

Sunday

Monday

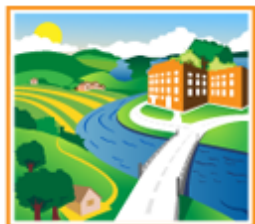
Tuesday

Wednesday

Thursday

Friday

Saturday



**CHAMPLAIN VALLEY**  
SENIOR COMMUNITY

ASSISTED LIVING & MEMORY CARE

**Memory Care Unit Activities Calendar**

<p><b>5</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 1am: Games &amp; Puzzles 12pm: Singalong Songs 2pm: Snack &amp; Chat 3pm: Bingo 4pm: Relaxation Hour 6pm: YouTube Concert</p>	<p><b>6</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Horse Races 12pm: Balloon Bop 1:30pm: Live Music (ALR) 3pm: Scenic Drive 4pm: Hand Soak &amp; Rub 6pm: Movie Night</p>	<p><b>7</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 12pm: Group Word Games 2pm: Live Music (ALR) 3pm: Wii Games 4pm: Armchair Travel 6pm: Movie Night</p>	<p><b>1</b></p> <p><b>Hair Salon Day!</b> 9am: Staff 1:1 10:30am: Seated Exercise 11am: Protestant Service 12pm: Today in History 1pm: Nails &amp; Hair 2pm: Live Music (ALR) 3pm: Wine Wednesday 4pm: Balloon Toss 6pm: Movie Night</p>	<p><b>2</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Catholic Service 1pm: Bingo 2:30pm: Guitar with Doc 3pm: Cornhole 4pm: Short Stories 6pm: Movie Night</p> <p>Groundhog Day</p>	<p><b>3</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 10:45am: Video Calls to Fam. 12pm: Cooking/Baking 2pm: Sweet Treat Social 3pm: Happy Hour 4pm: Adult Coloring 6pm: Movie Night</p>	<p><b>4</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Willsboro Library Trip 12pm: Horoscopes &amp; News 3pm: Ice Cream Social 4pm: Wii Games 6pm: Movie Night</p>
<p><b>5</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 1am: Games &amp; Puzzles 12pm: Singalong Songs 2pm: Snack &amp; Chat 3pm: Bingo 4pm: Relaxation Hour 6pm: YouTube Concert</p>	<p><b>6</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Horse Races 12pm: Balloon Bop 1:30pm: Live Music (ALR) 3pm: Scenic Drive 4pm: Hand Soak &amp; Rub 6pm: Movie Night</p>	<p><b>7</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 12pm: Group Word Games 2pm: Live Music (ALR) 3pm: Wii Games 4pm: Armchair Travel 6pm: Movie Night</p>	<p><b>8</b></p> <p>9am: Staff 1:1 10:30am: Seated Exercise 11am: Protestant Service 12pm: Today in History 1pm: Nails &amp; Hair 2pm: Meaningful 1:1 3pm: Wine Wednesday 4pm: Balloon Toss 6pm: Movie Night</p>	<p><b>9</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Catholic Service 1pm: Bingo 2:30pm: Guitar with Doc 3pm: Horseshoes 4pm: Short Stories 6pm: Movie Night</p>	<p><b>10</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 10:45am: Video Calls to Fam. 12pm: Cooking/Baking 2pm: Sweet Treat Social 3pm: Happy Hour 4pm: Adult Coloring 6pm: Movie Night</p>	<p><b>11</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Restaurant Outing 12pm: Horoscopes &amp; News 3pm: Ice Cream Social 4pm: Tea &amp; Trivia 6pm: Movie Night</p>
