throughout the years. <b>Out &amp; About</b> Live Entertainment with IL in Cafe <b>Life Skills</b> Dusting and Polishing	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Manicures &amp; Music</b> Get nails polished and hand massage while enjoying some Christmas tunes. <b>Life Skills</b> Lacing Challenge <b>Salon Visits</b> Come relax & get pampered Please contact LE if you need help setting up celebration account.	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Festive Fridays Crafting Corner</b> Candy Cane Crafting <b>Happy Hour Hydration</b> Sit, relax & enjoy a drink! <b>Out &amp; About</b> Dean Simms in IL <b>Life Skills</b> Help Set up Happy Hour	<b>Afternoon</b> <b>Lunch Time Tunes</b> Sit back and relax during meal time as we listen to our favorite tunes. <b>Puzzle Pals</b> Jig Saw, Crosswords, Seek and find. Puzzles are more fun when done with a plus one. <b>One-On-One Visits</b> Not everyone enjoys a crowd. Meaningful one on one visits with Life Enrichment Christmas Carol Matching Game.
<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> <b>Games with friends</b> Domino's <b>Star Gazer</b> Gaze at the stars from the comfort of you home.	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> <b>Games with friends</b> Uno <b>Revivify</b> Relax and unwind with Revivify	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> Relaxing Music <b>Night time movie matinee</b> Curl up with a cozy blanket and enjoy a movie.	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> Word Searches <b>Therapy Putty</b> Sooth and strengthen your hands through the use of therapy putty.	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> <b>Card Games with friends</b> War <b>Cozy conversations</b> Curl up with cozy blankets, coco and warm conversations.	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> Community Crosswords <b>Games with friends</b> Guess who	<b>Evening</b> <b>Small Wind Down Group - 2 Choices:</b> Calm Coloring Hand Massages

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Shine. Everyday.