

Woodbury Healthcare Center Recreation Therapy/ Wellness Calendar MAY 2017

Television Policy: We ask that all resident room TV's be turned off at 10:30 p.m. If you wish to watch TV later than that, you may come out to one of the dayrooms. Integrative Therapies Referral # 287-6521 (please leave a message for Amy or Rachel). Calendar is subject to change.

KEY: TCU (1st Fl), SK (skyway), 2S (south), 2N (north), 2W (West), L (lobby) , 301/325 (3rd floor quiet rooms), 3S (south), 3N (north), 3W (west)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**NOTE: Wellness Calendar is subject to change. Weekly calendars are printed and distributed on Saturday each week. If there are changes after printing, we will post signs with the changes.</p> <p>Family/Friends: Please feel free to join in.</p>	<p>1 Welcome new MT Intern Chad! 8:00 Table talks dining 8:00 Walk to dine 2 9:25 New Life Academy (28 3rd graders for crafts) skyway 10:30 Travel Video 3S 11:15 Silvertone Bell Choir Practice 2N 12:00 Relaxation with Care Channel before lunch lobby/2W 12:15 Walk/Roll to dine 12:30 Skyway Piano lunch music SK 12:45 1:1 Therapeutic Interventions (res choice) 2:15 Snack & Social 2 2:15 Wellness Exercise Class 3N 2:30 Music and Movement Well fit 2 3:00 Music Therapy 3N 4:00 Magazines, Music & More (unit) 4:30 Give me Five Lobby 5:00 Give me Five 3N 5:15 Walk/Roll to dine 2 5:30 Give me Five 3N 6:00 Table talks dining 3 7:00 500 Card Club 2N 7:00 Harp Relaxation Music Lobby 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W</p>	<p>2 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 3 9:00 Spa Retreat: Make up, massage, lotion and aroma therapy unit 3 9:00 Men's group Woodworking 3S 9:15 RT Leisure Rounds TCU 10:00 Well Fit Fun Day w/ Balloon Volleyball SK 11:00 Prayer Group 2N 11:15 Therapeutic Sensory Interventions 3 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk/Roll to dine 1:45 Quilting/blanket sewing. Community Service Project. 2N 2:15 Wellness Exercise Class 3N 2:15 Snack & Social 2 2:30 Cribbage Club TBA 3:00 Hymn Sing 3N 3:30 Wellness Exercise 2 3:45 Mens Group or small Cognitive Grp 2N 4:00 Sensory, Magazines, Music & More unit 3 4:30 Music Pictionary 3L 5:00 Music Pictionary 3W 5:15 Walk/Roll to dine 2 5:30 Music Pictionary 3S 5:45 One to One res room interventions. Rooms 6:00 Table talks dining 3 7:00 Harp Relaxation Music Lobby 7:00 Tuesday Night at the Movies (popcorn) 2N 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides 2nd</p>	<p>3 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 9:15 Catholic Service skyway 10: 15 Book Club 2N 10: 15 Finish the Lines 3S 11:00 Biostep Rides RT office3 11:30 Music Therapy Focus Group 2N 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:30 Skyway Music with Music Therapy skyway 12:45 1:1 Visits/prgms Res choice 2:15 Wellness Exercise 3N 2:15 Snack & Social 2 2:30 Google Group 2N 3:00 Music Therapy Group 3N 3:30 Living Well Dying Well 2N 3:45 Leisure Rounds TCU 4:00 Magazines, Music & More Unit 3 4:30 Music Pictionary 3L 5:00 Crossword Puzzles 3 5:15 Walk/Roll to dine 2 5:30 Crossword Puzzles 3S 6:00 Table talks dining 3 7:00 Independent Cards and Games. See RT for resident lists. 