



Memory Care | January 2019 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MEALTIMES & ONE-ON-ONE: 9:00-10:00am Breakfast 12-12:30pm 1-on-1 activities 12:45-2:00pm Lunch 1:30-2:00pm 1-on-1 activities 4:30-5:30pm Dinner	1 HAPPY NEW YEAR'S! 11-12pm Exercise (MC) 12-1pm News and Discussion 2:30-3:30pm Spa Day 3:30-4:30pm Sensory (Music/Aromathpy) 4-5pm Daily Social 6:15pm Movie (MC)	2 11-12pm Exercise (MC) 11:30-12:30pm Current Events 12pm Bowling 12-12:30pm 1-on-1 activities 1:30-2pm 1-on-1 activities 2:30-3:30pm No-Bake Baking 4-5pm Daily Social 6:15pm Movie (MC)	3 10-11am Eucharist 11-12pm Exercise (MC) 11:30-12:30 Building Walk 12pm Watercolor (MC) 2:30-3:30pm Coffee Social 3:30-4:30pm Dance 4-5pm Daily Social 6:15pm Movie (MC)	4 11-12pm Exercise (MC) 11:30-12:30 Balcony or P. Memorial Libr. 12pm Memory Box Craft (MC) 12-12:30pm 1-on-1 activities 2:30-3:30pm Darts 3:30-4:30pm History 4-5pm Daily Social 6:15pm Movie (MC)	5 11-12pm Exercise (MC) 11:30-12:30 Painting 12-1pm Card Making 12-12:30pm 1-on-1 activities 2:30-3:30pm Singing 3:30-4:30pm Balloon Toss 4-5pm Daily Social 6:15pm Movie (MC)	6 11-12pm Exercise (MC) 11:30am Bean Bag Toss 12pm Sunday Football 12-12:30pm 1-on-1 activities 1:30-2pm 1-on-1 activities 3:30-4:30pm Sunday Stroll 4-5pm Daily Social 6:15pm Movie (MC)	
	7 11-12pm Exercise (MC) 12-1pm Dice Game 12-12:30pm 1-on-1 activities 1:30-2pm 1-on-1 activities 2:30-3:30pm Crafting 3:30-4:30pm Sensory/Massage 4-5pm Daily Social 6:15pm Movie (MC)	8 11-12pm Exercise (MC) 12-1pm News and Discussion 12-12:30pm 1-on-1 activities 1:30-2pm 1-on-1 activities 2:30-3:30pm Spa Day 3:30-4:30pm Sensory (Music/Aromathpy) 4-5pm Daily Social 6:15pm Movie (MC)	9 11-12pm Exercise (MC) 11:30-12:30pm Current Events 12pm Ball Toss 12-12:30pm 1-on-1 activities 1:30-2pm 1-on-1 activities 2-3pm Live Music with Doc 4-5pm Daily Social 6:15pm Movie (MC)	10 10-11am Eucharist 11-12pm Exercise (MC) 11:30-12:30 Building Walk 12pm Watercolor (MC) 2:30-3:30pm Coffee Social 3:30-4:30pm Music Around the World 4-5pm Daily Social 6:15pm Movie (MC)	11 11-12pm Exercise (MC) 11:30-12:30 Balcony or P. Memorial Libr. 12pm Memory Box Craft (MC) 12-12:30pm 1-on-1 activities 2:30-3:30pm Choice Games 3:30-4:30pm Sensory 4-5pm Daily Social 6:15pm Movie (MC)	12 11-12pm Exercise (MC) 11:30-12:30 Painting 12-1pm Card Making 12-12:30pm 1-on-1 activities 2:30-3:30pm Singing 3:30-4:30pm Balloon Toss 4-5pm Daily Social 6:15pm Movie (MC)	13 11-12pm Exercise (MC) 11:30am Darts 12pm Sunday Football 12-12:30pm 1-on-1 activities 1:30-2pm 1-on-1 activities 3:30-4:30pm Sunday Stroll 4-5pm Daily Social 6:15pm Movie (MC)
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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

Activity Information and Support is available by contacting the Activity Department at (518) 817-9108 Ext.407

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