



Memory Care | September 2018 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>OUTINGS FOR SEPTEMBER:</p> <ul style="list-style-type: none"> • 6th - Shopping Trip (9am-12pm) • 10th - Dinner at Harmony (4pm) • 12th - Trip to Ben & Jerry's Factory in Vermont - (Depart 9:20am) • 17th - Dinner at Mcleans (4pm) • 19th - Breakfast at Pleasant Corners (Depart 8am) • 21st - Trip to Tupper Lake Wildlife Center (Depart 9am) • 26th - Piano & Pasta Night at The Galley (Arrive 5:30pm) • 28th - Shopping Trip (9am-12pm) 		<p>HAPPY BIRTHDAY</p> <p>GILBERT FOURNIER - (25th) CONNIE NAVESKY - (25th) THERESA LAFOUNTAIN - (29th)</p>		<p>MEALTIMES & ONE-ON-ONE:</p> <p>8:00-9:00am Breakfast 9:30-10:00am 1-on-1 Activity 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity 5:00-6:00pm Dinner</p>		<p>1</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Matching Games (MC) 12-12:30pm 1-on-1 activity (Rm#215) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#216) 3:30-4:30pm Aromatherapy Jewelry (MC) 6pm Movie (MC)</p>	<p>2</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Birthday Music (DR) 12-12:30pm 1-on-1 activity (Rm#217) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#218) 3:30-4:30pm Watercolor/Magic Paint (MC) 6pm Movie (MC)</p>
<p>3</p> <p>LABOR DAY</p> <p>11am Exercise (MC) 12pm Make/Send Family Cards (MC) 12-12:30pm 1-on-1 activity (Rm#219) 2:30-3:30pm 1-on-1 activity (Rm#220) 3:30-4:30pm Easy Dice Game (MC) 6pm Movie (MC)</p>	<p>4</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Folding Baby Clothes/Linens (MC) 12-12:30pm 1-on-1 activity (Rm#221) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#222) 3:30-4:30pm Music Gathering (DR) 6pm Movie (MC)</p>	<p>5</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Sing-Along (MC) 12-12:30pm 1-on-1 activity (Rm#223) 2:00-3:00pm Music w/Doc (MC LR) 2:30-3:30pm 1-on-1 activity (Rm#224) 3:30-4:30pm Bldg Tour for All Mobility Ranges 6pm Movie (MC)</p>	<p>6</p> <p>9-10am Breakfast 11am Exercise (MC) 11am Catholic Communion (DR) 12pm Watercolor (MC) 12-12:30pm 1-on-1 activity (Rm#225) 2:30-3:30pm 1-on-1 activity (Rm#226) 3:30-4:30pm Animal Story Reading (MC) 6pm Movie (MC)</p>	<p>7</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Memory Box Craft (MC) 12-12:30pm 1-on-1 activity (Rm#210) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#211) 3:30-4:30pm Balloon Toss (MC) 6pm Movie (MC)</p>	<p>8</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Matching Games (MC) 12-12:30pm 1-on-1 activity (Rm#212) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#213) 3:30-4:30pm Aromatherapy Jewelry (MC) 6pm Movie (MC)</p>	<p>9</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Birthday Music (DR) 12-12:30pm 1-on-1 activity (Rm#214) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#215) 3:30-4:30pm Watercolor/Magic Paint (MC) 6pm Movie (MC)</p>	
<p>10</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Make/Send Family Cards (MC) 12-12:30pm 1-on-1 activity (Rm#216) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#217) 3:30-4:30pm Easy Dice Game (MC) 6pm Movie (MC)</p>	<p>11</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Folding Baby Clothes/Linens (MC) 12-12:30pm 1-on-1 activity (Rm#218) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#219) 3:30-4:30pm Music Gathering (DR) 6pm Movie (MC)</p>	<p>12</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Sing-Along (MC) 12-12:30pm 1-on-1 activity (Rm#220) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#221) 3:30-4:30pm Bldg Tour for All Mobility Ranges 6pm Movie (MC)</p>	<p>13</p> <p>9-10am Breakfast 11am Exercise (MC) 11am Catholic Communion (DR) 12pm Watercolor (MC) 12-12:30pm 1-on-1 activity (Rm#222) 2:30-3:30pm 1-on-1 activity (Rm#223) 3:30-4:30pm Animal Story Reading (MC) 6pm Movie (MC)</p>	<p>14</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Memory Box Craft (MC) 12-12:30pm 1-on-1 activity (Rm#224) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#225) 3:30-4:30pm Balloon Toss (MC) 6pm Movie (MC)</p>	<p>15</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Matching Games (MC) 12-12:30pm 1-on-1 activity (Rm#226) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#210) 3:30-4:30pm Aromatherapy Jewelry (MC) 6pm Movie (MC)</p>	<p>16</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Birthday Music (DR) 12-12:30pm 1-on-1 activity (Rm#211) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#212) 3:30-4:30pm Watercolor/Magic Paint (MC) 6pm Movie (MC)</p>	
<p>17</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Make/Send Family Cards (MC) 12-12:30pm 1-on-1 activity (Rm#213) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#214) 3:30-4:30pm Easy Dice Game (MC) 6pm Movie (MC)</p>	<p>18</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Folding Baby Clothes/Linens (MC) 12-12:30pm 1-on-1 activity (Rm#215) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#216) 3:30-4:30pm Music Gathering (DR) 6pm Movie (MC)</p>	<p>19</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Sing-Along (MC) 12-12:30pm 1-on-1 activity (Rm#217) 2:00-3:00pm Music w/Doc (MC LR) 2:30-3:30pm 1-on-1 activity (Rm#218) 3:30-4:30pm Bldg Tour for All Mobility Ranges 6pm Movie (MC)</p>	<p>20</p> <p>9-10am Breakfast 11am Exercise (MC) 11am Catholic Communion (DR) 12pm Watercolor (MC) 12-12:30pm 1-on-1 activity (Rm#219) 2:30-3:30pm 1-on-1 activity (Rm#220) 3:30-4:30pm Animal Story Reading (MC) 6pm Movie (MC)</p>	<p>21</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Memory Box Craft (MC) 12-12:30pm 1-on-1 activity (Rm#221) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#222) 3:30-4:30pm Balloon Toss (MC) 6pm Movie (MC)</p>	<p>22</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Matching Games (MC) 12-12:30pm 1-on-1 activity (Rm#223) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#224) 3:30-4:30pm Aromatherapy Jewelry (MC) 6pm Movie (MC)</p>	<p>23</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Birthday Music (DR) 12-12:30pm 1-on-1 activity (Rm#225) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#226) 3:30-4:30pm Watercolor/Magic Paint (MC) 6pm Movie (MC)</p>	
<p>24</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Make/Send Family Cards (MC) 12-12:30pm 1-on-1 activity (Rm#210) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#211) 3:30-4:30pm Easy Dice Game (MC) 6pm Movie (MC)</p>	<p>25</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Folding Baby Clothes/Linens (MC) 12-12:30pm 1-on-1 activity (Rm#212) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#213) 3:30-4:30pm Music Gathering (DR) 6pm Movie (MC)</p>	<p>26</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Sing-Along (MC) 12-12:30pm 1-on-1 activity (Rm#214) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#215) 3:30-4:30pm Bldg Tour for All Mobility Ranges 6pm Movie (MC)</p>	<p>27</p> <p>9-10am Breakfast 11am Exercise (MC) 11am Catholic Communion (DR) 12pm Watercolor (MC) 12-12:30pm 1-on-1 activity (Rm#216) 2:30-3:30pm 1-on-1 activity (Rm#217) 3:30-4:30pm Animal Story Reading (MC) 6pm Movie (MC)</p>	<p>28</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Memory Box Craft (MC) 12-12:30pm 1-on-1 activity (Rm#218) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#219) 3:30-4:30pm Balloon Toss (MC) 6pm Movie (MC)</p>	<p>29</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Matching Games (MC) 12-12:30pm 1-on-1 activity (Rm#220) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#221) 3:30-4:30pm Aromatherapy Jewelry (MC) 6pm Movie (MC)</p>	<p>30</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Birthday Music (DR) 12-12:30pm 1-on-1 activity (Rm#222) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#223) 3:30-4:30pm Watercolor/Magic Paint (MC) 6pm Movie (MC)</p>	

ROOM & FLOOR KEY

- DR:** Dining Room, Floor 2B
- DRL:** Dining Room Lounge, Floor 2B
- DRS:** Dining Room Stage, Floor 2
- ICP:** Ice Cream Parlor, Floor 1
- LR:** Living Room, Floor 3
- MC:** Memory Care Wing
- MCG:** Memory Care Garden

EVENING, SATURDAY AND SUNDAY ACTIVITIES WILL BE LEAD BY RCA'S UNLESS OTHERWISE NOTED. DOCUMENTATION OF ACTIVITIES IS REQUIRED. ALL SUPPLIES AND DIRECTION WILL BE PROVIDED.

Support is available by contacting Britney Aldrich at
(518) 817-9108 ext 407 or at britney@champlainassistedliving.com