2N 7:00 Relaxation Music and sensory 3L 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W</p>	<p>4 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT Office 9:15 Worship Service skyway 10:15 The Good Old Days 3S 11:00 1:1 Programming 3 11:30 Wellness Fitness Class 2N/W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk/Roll to dine 12:30 Skyway Lunch Music skyway 1:00 Relaxation 3 Lobby 1:30-3:00 FUNDRAISER Res Council TBA 2:15 Current Events 2N 2:15 Wellness Exercise Class 3N 2:15 Snack & Social 2 3:00 Coffee & Cookie Social 3N 3:45 Jug Band Practice or Sing your Heart Out 2N 4:00 Magazines, Music & More Unit 3 4:30 Music and Memories 3L 5:00 Music and Memories 5:15 Walk/Roll to dine 2 5:30 Music and Memories 3S 5:45 One to One Resident Interventions Res Rms 2 6:00 Table talks dining 3 7:00 Harp Music Lobby 7:00 Bingo 2W 7:30 Sensory books 3 8:00 Music & magazine 3 **Eye Glass cleaning with Karen TBA ***Bio Step rides throughout the day 2W</p>	<p>5 8:00 Table talks dining 8:00 Walk to dine 2 9:00 Relaxation with Care channel units 10:00 New Life Academy (55 kids) for music program. Sky 10:45 Hand Massage and Manicures TCU 10:45 Aroma Therapy/ Spa/Manicures 2N 11:15 1:1 Sensory Interventions 3 12:00 Biostep Rides RT 12:15 Walk/Roll to dine 12:45 Memory Walks 3 1:30 Relaxation Music and sensory kits 3 2:00 Gardening/patio 2:00 Friday Afternoon Movie Matinee and Popcorn 3N 2:15 Snack & Social 2 3:00 Music & Relaxation 2 3:30 Housekeeping Helpers 3N 3:30 Volunteering: New Res Gift Assembly SK 3:30 Leisure Rounds Tcu 3:45 One to One Resident Interventions. 2 4:00 Magazines, Music & More 3 5:15 Walk/Roll to dine 2 6:00 Table talks dining 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:00 Relaxation Music 3 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W</p>	<p>6 8:00 Table talks dining 3 8:00 Walk to dine 2 9:30 Sensory books, and music 3 10:00 Active Games 3N 10:00 Yoga/ Movement and breathing 2N 10:45 Trivia Teasers or Brain Aerobics 3N 11:00 Walks & talks 3 11:00 Chess Club 2 11:15 Fancy Fingers @ 11:15 1:1 Interventions Res choice 3 11:15 Sensory books, stations and music 3 11:30 Aroma Therapy, Spa/Manicures 2 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk/Roll to dine 1:30 Bingo 2W 1:30 Karaoke 3N 2:00 Karaoke 3W 2:15 Snack & Social 2 2:30 Brain Aerobics 3N 3:15 Trivia/Games 2 3:30 Coffee Social 3W 4:30 Short stories 3 5:15 Walk/Roll to dine 2 6:00 Lawrence Welk C17 7:00 Relaxation Music 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:30 Sensory books, stations and music 3 8:00 Walks/talks</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 8:00 Table talks dining 3 8:00 Walk to dine 2 9:15 Sunday Worship Service skyway 10:15 Music & Manicures 3N 10:15 Morning Stretch and Exercise 2N 11:00 Fancy Fingers N 11:00 Walks & talks 3 11:15 1:1 Room Visits Res Rms 3 12:00 One to One sensory and room visits Res Rms 12:15 Walk & Roll to dine 2 1:30 Active Games 3N 1:30 Scrabble 2N 2:00 Active Games 3W 2:15 Snack & Social 2 2:30 Cognitive Games 3W 2:45 One to One interventions or res Choice 2 3:00 Coffee Social 3N 3:45 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 5:15 Walk/Roll to dine 2 6:00 Table Talks dining 6:45 Cards Games/500 2N 7:00 Lobby Relaxation Music lobby 3 7:30 Sensory books 3 8:0p Music & magazine 3 ***Bio Step rides	8 8:00 Table talks dining 3 8:00 Walk to dine 2 9:15 RT Leisure Rounds TCU 9:30 Special Service Set 3W 9:45 Reminisce Video 3W 10:00 Special Service Set 3S 10:00 Creative Arts 2N 10:30 Reminisce Video 3N 11:00 Walks & talks 3 11:15 Silvertone Bell Choir Practice 2N 12:00 Relaxation with Care Channel