<p><b>12</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 1am: Games &amp; Puzzles 12pm: Singalong Songs 2pm: Snack &amp; Chat 3pm: Bingo 4pm: Matinee Movie 6pm: YouTube Concert</p>	<p><b>13</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Horse Races 12pm: Balloon Bop 2pm: Live Music (ALR) 3pm: Scenic Drive 4pm: Hand Soak &amp; Rub 6pm: Movie Night</p>	<p><b>14</b></p> <p><b>Happy Valentine's Day!</b> 9:30-11:30am: Painting Class with Bryan Briscoe (ALR) 10:30am: Seated Exercise 12pm: Group Word Games 2pm: Arts &amp; Crafts 3pm: Wii Games 4:45pm: Valentine's Dinner Party 6pm: Movie Night</p> <p>Valentine's Day</p>	<p><b>15</b></p> <p>9am: Staff 1:1 10:30am: Seated Exercise 11am: Protestant Service 12pm: Today in History 1pm: Nails &amp; Hair 2pm: Meaningful 1:1s 3pm: Wine Wednesday 4pm: Balloon Toss 6pm: Movie Night</p>	<p><b>16</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Catholic Service 1pm: Bingo 2:30pm: Guitar with Doc 3pm: Ring Toss 4pm: Short Stories 6pm: Movie Night</p>	<p><b>17</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 10:45am: Video Calls to Fam. 12pm: Cooking/Baking 2pm: Live Music (ALR) 3pm: Happy Hour 4pm: Adult Coloring 6pm: Movie Night</p>	<p><b>18</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Willsboro Library Trip 12pm: Horoscopes &amp; News 3pm: Ice Cream Social 4pm: Wii Games 6pm: Movie Night</p>
<p><b>19</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 1am: Games &amp; Puzzles 12pm: Singalong Songs 2pm: Snack &amp; Chat 3pm: Bingo 4pm: Relaxation Hour Virtual Aquarium 6pm: YouTube Concert</p>	<p><b>20</b></p> <p><b>President's Day!</b> 9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Horse Races 12pm: Balloon Bop 2pm: Live Music (ALR) 3pm: Scenic Drive 4pm: Hand Soak &amp; Rub 6pm: Movie Night</p> <p>Presidents' Day</p>	<p><b>21</b></p> <p><b>Meeting Day.</b> 9:30am: Meaningful 1:1s 10:30am: Seated Exercise 12pm: Group Word Games 2pm: Arts &amp; Crafts 3pm: Wii Games 4pm: Celebrate Mardi Gras 6pm: Movie Night</p> <p>Mardi Gras</p>	<p><b>22</b></p> <p>9am: Staff 1:1 10:30am: Seated Exercise 11am: Protestant Service 12pm: Today in History 1pm: Hair &amp; Nails 3pm: Relaxation Hour Piano Music 4:30pm: Live Dinner Music 6pm: Movie Night</p> <p>Ash Wednesday</p>	<p><b>23</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Catholic Service 1pm: Bingo 2:30pm: Guitar with Doc 3pm: Bowling 4pm: Short Stories 6pm: Movie Night</p>	<p><b>24</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 10:45am: Video Calls to Fam. 12pm: Cooking/Baking 2pm: Grief Support Group 3pm: Happy Hour 4pm: Adult Coloring 6pm: Movie Night</p>	<p><b>25</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Restaurant Outing 12pm: Horoscopes &amp; News 2pm: Adirondack History Talk (ALR) 3pm: Ice Cream Social 4pm: Tea &amp; Trivia 6pm: Movie Night</p>
<p><b>26</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 1am: Games &amp; Puzzles 12pm: Singalong Songs 2pm: Snack &amp; Chat 3pm: Bingo 4pm: Matinee Movie 6pm: YouTube Concert</p>	<p><b>27</b></p> <p>9:30am: Meaningful 1:1s 10:30am: Seated Exercise 11am: Horse Races 12pm: Balloon Bop 2pm: Shadowbox Décor 3pm: Scenic Drive 4pm: Hand Soak &amp; Rub 6pm: Movie Night</p>	<p><b>28</b></p> <p>9:30-11:30am: Painting Class with Bryan Briscoe (ALR) 10:30am: Seated Exercise 12pm: Group Word Games 2pm: Arts &amp; Crafts 3pm: Wii Games 4pm: Flower Arranging 6pm: Movie Night</p>	<p><b>February 2023</b></p> <p>Breakfast: 8am-9am   Lunch: 12pm-1pm   Dinner: 5pm-6pm   *Sign Up Required*   **Weather Permitting**   Activities are subject to change</p>			

For activity support & information contact Allison 518-817-9108 x415