

# Memory Care Activities



| Sunday                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                              |
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| <p><u>Dimensions Of Wellness Legend</u></p> <p>Emotional<br/>Physical<br/>Social<br/>Environmental<br/>Intellectual<br/>Spiritual<br/>Vocational</p>                                                                                                                                             |                                                                                                                                                                                                                                                                                        | <p>9:30 Patricia's Sole Mates- Walking Group <b>1</b></p> <p>10:00 Music Therapy</p> <p>10:00 OLLI- Iconoclast of Modern Art Ch.81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 This Day in History: Daily Chronicles</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 The Cozy Kitchen: Apple slices with caramel dip</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p> | <p>9:45 Devotionals with Ministry Team <b>2</b></p> <p>10:00 Kathy's Cranium Crunch</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Chair Exercise with Tina</p> <p>2:30 Drive In Movie -4th Fl: The Wizard of OZ (1945)</p> <p>3:00 Tunes and Melodies</p> <p>4:00 Balloon-Noodle Ball w/CNAs</p> <p>6:00 Outdoor Breeze-weather permitting</p>                      | <p>9:30 Patricia's Sole Mates- Walking Group <b>3</b></p> <p>10:00 Singin' with Russ &amp; Fran</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Music Therapy</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Crafty Corner: Apple Stamping</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                                                                          | <p>10:00 Name That Classic TV Show <b>4</b></p> <p>10:45 Refresh and Refuel</p> <p>1:30 Movie Matinee: Project Hail Mary Ch. 81</p> <p>2:30 Drive In Movie: The Parent Trap (1961)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>          | <p>1:00 Chair Exercise with Tina <b>5</b></p> <p>2:30 Saturday Matinee</p> <p>6:00 Outdoor Breeze-weather permitting</p>                              |
| <p>11:00 Worship Services live Streaming from the Point Channel 81 <b>6</b></p> <p>6:00 Outdoor Breeze-weather permitting</p>                                                                                                                                                                    | <p><b>Labor Day 7</b></p> <p>9:30 Patricia's Sole Mates- Walking Group</p> <p>10:00 Move &amp; Groove w/ Tammy</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Brain Games: Animal Trivia</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Drive In Movie: You've Got Mail (1998)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>       | <p>9:30 Patricia's Sole Mates- Walking Group <b>8</b></p> <p>10:00 Music Therapy</p> <p>10:00 OLLI- Dress at the Intersections of Quilting Ch. 81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 This Day in History: "Did it Happen?" True or False</p> <p>2:30 Mani's w/Ann</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                                              | <p>9:45 Devotionals with Ministry Team <b>9</b></p> <p>10:00 Kathy's Cranium Crunch</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Chair Exercise with Tina</p> <p>2:30 Drive In Movie -4th Fl: State Fair (1945)</p> <p>3:00 Tunes and Melodies</p> <p>4:00 Balloon-Noodle Ball w/CNAs</p> <p>6:00 Outdoor Breeze-weather permitting</p>                            | <p>9:30 Patricia's Sole Mates- Walking Group <b>10</b></p> <p>10:00 Singin' with Russ &amp; Fran</p> <p>10:00 OLLI- Iwo Jima - Jerry Davis Ch. 81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Music Therapy</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Crafty Corner: Leaf Rubbings</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                         | <p>10:30 Live Entertainment Friday <b>11</b></p> <p>10:45 Refresh and Refuel</p> <p>1:30 Movie Matinee: You, Me &amp; Tuscany Ch.81</p> <p>2:30 Drive In Movie: Babes in Toyland (1961)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>     | <p>1:00 Chair Exercise with Tina <b>12</b></p> <p>2:30 Saturday Matinee</p> <p>6:00 Outdoor Breeze-weather permitting</p>                             |
| <p><b>Grandparents Day 13</b></p> <p>11:00 Worship Services live Streaming from the Point Channel 81</p> <p>6:00 Outdoor Breeze-weather permitting</p> <p>7:20 Cowboys at New York Giants - NBC</p>           | <p>9:30 Patricia's Sole Mates- Walking Group <b>14</b></p> <p>10:00 Move &amp; Groove w/ Tammy</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Brain Games: What starts with the letter A?