before lunch lobby/2W 12:15 Walk & Roll to dine 2 12:30 Skyway Piano lunch music SK 12:45 1:1 Therapeutic Interventions 3 2:15 Wellness Exercise Class 3N 2:15 Snack & Social 2 2:30 Well Fit Class 2 3:00 Music Therapy 3N 4:00 Magazines, Music & More (unit) 4:30 Crosswords 3L 5:00 Crosswords 3N 5:15 Walk/Roll to dine 2 5:30 Crosswords 3N 6:00 Table Talks dining 7:00 500 Card Club 2N 7:00 Harp Relaxation Music Lobby 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	9 8:00 Table talks dining 3 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 3 9:00 Spa Retreat: Make up, massage, lotion and aroma therapy unit 3 9:00 Men's group 3S 9:15 RT Leisure Rounds TCU 10:00 Well Fit Fun Day w/ Balloon Volleyball SK 11:00 Prayer Group 2N 11:00 Walks & talks 3 11:00 Music Therapy Focus Group (325) 11:30 ORDER INN LUNCH skyway 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 1:45 Afternoon Community Outings. 2:15 Wellness Exercise Class 3N 2:15 Snack & Social 2 2:30 Cribbage Club TBA 3:00 Hymn Sing 3N 4:00 Sensory, Magazines, Music & More unit 3 4:30 Music Pictionary 3L 5:00 Music Pictionary 3W 5:15 Walk/Roll to dine 2 5:30 Music Pictionary 3S 5:45 One to One res room interventions. Rooms 6:00 Table Talks dining 7:00 Harp Relaxation Music Lobby 7:00 Tuesday Night at the Movies (popcorn) 2N 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	10 8:00 Table talks dining 3 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 9:15 Catholic Service skyway 10:15 Book Club 2N 10:15 Music Scramble 3S 11:00 Biostep Rides RT 3 11:30 Music Therapy Focus Group 2N 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 12:30 Skyway Music with Music Therapy skyway 12:45 1:1 Visits 3 2:00 Resident Council 2N 2:15 Wellness Exercise 3N 2:15 Snack & Social 2 2:30 Google Group 2N 3:00 Music Therapy Group 3N 3:30 Living Well Dying Well 2N 3:45 Leisure Rounds TCU 4:00 Magazines, Music & More Unit3 4:30 Music Pictionary 3L 5:00 Give Me Five 3W 5:15 Walk/Roll to dine 2 5:30 Give Me Five 3S 6:00 Table Talks dining 7:00 Games and Card Night. Different Tables different cards/games 2N 7:00 Relaxation 3L 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	11 8:00 Table talks dining 3 8:00 Walk to dine 2 8:30 Coffee & Crafts RT Office 9:15 Worship Service skyway 10:15 Music Dice 3S 11:00 Walks & talks 3 11:00 1:1 Programming 3 11:30 Wellness Fitness Class 2N/W 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 12:30 Skyway Lunch Music skyway 1:00 Relaxation 3 Lobby 2:15 Wellness Exercise Class 3N 2:15 Current Events 2N 2:15 Snack & Social 2 3:00 Coffee & Cookie Social 3N 3:45 Jug Band Practice or Sing your Heart Out 2N 4:00 Magazines, Music & More Unit3 4:30 Music and Memories 3L 5:00 Music and Memories 5:15 Walk/Roll to dine 2 5:30 Music and Memories 3S 5:45 One to One Resident Interventions Res Rms 2 6:00 Table Talks dining 7:00 Harp Music 3L 7:00 Bingo 2W 7:30 Sensory books 3 8:00 Music & magazine 3 **Eye Glass cleaning with Karen TBA ***Bio Step rides throughout the day 2W	12 8:00 Table talks dining 3 8:00 Walk to dine 2 9:00 Relaxation with Care channel units 2 9:15 RT Leisure Rounds TCU 9:30 Art of the Soul Watercolor class skyway 9:30 Lobby Music (Guitar, Piano, Base) 3L 10:30 Arts & Crafts 3N 10:45 Hand Massage and Manicures TCU 10:45 Aroma Therapy/Spa/Manicures 2N 11:00 Walks & talks 3 11:15 1:1 Sensory Interventions 3 12:00 Biostep Rides 3 12:15 Walk & Roll to dine 2 12:45 Memory Walks 3 1:30 Relaxation Music and sensory kits unit3 2:00 Gardening/patio 2:00 Friday Afternoon Movie Matinee and Popcorn 3N 2:15 Snack & Social 2 3:30 Leisure Rounds TCU 3:30 Housekeeping Helpers 3N 3:30 Volunteering: New Res Gift Assembly SK 3:30 Leisure Rounds TCU 3:45 One to One Resident Interventions. 