


ST. ANNES MEAD MEMORY CARE HOME JULY LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 COOKING DEMONSTRATION (HHR) 4:00 SPORTS GAMES 5:00 BRAINSTORMING 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>2</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 PING PONG 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>3</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 WHAT GOES IN HERE 6:00 DINNER 7:00 WIND DOWN HOUR	<b>4</b> <b>INDEPENDENCE DAY</b> 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>5</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 EXERCISE 3:30 ENTERTAINMENT W/ PAUL DEMICK (ECU) 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>6</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION
<b>7</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>8</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAINSTORMING 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>9</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SING ALONG W/ CHUCK 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>10</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 PIZZA ON THE PATIO (FC) 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 NAME THE FLOWERS 6:00 DINNER 7:00 WIND DOWN HOUR	<b>11</b> 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ROSARY 3:30 ENTERTAINMENT W/ JAN THOMPSON (MDR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>12</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 EXERCISE 3:30 ICE CREAM ON A STICK SOCIAL (FC) 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>13</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR
<b>14</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ DARRYL ROENIKE (ECU) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>15</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SUMMER SIDE DISH COOK-OFF (MDR) 4:00 SPORTS GAMES 5:00 JULY TRIVIA 6:00 DINNER 7:00 EVENING MEDITATION	<b>16</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 BADMITTON 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>17</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:00 BACKYARD BBQ (KC) 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 WORD TREE 6:00 DINNER 7:00 EVENING MEDITATION	<b>18</b> 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>19</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 2:00 HAND MASSAGE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR	<b>20</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION
<b>21</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>22</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORDS STARTING W/ S 6:00 DINNER 7:00 WIND DOWN HOUR	<b>23</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 NEW RESIDENT HAPPY HOUR & ENTERTAINMENT W/ JOEL PALMER 5:00 BRAIN GAMES 7:00 EVENING MEDITATION	<b>24</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:30 ALL THINGS DETROIT HAPPY HOUR (MDR) 4:00 TENDERHEART 5:00 GROCERY GAME 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>25</b> 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ROSARY (CH) 3:30 HOT FUDGE SUNDAE SOCIAL(KC) 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>26</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 SPORTS GAMES 3:30 POPSICLES ON THE PATIO (KC) 5:00 BEAT THE CLOCK 6:00 DINNER 7:00 EVENING MEDITATION	<b>27</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION
<b>28</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>29</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 BIRTHDAY PARTY & ENTERTAINMENT W/ GARY KOLODY (MDR) 5:00 TAKE YOUR BEST GUESS 6:00 DINNER 7:00 EVENING MEDITATION	<b>30</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 PHOTOGRAPHY SLIDE SHOW (NL) 3:30 SNACK TIME 4:00 CORN HOLE 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>31</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 WORDS STARTING W/ SUN 6:00 DINNER 7:00 EVENING MEDITATION	<b>LOCATION CODES</b>  ECU Extended Care Unit HHR Hollingshead Room CAS Creative Art Studio SL South Lounge NL North Loung MDR Main Dining Room FC Fountain Courtyard	<b>ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.</b>	<b>29</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION