

6:00 Bubble Blowing

January 2024 Memory Care Activities



MONDAY **TUESDAY** WEDNESDAY SUNDAY **THURSDAY FRIDAY** SATURDAY 2 5 3 6 9:00 Coffee Talk 9:00 Coffee Talk 10:00 Light Stretching 9:00 Coffee Talk 9:00 Coffee Talk 9:00 Coffee Talk **10:30** Snowball Throwing 1:00 Puzzles & Pondering 10:30 Let's get moving 10:30 Balloon Toss & Fun 10:30 Let's get moving 2:00 Afternoon drive around 3:00 Guided Walks & 10:30 Ring Toss Exercise Exercise **Shawnee Lake** Wondering 1:00 Strawberry/Bana 1:00 Put Christmas tree 1:00 Picture Bingo Kabob Making away & Reminisce 1:00 Watercolor painting & (B) (I) (N) (G) (O) 3:00 Cheese & Cracker Social Aroma Therapy 3:00 Aroma therapy & hand w/ Big Band Music 3:00 Outdoor/Indoor Walks 6:00 Activity of Nurses Choice 3:00 Musical Guest massages 6:00 Aroma Therapy & Coloring 6:00 Bubble Blowing 6:00 Collage making 6:00 Table games 9 8 10 11 12 13 9:00 Coffee Talk 9:00 Coffee Talk 10:00 Move to the Music 9:00 Coffee Talk 9:00 Coffee Talk 9:00 Coffee Talk 10:30 Pie Making W/Tammy exercise 10:30 Let's get moving 10:30 Beach Ball toss 10:30 Soft music yoga 10:30 Indoor Bowling 11:00 Televised Church/ Exercise 1:00 Snowflake painting & 1:00 Musical instruments 1:00 Pie & Reminisce 1:00 Winter Crafting 3:00 Cheese & Cracker Social Sorting & matching 1:00 Aroma Therapy 3:00 Movie & A Manicure 1:00 Activity packs & puzzles 3:00 Sing A-long (Meet Me in St Louis) w/ Musical Guest 10:00 Light Stretching 3:00 What's the Scoop 6:00 Joke Telling 1:00 Puzzles & Pondering Ice cream Social 3:00 Outdoor/Indoor Walks 6:00 Modelina 3:00 Aroma therapy & hand 3:00 Guided Walks & & Reminisce with play dough Massages 6:00 Sort & Wondering 6:00 Puzzles Matching 6:00 Picture Bingo <u> 19</u> 15 17 18 20 14 16 10:00 Move to the Music 9:00 Coffee Talk 9:00 Coffee 9:00 Coffee Talk 9:00 Coffee Talk 9:00 Coffee Talk exercise 10:30 Musical Tia Chi 10:30 Balloon Toss 10:30 Beanbag toss & Talk 10:30 Let's get moving 11:00 Televised Church & 1:00 Cardio Drumming **10:30** Let's 1:00 Bubble Fun Parachute fun Exercise 5:00: Family Night/Food & 3:00 Cheese & Craker Social get moving Exercise 1:00 Watercolor painting & 1:00 Name that Tune w/Resident request music 1:00 Musical instruments Aroma Therapy 3:00 Outdoor/Indoor Walks 3:00 Aroma therapu & 3:00 Musical Guest 6:00 Bubble Blowing 10:00 Light Stretching hand massages 6:00 Collage making Sorting & matching 1:00 Puzzles & Pondering 6:00 Table games 1:00 Activity packs & puzzles 3:00 Guided Walks & 6:00 Puzzles & Games 3:00 What's the Scoop ice Wondering cream social & reminisce 22 23 24 27 21 26 10:00 Move to the Music 9:00 Coffee Talk 9:00 Coffee Talk 9:00 Coffee & Family letter 9:00 Coffee Talk 9:00 Coffee Talk 10:00 Light 10:30 Musical Tia Chi exercise 10:30 Let's get moving reading 10:30 Beach **10:30** Let's get moving Stretching 11:00 Televised Church/ 1:00 Pie & Reminisce 10:30 Indoor bowling Exercise **Ball Toss &** Exercise 2:00 Sorting & matching 1:00 Brain Teaser Games 3:00 Write Thank you cards 1:00 Name that Tune Birthday Social w/ 1:00 Activity packs & puzzles Ol' Time Rock & Roll 3:00 What's the Scoop ice 1:00 Finger painting & Aroma 1:00 Puzzles & Pondering cream social & reminisce APPY BIRTHAL Therapy 3:00 Sing A-long 3:00 Guided Walks & 3:00 Outdoor/Indoor Walks 6:00 Color Craft 6:00 Puzzles 6:00 Activity of Resident's Wondering 6:00 Aroma Therapy & Coloring **6:00** Picture Bingo Choice 30 31 28 29 **10:00** Move to the 9:00 Coffee Talk 9:00 Coffee Talk 9:00 Coffee Talk Music exercise 10:30 Let's get Moving 10:30 Let's get moving 10:30 Beanbag toss & Exercise Exercise Parachute fun 1:00 Picture Bingo 1:00 Musical instruments 1:00 Watercolor painting & 11:00 Televised Church/ 3:00 Outdoor/Indoor Walks 3:00 **Aroma** Aroma Therapy Sorting & matching Therapy 3:00 Write a Thank you 1:00 Activity packs & puzzles 8 hand 6:00 Modeling with 3:00 What's the Scoop ice massages clay cream social & reminisce 6:00 Table games