2 4:00 Walks & Talks 3 5:15 Walk/Roll to dine 2 6:00 Table Talks dining 7:00 Relaxation music 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:30 Sensory books 3 7:30 Sensory books 3 8:00 Walks/talks 3 ***Bio Step rides	13 8:00 Table talks dining 3 8:00 Walk to dine 2 9:00 Pet Therapy TCU 9:30 Pet Therapy 2 9:30 Sensory books, and music 3 10:00 Pet Therapy 3 10:00 Yoga/ Movement and breathing 2N 10:00 Active Games 3N 10:45 Trivia Teasers or Brain Aerobics 3N 11:00 Chess Club 2N 11:15 Fancy Fingers 2 11:00 Walks & talks 3 11:15 1:1 Interventions Res choice 3 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 1:30 Karaoke 3N 1:30 Bingo 2W 2:00 Karaoke 3W 2:15 Snack & Social 2 2:30 Shake Loose a Memory or Down Memory Lane 3N 3:15 Trivia/Games 2 3:30 Coffee Social 3W 4:00 Walks & talks 3 4:30 Short stories 3 5:15 Walk/Roll to dine 2 6:00 Lawrence Welk C17 6:00 Table Talks dining 7:00 Relaxation Music 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:30 Sensory books, stations and music 3 8:00 Walks/talks 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

<p>14 HAPPY MOTHER'S DAY. Nat'l Long Term Care Week begins. 8:00 Table talks dining 8:00 Walk to dine 2</p> <p>9:15 Sunday Worship Service skyway</p> <p>10:15 Music & Manicures 3N 10:15 Morning Stretch and Exercise 2N 11:00 Walks & talks 3 11:00 Fancy Fingers 2N 11:15 1:1 Room Visits Res Rms 3 12:00 One to One sensory and room visits Res Rms 2 12:15 Walk & Roll to dine 2 1:30 Music Balloon Toss 3N 1:30 Karaoke 2N 2:00 Active Games 3W 2:15 Snack & Social 2 2:30 Trivia Teasers 3W 2:45 One to One interventions or res Choice 2 3:00 Short Stories 3N</p> <p>3:45 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 4:00 Question Ball W 6:00 Table Talks dining 5:15 Walk/Roll to dine 2</p> <p>6:45 Cards Games/500 2N 7:00 Lobby Relaxation Music 3L 7:30 Sensory books 3 8:0p Music & magazine 3 ***Bio Step rides</p>	<p>15 Touching Lives, Lifting Spirits. 8:00 Table talks dining 8:00 Walk to dine 2</p> <p>9:15 RT Leisure Rounds TCU 9:30 Special Service Set 3W 9: 45 Reminisce Video 3W 10:00 Special Service Set 3S 10:00 Creative Arts 2N 10:30 Reminisce Video 3N 11:15 Silverstone Bell Choir Practice 2N 12:00 Relaxation with Care Channel before lunch lobby/2W 12:15 Walk & Roll to dine 2 12:30 Skyway Piano lunch music SK 12:45 1:1 Therapeutic Interventions 3 2:00 Honoring our moms. Join for Mother's Day celebration and music skyway 2:15 Snack & Social 2 3:45 Cognitive or Social Group 2N 4:00 Magazines, Music & More unit 3 4:30 Give me Five 3L 5:00 Give me Five 3W 5:15 Walk/Roll to dine 2 5:30 Give me Five 3S 6:00 Table Talks dining 7:00 500 Card Club 2N 7:00 Harp Relaxation Music Lobby3 7:30 Sensory books 3 8:00 Music & magazine 3</p> <p>***Bio Step rides throughout the day 2W</p>	<p>16 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 9:00 Spa Retreat: Make up, massage, lotion and aroma therapy Unit 9:00 Men's group 3 9:15 RT Leisure Rounds TCU 10:00 Well Fit Fun Day w/ Balloon Volleyball SK 11:00 Walks & talks 3 11:00 Prayer Group 2N 11:15 1:1 Sensory Interventions Res choice 11:30 ORDER INN LUNCH skyway Or OUT TO LUNCH for Nursing home week! To be determined 12:00 Polka Spotlight 2W 12:15 Walk & Roll to dine 2 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 1:45 Quilting/blanket sewing. Community Service Project. 