</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Drive In Movie: Anne of Green Gables (1985)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p> | <p>9:30 Patricia's Sole Mates- Walking Group <b>15</b></p> <p>10:00 Music Therapy</p> <p>10:00 OLLI- What Is Artificial Intelligence? Ch. 81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 This Day in History: Historical Events</p> <p>2:30 The Cozy Kitchen: Banana slices with cinnamon and a little honey</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>            | <p>9:45 Devotionals with Ministry Team <b>16</b></p> <p>10:00 Kathy's Cranium Crunch</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Chair Exercise with Tina</p> <p>2:30 Drive In Movie -4th Fl: The apple Dumpling Gang (1975)</p> <p>3:00 Tunes and Melodies</p> <p>4:00 Balloon-Noodle Ball w/CNAs</p> <p>6:00 Outdoor Breeze-weather permitting</p>              | <p>9:30 Patricia's Sole Mates- Walking Group <b>17</b></p> <p>10:00 Singin' with Russ &amp; Fran</p> <p>10:00 OLLI- Casablanca Ch.81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Music Therapy</p> <p>2:00 Friendly visit: 6th Floor</p> <p>2:30 Crafty corner: Paper Plate Sunflowers</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                              | <p>10:00 Picture Day w/ Rickina <b>18</b></p> <p>10:45 Refresh and Refuel</p> <p>1:30 Movie Matinee: Leatherheads Ch.81</p> <p>2:30 Drive In Movie: Teachers Pet (1958)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                     | <p>1:00 Chair Exercise with Tina <b>19</b></p> <p>2:30 Saturday Matinee</p> <p>6:00 Outdoor Breeze-weather permitting</p>                             |
| <p>11:00 Worship Services live Streaming from the Point Channel 81 <b>20</b></p> <p>3:25 Dallas Cowboys vs Washington Commanders - FOX (CH. 56,400 or 401)</p> <p>6:00 Outdoor Breeze-weather permitting</p>  | <p>9:30 Patricia's Sole Mates- Walking Group <b>21</b></p> <p>10:00 Move &amp; Groove w/ Tammy</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Brain Games: What Am I?</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Drive In Movie: Steel Magnolias (1989)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                          | <p><b>First Day of Fall 22</b></p> <p>9:30 Patricia's Sole Mates- Walking Group</p> <p>10:00 Music Therapy</p> <p>10:00 OLLI- Poetry Villanelles Ch. 81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 This Day in History: Daily Chronicles</p> <p>2:30 Mani's w/Ann</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                                                      | <p>9:45 Devotionals with Ministry Team <b>23</b></p> <p>10:00 Kathy's Cranium Crunch</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Chair Exercise with Tina</p> <p>2:30 Drive In Movie -4th Fl: Meet me in St. Louis (1944)</p> <p>3:00 Tunes and Melodies</p> <p>4:00 Balloon-Noodle Ball w/CNAs</p> <p>6:00 Outdoor Breeze-weather permitting</p>                 | <p>9:30 Patricia's Sole Mates- Walking Group <b>24</b></p> <p>10:00 Singin' with Russ &amp; Fran</p> <p>10:00 OLLI- A Daughter's Life in the Shadow of the Holocaust Ch.81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Music Therapy</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Crafty Corner: Family Trees</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p> | <p>10:30 Live Entertainment Friday <b>25</b></p> <p>10:45 Refresh and Refuel</p> <p>1:30 Movie Matinee: Voicemails for Isabelle Ch.81</p> <p>2:30 Drive In Movie: Goodbye, Mr. Chips (1939)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p> | <p>9:30 YMSL Host Bingo <b>26</b></p> <p>1:00 Chair Exercise with Tina</p> <p>2:30 Saturday Matinee</p> <p>6:00 Outdoor Breeze-weather permitting</p> |
| <p>11:00 Worship Services live Streaming from the Point Channel 81 <b>27</b></p> <p>3:25 Dallas Cowboys vs Baltimore Ravens - CBS (Ch. 315)</p> <p>6:00 Outdoor Breeze-weather permitting</p>                 | <p>9:30 Patricia's Sole Mates- Walking Group <b>28</b></p> <p>10:00 Move &amp; Groove w/ Tammy</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Brain Games: Back to School Trivia</p> <p>2:00 The PM Pick-Me-Up Exercise</p> <p>2:30 Drive In Movie: Funny Face (1957)</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                    | <p>9:30 Patricia's Sole Mates- Walking Group <b>29</b></p> <p>10:00 Music Therapy</p> <p>10:00 OLLI- The Future of NASA Ch.81</p> <p>10:45 Refresh and Refuel</p> <p>11:00 This Day in History: Name the singer</p> <p>3:00 Tunes and Melodies</p> <p>6:00 Outdoor Breeze-weather permitting</p>                                                                                                          | <p>9:45 Devotionals with Ministry Team <b>30</b></p> <p>10:00 Kathy's Cranium Crunch</p> <p>10:45 Refresh and Refuel</p> <p>11:00 Chair Exercise with Tina</p> <p>2:30 Drive In Movie -4th Fl: It's the Great Pumpkin Charlie Brown (1966)</p> <p>3:00 Tunes and Melodies</p> <p>4:00 Balloon-Noodle Ball w/CNAs</p> <p>6:00 Outdoor Breeze-weather permitting</p> | <p><b>Be sure to explore all of our live-stream options available on our in-house TV station, Channel 81!</b></p> <p><b>For detailed descriptions of each offering, please refer to your Lifestyle Guide. OLLI Classes every Tuesday &amp; Thursday at 10:00 AM streaming live on Channel 81.</b></p>                                                                                                 |                                                                                                                                                                                         |                                                                  |