

# Cognitive Care Weekly Activity Calendar

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30 AM</b>	Spiritual Services						
<b>10:00 AM</b>	Morning Chair Warm-Ups	Morning Chair Warm-Ups	Morning Social	Morning Social	Morning Social	Morning Chair Warm-Ups	Morning Chair Warm-Ups
<b>10:30 AM</b>	This Day in History	This Day in History	This Day in History	Short Stories & Poetry	Short Stories & Poetry	Ceramics	Outside Strolls
<b>11:00 AM</b>	Music for Relaxation	Sit & Be Fit	Nature Walk	Guided Meditation	Nature Walk	One-on-Ones	Music for Relaxation
<b>1:30 PM</b>	Sing-a-Long	Music & Movement	Word Search	Sing-a-Long	Baking	Trivia	Music & Movement
<b>2:00 PM</b>	Afternoon Exercise	Music Entertainment	Arts & Crafts	Arts & Crafts	Outside Strolls	Short Stories & Jokes	Music Entertainment
<b>3:30 PM</b>	Hand Massages	Adaptive Sports	Geography & History Trivia	Bunco Dice Game	Music/Dance Social	Happy Hour	Arts & Crafts
<b>6:00 PM</b>	Reminisce	Music Mondays	Evening Stretch	Hand Massages	Evening Stretch	Sensory Activities	Music & Movement

Please note: This is a sample calendar. All activities are representative.