2N 2:30 Cribbage Club TBA 2:15 Wellness Exercise 3 2:15 Snack & Social 2 3:00 Hymn Sing 3N 3:30 Wellness Exercise Class 2W 4:00 Magazines, Music & More (unit) 3 4:30 Crossword Puzzle L 5:00 Crossword Puzzle 3 5:15 Walk/Roll to dine 2 5:30 Crossword Puzzle 3S 5:45 One to One res room interventions. Rooms 6:00 Table Talks dining 7:00 Harp Relaxation Music Lobby3 7:00Tuesday Night at the Movies (popcorn) 2N 7:30 Sensory books 3 8:0p Music & magazine 3 ***Bio Step rides throughout the day</p>	<p>17 8:00 Table talks dining 8:00 Walk to dine 2</p> <p>8:30 Coffee & Crafts RT office3 9:15 RT Leisure Rounds TCU 9:15 Catholic Service SK 10: 15 Book Club 2N 10: 15 Music Scramble 3S 11:00 Biostep Rides RT office3 11:00 Walks & talks 3 11:30 Silvertone Bell Choir Practice 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 12:30 Skyway Music with Music Therapy skyway 12:45 1:1 Interventions 3 2:15 WellnessExercise 3N 2:15 Snack & Social 2 2:30 Touching Lives, Lifting spirits: Conversations with Florence Nightingale 2nd 3:00 Music Therapy Group 3N 3:30 Living Well Dying Well 2N 3:45 Leisure Rounds TCU 4:00 Magazines, Music & More Unit3 4:30 Music Pictionary 3L 5:00 Music Song Writing 3W 5:15 Walk/Roll to dine 2 5:30 Music Song Writing 3S 6:00 Table Talks dining 7:00 Games and Card Night. Different Tables different cards/games 2N 7:00 Relaxation Music 3 7:30 Sensory books 3 8:0p Music & magazine 3 ***Bio Step rides throughout the day 2W</p>	<p>18 8:00 Table talks dining 8:00 Walk to dine 2</p> <p>8:30 Coffee & Crafts RT Office3 9:15 Worship Service SK 10:15 Piano Music 3S 11:00 1:1 Programming 3 11:00 Walks & talks 3</p> <p>11:30 Wellness Fitness Class 2N/W 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 12:30 Skyway Lunch Music skyway 1:00 Relaxation 3 Lobby 2:15 Touching Lives, Lifting Spirits concert: Featuring: Silvertone bell Choir, Jug Band and Villa Vixens skyway 2:15 Snack & Social 2 3:00 Coffee & Cookie Social 3N 4:00 Magazines, Music & More Unit3 4:30 Musical Hangman 3 5:00 Musical Hangman 3W 5:15 Walk/Roll to dine 2 5:30 Musical Hangman 3S 5:45 One to One Resident Interventions Res Rms 2 7:00 Harp Music 3L 7:00 Bingo 2W 7:30 Sensory books 3 8:0p Music & magazine 3</p> <p>**Eye Glass cleaning with Karen TBA</p> <p>***Bio Step rides throughout the day 2W</p>	<p>19 8:00 Table talks dining 8:00 Walk to dine 2 9:00 Relaxation with Care channel units2 9:15 RT Leisure Rounds TCU</p> <p>9:30 Art of the Soul Watercolor Painting class skyway 10:45 Hand Massage and Manicures TCU 10:45 Aroma Therapy/Spa/Manicures 2N 11:00 Walks & talks 3 11:15 1:1 Sensory Interventions 3 12:00 Biostep Rides 3 12:15 Walk & Roll to dine 2 12:45 Memory Walks 3 1:30 Relaxation Music and sensory kits unit3 2:00 Community Outing Community 2:15 Snack & Social 2 2:15 Garden Club Gardens 3:30 Housekeeping 3N 3:30 Volunteering: New Resident Gift Assembly SK 3:30 Leisure Rounds Tcu 3:45 One to One Resident Interventions. 2 4:00 Magazines, Music & More 3 5:15 Walk/Roll to dine 2 6:00 Table talks dining 3 7:00 Independent Cards and Games. See RT for resident lists. 