

SAMPLE ACTIVITIES CALENDAR

Memory Support

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 A.M. Morning Greetings	9:00 A.M. Coffee and News	8:30 A.M. News and Views	9:30 A.M. Men's Coffee	10:00 A.M. Exercise
10:00 A.M. Chair Aerobics	10:00 A.M. John Goodwin	10:00 A.M. Memory Choir	10:00 A.M. Strength Training	11:00 A.M. Bingo
10:45 A.M. Gardening	11:00 A.M. Chair Yoga	10:45 A.M. Chair Dancing	10:30 A.M. Baking	1:00 P.M. Hand Massage
11:15 A.M. Name Ten	12:00 P.M. Puzzles	11:30 A.M. Communion	11:30 A.M. Virtual Reality	2:00 P.M. Happy Hour
2:00 P.M. Chair Trivia Relay	2:00 P.M. Painting	3:00 P.M. Netflix Movie and Popcorn	1:00 P.M. Table Games	3:00 P.M. What Am I Drawing?
4:00 P.M. Left, Right, Center	3:00 P.M. Say Anything	4:00 P.M. Two for the Show	4:00 P.M. Singing	4:00 P.M. Helping Hands