

## **EVERY DAY ACTIVITIES**

#### FIT FOR LIFE

Each morning will offer a form of physical activity to keep our bodies fit and healthy

### **STROKES OF MEMORY**

Using our memories each day to reminisce or recall keeps our minds strong & hearts beating

### **THINKING BEYOND**

Each day we will spend some time using our powers of thinking to fine tune our focus and strengthen our attention

#### **MUSIC & MORE**

There is nothing more enjoyable or therapeutic than the healing power of music!

#### REJUVENATING THE SPIRIT

a garden we all need to reeach day.

# TIME FOR

Joining others at meals, comforting one another, playing cards, putting a puzzle together, enjoying music, crocheting, baking cookies, watching a movie or simply laughing together can make a difference in someone's day when doing it with friends.

### SUNDAY MONDAY

**10:00 MASS ON TV** 

11:00 Coloring to Music

1:30 Activites

with Sandy in the Gardens

2:30 Ice Cream Social

In the Gardens

6:30 Movie-

Resident's Choice

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10:00 IN2L Games

10:30 Fruit Jingo

1:00 Bingo & Prizes

2 pm Exercise

with Angela

2:30 Music with Kathy

3:30 Snacks

10:00 Eucharistic

**Service Communion** 

1:00 Bingo

2 pm Exercise with Angela

2:30 Musical Memories

w/Kathy

4:00 Movie

10:00-11:00 Glee Club with Lynne

15

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2:00 Music with Pendola the **Troubedour** 

**TUESDAY** 

10:00-11:00

Glee Club with Lynne

1:15 Music with RSVP

**Function Room** 

2:15 Ball Toss with Music

3:30 Board Games & Puzzles

6:00 Tuesday Night Movie

2:15 Ball Toss with Music 3:30 Board Games & Puzzles

10:00-11:30

Glee Club with Sue Johnson

1:15-2:00

Word Find Puzzle Fun

2:00 Music with

**Larry Batter** 

3:00 Snacks & Trivia

4:30 Pizza & Movie Night

10:00-11:00

Glee Club with Maggie

1:15-2:15

Word Find Puzzle Fun

2:30 Music with

Tom Stankus

3:30-Cards & Puzzles

6:00 Tuesday Night Movie

2:30 Musical Memories Kathy 3:00 Happy Hour 6:00 Concert Walnut Hill Park

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10:00-11:30 **Noodle Ball** 1:00 Bingo

**WEDNESDAY** 

10:00-11:30

**Noodle Ball** 

1:00 Bingo & Prizes

2 pm Exercise with Angela

2:30 Snacks and Stories

3:00 Happy Hour

6:00 Movie

10:00-11:30

**Fruit Jingo** 

2 pm Exercise with Angela

1:00 Bingo & Prize;

2 pm Exercise with Angela

3:00 Happy Hour

6:00 Resident's Choice Film

10:00-11:30

Reminiscing w/Elaina &

**Reading Chicken Soup** 

for the Soul

1:00 Bingo

2 pm Exercise with Angela

2:30 Music with Kathy in CK

3:00 Happy Hour

24 10:00 Art Class with Paul

> 11:00 Trivia with Elaina 1:00 Setback

3:00 Snachs & Stretch

5:30 Bingo

l lo:00 Famou; People in

FRIDAY

4 10:00 Famou; People in

History Game "Who Am I?"

1:00 Bingo

2:30 Inacks and Drinks

3:30 Board Games

4:00 Ball Toss

2:00 Inacks and Showtunes

3:30 Stretch & Snacks 6:00 Thurs Night Movie

10:00 Oigong with

Roger

1:00 Bingo

2:00 Music & Slides w

**Roger Hart** 

3:00 Stretch & Exercise

4:00 \$nacks & Drinks

6:00 Thursday Night Movie

**THURSDAY** 

<sup>3</sup> 10:00 Qigong w/Roger

1:00 Bingo

2:00 Music with Tom

Hanford

3:00 Jing Along

3:30 Stretch to Music

6:00 Thurs Night Movie

10:00 Art Class with

Paul

1:00 Name that

Tune

History Game "Who Am I?"

1:30 Jeff the Plant

Guy 2:30 Art Project

> 3:30 Board Games 4:00 Ball Toss

10:30 **Good Morning Social** 

SATURDAY

**Good Morning Social** 

1:30 Activities with

Sandy in The Gardens

3:30 Board Games/

**Puzzles** 

4:00 Movie

1:30 Activities with Sandy in The Gardens

3:30 Board Games/ **Puzzles** 

4:00 Movie

10:30

10:30 Name that Tune! 1:00 Bingo

10:00 History Class

2:00 Music w Mick

larusso

3:30 Board Games 6:00 Musical On TV

10:00 History Class

1:00 Bingo

2:00 Music with Jeff W

3:30 Board Games

4:00 Word Find

6:00 Musical

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**Good Morning Social** 1:30 Activities with

Sandy in The Gardens

3:30 Board Games/ **Puzzles** 

4:00 Movie

10:30 **Good Morning Social** 

1:30 Activities with Sandy in The Gardens

3:30 Board Games/ **Puzzles** 

4:00 Movie

Whether it's praying for our friends together or planting new our spirits as we will do

# **FRIENDS**

10:00 Eucharistic **Service Communion** 

> 10:30 Noodle Ball 1:00 Bingo

2 pm Exercise with Angela

2:30 Musical Memories w/Kathy

4:00 Movie

10:00 Eucharistic

**Service Communion** 

10:30 Adult Coloring

1:00 Bingo

2 pm Exercise with

**Angela** 

2:30 Music with Chip Ames

4:00 Movie

29 10:00-11:00 Glee Club with Maggie

> 1:15-2:15 Word Find Puzzle Fun

2:00 Music with Sophistication

3:30-Cards & Puzzles 6:00 Tuesday Night Movie

10:00-11:30 Hangman on the IN2L

1:00 Bingo

2 pm Exercise with Angela

2:30 Sing along

3:00 Happy Hour 6:00 Musical

Roger 1:00 Bingo

10:00 Qigong with

2:00 Music with Jon Paolillo

3:00 Stretch & Exercise 4:00 \$nack; & Drink;

6:00 Thursday Night Movie

August 2017 The Memory Gardens of

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**Arbor Rose**