2N 7:00 Relaxation Music 3 7:30 Sensory books 3 8:0p Music & magazine 3</p> <p>***Bio Step rides throughout the day 2W</p>	<p>20 8:00 Table talks dining 3 8:00 Walk to dine 2</p> <p>9:30 Sensory books, and music 3</p> <p>10:00 Active Games 3N 10:00 Yoga/ Movement and breathing 2N 10:45 Trivia Teasers or Brain Aerobics 3N 11:00 Walks & talks 3 11:00 Chess Club 2N 11:15 Fancy Fingers 2 11:15 1:1 Interventions Res choice 3 11:15 Sensory books, stations and music 3</p> <p>11:30 Aroma Therapy, Spa/Manicures 2</p> <p>12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 1:30 Bingo 2W 1:30 Karaoke 3N 2:00 Karaoke 3W 2:15 Snack & Social 2 2:30 Brain Aerobics 3N 3:15 Trivia/Games 2</p> <p>3:30 Coffee Social 3W 5:15 Walk/Roll to dine 2 4:30 Short stories 3 6:00 Lawrence Welk C17 7:00 Relaxation Music 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:30 Sensory books, stations and music 3 8:00 Walks/talks 3</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 8:00 Table talks dining 8:00 Walk to dine 2 9:15 Sunday Worship Service (SK) 10:15 Music & Manicures 3N 10:15 Morning Stretch and Exercise 2N 11:00 Fancy Fingers 2N 11:00 Walks & talks 3 11:15 1:1 Room Visits Res Rms 3 12:00 One to One sensory and room visits Res Rms 2 12:15 Walk & Roll to dine 2 1:30 Active Games 3N 1:30 Yahtzee, Skipbo or Uno 2N 2:00 Active Games 3W 2:15 Snack & Social 2 2:45 One to One interventions or res Choice 2 2:45 Trivia Teasers 3 3:30 Arts and Crafts 3W 3:45 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 4:15 Shake Loose a Memory 3N 6:00 Table Talks dining 5:15 Walk/Roll to dine 2 6:45 Cards Games/500 2N 7:00 Lobby Relaxation Music 3L 7:30 Sensory books 3 8:0p Music & magazine 3 ***Bio Step rides	22 8:00 Table talks dining 8:00 Walk to dine 2 9:15 RT Leisure Rounds TCU 9:30 Special Ser Set 3W 9:45 Sensory Video 3W 10:00 Special Service Set 3S 10:00 Baking Group 2N 10:30 Sensory Video 3S 11:00 Walks & talks 3 11:15 Silvertone Bell Choir Practice 2N 12:00 Relaxation with Care Channel before lunch lobby/2W 12:15 Walk & Roll to dine 2 12:30 Skyway Piano lunch music SK 12:45 1:1 Therapeutic Interventions 3 2:15 Wellness Exercise 2 2:15 Snack & Social 2 2:30 Music and Movement Well fit 2 3:00 Music Therapy or Choir Practice rm 302 3:45 Cognitive or Social Group 2N 4:00 Magazines, Music & More unit 3 4:30 Monthly Trivia Lobby3 5:00 Current Month Trivia 3W 5:15 Walk/Roll to dine 2 5:30 Current Month Trivia 3S 6:00 Table Talks dining 7:00 Harp Relaxation Music Lobby3 7:00 500 Card Club 2N 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	23 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 3 9:00 Spa Retreat: Make up, massage, lotion and aroma therapy unit3 9:00 Men's group Project: TBA 3S 9:15 RT Leisure Rounds TCU 10:00 Well Fit Fun Day w/ Balloon Volleyball SK 11:00 Music Therapy Focus Group Rm 325 11:00 Prayer Group 2N 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 2:15 Jug Band Rehearsal skyway 2:15 Wellness Exercise Class 3N 2:15 Snack & Social 2 2:30 Cribbage Club TBA 3:00 Hymn Sing 3N 3:30 Wellness Exercise Class 2W 3:45 Mens Group or small Cognitive Grp 2N 4:00 Sensory, Magazines, Music & More unit 3 4:30 Give Me Five 3L 5:00 Give Me Five 3W 5:15 Walk/Roll to dine 2 5:30 Give Me Five 3S 5:45 One to One res room interventions. Rooms2 6:00 Table Talks dining 7:00 Harp Relaxation Music Lobby3 7:00 Tuesday Night at the Movies (popcorn) 2N 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	24 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office3 9:15 