


ST. ANNES MEAD MEMORY CARE HOME JANUARY 2020 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 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	2 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSCING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	3 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	4 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
5 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	6 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 ONE ON ONES 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 3:30 SING ALONG W/ CHUCK (MDR) 4:00 SPORTS GAMES 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 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 MUSICAL ENTERTAINMENT W/ DANIEL BRYSON (NL) 3:30 SNACK TIME 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 ELVIS'S BIRTHDAY PARTY (MDR) 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	9 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSCING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 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 TENDEHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNOWBALL SOCIAL (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	11 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
12 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 3:30 1950's TV PRESENTATION (NL) 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 ONE ON ONES 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 COOKING DEMONSTRATION (HHR) 4:00 SPORTS GAMES 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 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SNACK TIME 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	15 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 PIZZA LUNCHEON 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	16 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSCING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	17 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNACK TIME 3:30 MUSICAL ENTERTAINMENT W/ JOEL PALMER (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	18 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
19 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 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	20 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 ONE ON ONES 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	21 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 SING ALONG W/ CHUCK 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	22 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 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	23 8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSCING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 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 TENDEHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 NEW RESIDENT WELCOME HAPPY HOUR (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	25 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
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