


# ST. ANNES MEAD MEMORY CARE HOME APRIL LIFE ENRICHMENT CALENDAR

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|--|--|---|--|--|
|    | <b>1</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 TRIVIA<br>6:00 DINNER<br>7:00 EVENING MEDITATION                                  | <b>2</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 ENTERTAINMENT W/<br>CRAIG MARSDEN (MDR)<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION        | <b>3</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 TENDERHEART<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 WIND DOWN HOUR  | <b>4</b><br>8:30 SPIRITUAL SING ALONG<br>W/ MICHELLE<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>1:10 TIGER GAME<br>3:00 SNACK TIME<br>4:00 BASKETBALL<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 EVENING MEDITATION                   | <b>5</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 RHYTHM TIME (NL)<br>11:30 TENDERHEART (CAS)<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 WORD LADDER<br>6:00 DINNER<br>7:00 WIND DOWN HOUR                                       | <b>6</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 CATHOLIC MASS (HHR)<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION  |
| <b>7</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 WIND DOWN HOUR  | <b>8</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:30 COOKING DEMONSTRATION (HHR)<br>5:00 BRAINSTORMING<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION                               | <b>9</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:30 SING ALONG W/ CHUCK<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION                  | <b>10</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 TENDERHEART<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 WIND DOWN HOUR   | <b>11</b><br>8:30 SPIRITUAL SING ALONG<br>W/ MICHELLE<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>1:30 ART THERAPY W/ MARGARET<br>3:00 SNACK TIME<br>4:00 BASKETBALL<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 EVENING MEDITATION     | <b>12</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 TENDERHEART (CAS)<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 RHYMING RIDDLES<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION   | <b>13</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 CATHOLIC MASS (HHR)<br>6:00 DINNER<br>7:00 WIND DOWN HOUR     |
| <b>14</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>3:30 ENTERTAINMENT W/<br>DARRYL ROENIKE (NL)<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 EVENING MEDITATION | <b>15</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 TRIVIA<br>6:00 DINNER<br>7:00 EVENING MEDITATION                                 | <b>16</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>9:00 VANDENBERG ELEMENTARY<br>SCHOOL VISIT (HHR)<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:30 SING ALONG W/ CHUCK<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 WIND DOWN HOUR         | <b>17</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:00 MEN'S LUNCHEON (HHR)<br>12:30 LADY'S LUNCHEON (MDR)<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 TENDERHEART<br>5:00 SILLY SENTENCES<br>6:00 DINNER<br>7:00 EVENING MEDITATION | <b>18</b><br>8:30 SPIRITUAL SING ALONG<br>W/ MICHELLE<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>1:30 ART THERAPY W/ MARGARET<br>3:00 SNACK TIME<br>4:00 PARACHUTE PLAY<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION | <b>19</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 RHYTHM TIME (NL)<br>11:30 TENDERHEART (CAS)<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSION<br>3:00 SNACK TIME<br>3:30 EASTER BUNNY & PETTING ZOO<br>VISIT (LOCATION TBD)<br>5:00 WORD LADDER<br>6:00 DINNER<br>7:00 WIND DOWN HOUR | <b>20</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 CATHOLIC MASS (HHR)<br>6:00 DINNER<br>7:00 EVENING MEDITATION |
| <b>21</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION   | <b>22</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 ROYAL OAK MUSICALE CHORUS<br>(HHR)<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 WORDS THAT START W/N<br>6:00 DINNER<br>7:00 WIND DOWN HOUR         | <b>23</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>3:30 ENTERTAINMENT W/<br>JOEL PALMER<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>7:00 EVENING MEDITATION | <b>24</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 NEW RESIDENT HAPPY HOUR<br>(MDR)<br>4:00 TENDERHEART<br>5:00 RANDOM LETTERS<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION   | <b>25</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>1:30 ART THERAPY W/ MARGARET<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 WIND DOWN HOUR   | <b>26</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 BEAT THE CLOCK<br>6:00 DINNER<br>7:00 EVENING MEDITATION   | <b>27</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 CATHOLIC MASS (HHR)<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION |
| <b>28</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>4:00 SPORTS GAMES<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 WIND DOWN HOUR   | <b>29</b><br>8:30 DAILY REFLECTIONS W/ FR JOHN<br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 CHIT CHAT<br>11:45 EXERCISE W/ SHARON<br>12:30 LUNCH<br>2:00 CREATIVE EXPRESSIONS<br>3:00 SNACK TIME<br>3:30 RESIDENT & STAFF CHALLENGE<br>(MDR)<br>5:00 FACT OR FICTION<br>6:00 DINNER<br>7:00 EVENING MEDITATION | <b>30</b><br>8:30 BREAKFAST<br>9:30 COFFEE & NEWS<br>10:30 EXERCISE<br>11:30 CHUG & CHAT<br>12:30 LUNCH<br>2:00 BIRTHDAY PARTY &<br>ENTERTAINMENT (MDR)<br>3:30 SNACK TIME<br>4:00 BOWLING<br>5:00 BRAIN GAMES<br>6:00 DINNER<br>7:00 MUSIC APPRECIATION   |  |   | <u>LOCATION CODES</u><br><br><b>ECU</b> Extended Care Unit<br><b>HHR</b> Hollingshead Room<br><b>CAS</b> Creative Art Studio<br><b>SL</b> South Lounge<br><b>NL</b> North Loung<br><b>MDR</b> Main Dining Room   | <b>ACTIVITIES AND SPECIAL EVENTS<br/>           ARE SUBJECT TO CHANGE.</b>   |