Catholic Service SK 10: 15 Book Club 2N 10: 15 Finish the Line 3S 11:00 Biostep Rides 3 11:30 Music Therapy Focus Group 2N 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 12:30 Skyway Music with Music Therapy skyway 12:45 1:1 Interventions Res choice3 2:15 Wellness Exercise 3N 2:15 Snack & Social 2 2:15 Jug Band Rehearsal skyway 3:30 Living Well Dying Well 2N 3:45 Leisure Rounds TCU 4:00 Magazines, Music & More Unit3 4:30 Trivia Teasers 3L 5:00 Trivia Teasers 3W 5:15 Walk/Roll to dine 2 5:30 Trivia Teasers 3S 6:00 Table Talks dining 7:00 Games and Card Night. Different Tables different cards/games 2N 7:00 Relaxation Music and sensory 3L 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	25 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT Office3 9:15 Worship Service SK 10:15 Sewing Sensory 3S 11:00 Music Therapy Focus Group 3W 11:30 Wellness Fitness Class 2N/W 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 12:30 Skyway Lunch Music skyway 1:00 Relaxation 3 Lobby 2:30 JUG BAND All Campus Concert skyway 2:15 Snack & Social 2 3:00 Coffee & Cookie Social 3N 3:45 Jug Band Practice or Sing your Heart Out 2N 4:00 Magazines, Music & More Unit 4:30 Name that Tune Lobby 5:00 Name That Tune 3W 5:15 Walk/Roll to dine 2 5:30 Name that Tune 3S 5:45 One to One Resident Interventions Res Rms 2 7:00 Harp Music 3L 7:00 Bingo 2W 7:30 Sensory books 3 8:00 Music & magazine 3 **Eye Glass cleaning with Karen TBA ***Bio Step rides throughout the day 2W	26 8:00 Table talks dining 8:00 Walk to dine 2 9:15 RT Leisure Rounds TCU 9:00 Relaxation with Care channel units 2 9:15 RT Leisure Rounds TCU 9:30 Rosary 3W 9:30 Well Fit Exercise Class 2W/N 9:30 Lobby Music (Guitar, Piano, Base) 3 10:30 Arts & Crafts 3N 10:45 Hand Massage and Manicures TCU 10:45 Aroma Therapy/ Spa/Manicures 2N 11:00 Walks & talks 3 11:15 1:1 Sensory Interventions 3 12:00 Biostep Rides 3 12:15 Walk & Roll to dine 2 12:45 Memory Walks Res choice 1:30 Relaxation Music and sensory kits 3 2:30 Doug Alt Entertainment from New Jersey skyway 2:15 Snack & Social 2 3:30 Volunteering: New Resident Gift Assembly SK 3:30 Leisure Rounds Tcu 3:45 One to One Resident Interventions. 2 4:00 Magazines, Music & More 3 5:15 Walk/Roll to dine 2 6:00 Table talks dining 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:00 Independent Cards and Games. See RT for resident lists. 2N 7:00 Relaxation Music 3 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	27 8:00 Table talks dining 8:00 Walk to dine 2 8:00 Table talks dining 9:30 Sensory books, stations and music 3 10:00 Active Games 3N 10:45 Trivia Teasers or Brain Aerobics 3N 10:00 Yoga/ Movement and breathing 2N 11:00 Chess Club 2N 11:00 Walks & talks 3 11:15 Fancy Fingers 2 11:15 1:1 Interventions Res choice 3 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 1:30 Karaoke 3N 1:30 Bingo 2W 2:00 Karaoke 3W 2:15 Snack & Social 2 2:30 Shake Loose a Memory or Down Memory Lane 3N 3:15 Trivia/Games 2 3:30 Coffee Social 3W 4:00 Walks & talks 3 4:30 Short stories 3 5:15 Walk/Roll to dine 2 6:00 Lawrence Welk C17 6:00 Table talks dining 7:00 Relaxation Music 3 7:00 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 7:30 Sensory books 8:00 Walks/talks 3

