

Memory Care Weekly Activity Calendar

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

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



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