


ST. ANNES MEAD MEMORY CARE HOME AUGUST LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LOCATION CODES ECU Extended Care Unit HHR Hollingshead Room CAS Creative Art Studio SL South Lounge NL North Loung MDR Main Dining Room FC Fountain Courtyard KC Kass Courtyard	ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.		1 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 RHYME TIME 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	2 8:30 BREAKFAST 9:30 EXERCISE 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 ENTERTAINMENT W/ JOEL PALMER (MDR) 3:30 MAKE YOUR OWN ICE CREAM SANDWICH SOCIAL (KC) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	3 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
4 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	5 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 GUESS MY CAREER 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 CULINARY & COOKING DEMO (HHR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	6 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 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 BOWLING 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	7 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 SPORTS GAMES 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 REMEMBERING SUMMER FUN 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 FINISH THE SONG LYRIC 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	9 8:30 BREAKFAST 9:30 RHYMING RIDDLES 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 EXERCISE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	10 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
11 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	12 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 AUGUST TRIVIA 10:30 CHUG & CHAT 11:45 EXERCISE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	13 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ DANIEL BRYSON (ECU) 4:00 TARGET TOSS 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	14 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BEACH REMINISCING 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 LUNCH 1:00 FARMERS MARKET 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	15 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 PICTURE THIS 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	16 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORD LADDER 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 HAND MASSAGE 3:30 ROOT BEER FLOAT SOCIAL (KC) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	17 8:30 BREAKFAST 9:30 BRAIN GAMES 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) 6:00 DINNER 7:00 EVENING WIND DOWN
18 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	19 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORDS STARTING W/ T 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 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	20 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ENTERTAINMENT W/ RICHARD SENNEMA (MDR) 3:30 CREATIVE EXPRESSIONS 5:00 REST & RELAXATION 7:00 EVENING WIND DOWN	21 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 GROCERY GAME 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 BACKYARD BBQ (KC) 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	22 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 FIRST THINGS FIRST 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	23 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BEAT THE CLOCK 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 SPORTS GAMES 3:30 BOSTON COOLER FLOAT SOCIAL & ENTERTAINMENT (KC) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	24 8:30 BREAKFAST 9:30 BRAIN GAMES 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) 6:00 DINNER 7:00 EVENING WIND DOWN
25 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	26 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 HAVE YOU EVER? 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	27 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSION 3:30 NEW RESIDENT WELCOME HAPPY HOUR & ENTERTAINMENT W/ JOE CZAPSKI (MCH) 4:00 CUP PONG 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	28 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORDS STARTING W/T 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:30 PIZZA ON THE PATIO 2:00 RESIDENT & STAFF CHALLENGE (MDR) 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	29 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 WORDS ENDING W/ ISH 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	30 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORD LADDER 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 HAND MASSAGE 3:30 BIRTHDAY PARTY & ENTERTAINMENT (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	31 8:30 BREAKFAST 9:30 BRAIN GAMES 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) 6:00 DINNER 7:00 EVENING WIND DOWN