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:00 Table talks dining 8:00 Walk to dine 2 9:15 Sunday Worship Service (SK) 10:15 Music & Manicures 3N 10:15 Morning Stretch and Exercise 2N 11:00 One to One sensory and room visits Res Rms 2 11:00 Fancy Fingers 2 11:15 1:1 Room Visits Res Rms 3 11:30 Walks/talks 3 12:00 One to One sensory and room visits Res Rms 2 12:15 Walk & Roll to dine 2 1:30 Active Games 3N 1:30 Brain Aerobics 2 2:00 Active Games 3W 2:15 Snack & Social 2 2:45 One to One interventions or res Choice 2 3:00 Brain Games 3N 3:30 Sensory books, stations and music Unit 3 3:45 Independent Cards and Games. Please see RT for list of resident's interested in getting together 2 4:00 Short Stories 3W 5:15 Walk/Roll to dine 2 6:00 Table Talks dining 6:45 Cards Games/500 2N 7:00 Lobby Relaxation Music Lobby 3 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides	29 8:00 Table talks dining 8:00 Walk to dine 2 9:15 RT Leisure Rounds TCU 9:30 Special Service Set 3W 9:45 Travel Video 3W 10:00 Special Service Set 3S 10:00 Creative Arts 2N 10:30 Travel Video 3S 11:15 Silvertone Bell Choir Practice 2N 12:00 Relaxation with Care Channel before lunch lobby/2W 12:15 Walk & Roll to dine 2 12:45 1:1 Therapeutic Interventions 3 2:15 Wellness Exercise Class 3N 2:15 Snack & Social 2 2:30 Monthly Birthday Party and Social 2N 3:30 Monthly Birthday Party and Social 2N 4:30 Card Games 3L 5:00 Card Games 3W 5:15 Walk/Roll to dine 2 5:30 Card Games 3S 7:00 Harp Relaxation Music Lobby3 6:00 Table Talks dining 7:00 500 Card Club 2N 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	30 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office3 9:00 Spa Retreat: Make up, massage, lotion and aroma therapy unit3 9:00 Men's group 3S 9:15 RT Leisure Rounds TCU 10:00 Well Fit Fun Day w/ Balloon Volleyball SK 11:00 Prayer Group 2N 11:15 1:1 Sensory Interventions 3 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 2:15 Snack & Social 2 1:45 Quilting/blanket sewing. Community Service Project. 2N 2:15 Wellness Exercise Class 3N 2:30 Cribbage Club TBA 3:00 Hymn Sing 3N 3:30 Wellness Exercise Class 2W 3:45 Mens Group or small Cognitive Grp 2N 4:00 Sensory, Magazines, Music & More unit 3 4:30 Music Acrostics Lobby 3 5:00 Music Acrostics 3W 5:15 Walk/Roll to dine 2 5:30 Music Acrostics 3S 5:45 One to One res room interventions. Rooms 2 nd 6:00 Table Talks dining 7:00 Harp Relaxation Music Lobby3 7:00 Tuesday Night at the Movies (popcorn) 2N 7:30 Sensory books 3 8:00 Music & magazine 3 ***Bio Step rides throughout the day 2W	31 National Senior Health and Fitness Day! 8:00 Table talks dining 8:00 Walk to dine 2 8:30 Coffee & Crafts RT office 3 9:15 RT Leisure Rounds TCU 9:15 Catholic Service SK 10: 15 Book Club 2N 10: 15 Music Therapy 3S 11:00 Biostep Rides RT office3 11:30 Music Therapy Focus Group 2N 12:00 Polka Spotlight 2W 12:00 Relaxation Music before lunch w/ Care Channel lobby/2N 12:15 Walk & Roll to dine 2 2:15 Snack & Social 2 12:30 Skyway Music with Music Therapy skyway 12:45 1:1 Interventions 3 2:00 IT'S TIME TO PLANT our gardens. Walk and Roll on out to 3 different garden areas and help us plant flowers and vegetables for the season. 3:00 Music Therapy Group 3N 3:45 Leisure Rounds TCU 4:00 Magazines, Music & More Unit3 4:30 Sunny Side of the Street 3L 5:00 Sunny Side of the Street 3W 5:15 Walk/Roll to dine 2 5:30 Sunny Side of the Street 3S 6:00 Table Talks dining 7:00 Games and Card Night. Different Tables different cards/games 2N 7:00 Relaxation Music and sensory 3L 7:30 Sensory books 3 8:00 Music & magazine 3			

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