



Memory Care | January 2018 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>OUTINGS FOR JANUARY:</p> <ul style="list-style-type: none"> • 7th-Scenic Drive (10am) • 20th-Scenic Drive (10am) • 23rd-Breakfast Outing (8:30am) 	<p>1</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Make/Send for Families (MC) 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 Easy Dice Game (MC) 6pm Movie (MC)</p>	<p>2</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Folding Baby Clothes/Linens (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 Music Gathering (DR) 6pm Movie (MC)</p>	<p>3</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Sing-Along (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 Bldg Tour for All Mobility Ranges 6pm Movie (MC)</p>	<p>4</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Watercolor (MC) 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 Animal Story Reading (MC) 6pm Movie (MC)</p>	<p>5</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Memory Box Craft (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 Balloon Toss (MC) 6pm Movie (MC)</p>	<p>6</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>7</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>8</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Make/Send for Families (MC) 12-12:30pm 1-on-1 activity (Rm#219) 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 activity (Rm#220) 3:30-4:30pm Easy Dice Game (MC) 6pm Movie (MC)</p>	<p>9</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>10</p> <p>9-10am Breakfast 11am Exercise (MC) 12pm Sing-Along (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 Bldg Tour for All Mobility Ranges 6pm Movie (MC)</p>	<p>11</p> <p>11am Exercise (MC) 11am Catholic Mass (DR) 12pm Watercolor (MC) 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 Animal Story Reading (MC) 6pm Movie (MC)</p>	<p>12</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>13</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>
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<p>MEALTIMES & ONE-ON-ONE:</p> <p>9:00-10:00am Breakfast 12-12:30pm 1-on-1 Activity 12:45-2:00pm Lunch 2:30-3:30pm 1-on-1 Activity 4:30-5:30pm Dinner</p>							

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 Torunn Lyngroth Aberle at (518) 817-9108 ext 407 or at torunn@champlainassistedliving.com