


Sample Memory Support Calendar

EMPOWERED LIVING® EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:30 ➔ Beach Ball Chair Disco 11:00 Blackjack 12:45 * MUSICAL SERENADE 1:30 * Travelogue [MC] 2:00 Prize BINGO 3:30 ♡ Adult Coloring & Relaxing Music 4:15 🍷 Mini Hand Massages with Aromatherapy 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:00 🍷 Meditation Music & Aromatherapy 11:00 EmpowerMe Movement Therapy 1:15 Tuesday Tea Time 2:00 * Tai Chi Class w/Jack [MS] 3:00 ♡ Word Scramble 4:00 Late Afternoon Yoga & Stretch 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 SINGFIT 10:30 ♡ How Many Words? Word Game 11:00 * Prize BINGO 1:15 🍷 Musical Serenade 2:00 🍷 No Bake Club: Red White & Blue Yogurt Bars 2:45 TimeSlips Greenstaff with Cynthia 3:45 🍷 Mini Manicures with Lora 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ♡ Trivia with Rich Rick Steves: Europe's Travel Guide 11:00 EmpowerMe Movement Therapy 1:00 ♡ 4th of July BINGO 1:30 ➔ Gentle Stretch with Lora 1:45 ➔ Youtube: 4th of July Firework Displays 2:30 * 4th of July Craft with Lora 3:00 ♡ Blackjack 3:30 🍷 Patriotic Karaoke 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 🍷 Beachball Volley 9:30 Care Partner Spa Services 10:00 Memory Lane 10:30 ♡ Jigsaw Puzzle Fun 10:30 Storytelling & Story Sharing 11:00 * Hand Massages with Aromatherapy 11:30 * Mini Manicures 1:00 Trivia/Brain Games 1:30 ♡ Prize BINGO 3:00 Happy Hour w/ Live Music 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 🍷 SINGFIT 10:00 Adult Coloring 11:00 Prize BINGO 11:30 * Sing-Along with Susie Q 2:00 ART PROJECTS 3:00 ♡ Scenic Drive Outing 4:00 Corn Hole 6:00 * Movie of the Day
9:00 Good morning Room Visits 9:00 * Highlands Church Virtual Non-Denominational Service [VG] 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ➔ Sunday Morning Exercise with Lora 10:00 ♡ Garden Club 10:45 * Memory Lane & Reminiscence 11:30 * Sing-Along Hymns 1:00 ART PROJECTS 3:00 ♡ Scenic Drive with an Ice Cream Parlor Stop 4:00 Crosswords and Trivia on the Patio 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:30 ➔ Beach Ball Chair Disco 11:00 Blackjack 12:45 * MUSICAL SERENADE 1:30 * Travelogue [MC] 2:00 Prize BINGO 3:30 ♡ Adult Coloring & Relaxing Music 4:15 🍷 Mini Hand Massages with Aromatherapy 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:00 🍷 Meditation Music & Aromatherapy 11:00 EmpowerMe Movement Therapy 2:00 * Tai Chi Class w/Jack [MS] 3:00 ♡ Word Scramble 4:00 Late Afternoon Yoga & Stretch 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 SINGFIT 10:30 ♡ How Many Words? Word Game 11:00 * Prize BINGO 1:15 🍷 Musical Serenade 2:00 🍷 No Bake Club 2:45 TimeSlips Greenstaff with Cynthia 3:45 🍷 Mini Manicures with Lora 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ♡ Trivia with Rich Rick Steves: Europe's Travel Guide 11:00 EmpowerMe Movement Therapy 1:00 ♡ Garden Club 1:30 ➔ Gentle Stretch with Lora 1:45 ➔ Afternoon Yoga with Jenny (NEW) 2:30 * Sing-Along with Susie Q 3:00 ♡ Blackjack 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 🍷 Beachball Volley 9:30 Care Partner Spa Services 10:00 Memory Lane 10:30 ♡ Jigsaw Puzzle Fun 10:30 Storytelling & Story Sharing 11:00 * Hand Massages with Aromatherapy 11:30 * Mini Manicures 1:00 Trivia/Brain Games 1:30 ♡ Prize BINGO 3:00 Happy Hour w/ Live Music 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 🍷 SINGFIT 10:00 Adult Coloring 11:00 Prize BINGO 11:30 * Sing-Along with Susie Q 2:00 ART PROJECTS 3:00 ♡ Scenic Drive Outing 4:00 Corn Hole 6:00 * Movie of the Day
9:00 Good morning Room Visits 9:00 * Highlands Church Virtual Non-Denominational Service [VG] 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ➔ Sunday Morning Exercise with Lora 10:00 ♡ Garden Club 10:45 * Memory Lane & Reminiscence 11:30 * Sing-Along Hymns 1:00 ART PROJECTS 3:00 ♡ Scenic Drive with an Ice Cream Parlor Stop 4:00 Crosswords and Trivia on the Patio 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:30 ➔ Beach Ball Chair Disco 11:00 Blackjack 12:45 * MUSICAL SERENADE 1:30 * Travelogue [MC] 2:00 Prize BINGO 3:30 ♡ Adult Coloring & Relaxing Music 4:15 🍷 Mini Hand Massages with Aromatherapy 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:00 🍷 Meditation Music & Aromatherapy 11:00 EmpowerMe Movement Therapy 1:15 Tuesday Tea Time 2:00 * Tai Chi Class w/Jack [MS] 3:00 ♡ Word Scramble 4:00 Late Afternoon Yoga & Stretch 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 SINGFIT 10:00 ♡ Sing-Along with Barbara 11:00 * Prize BINGO 1:15 🍷 Musical Serenade 2:00 🍷 No Bake Club 2:45 TimeSlips Greenstaff with Cynthia 3:45 🍷 Mini Manicures with Lora 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ♡ Trivia with Rich Rick Steves: Europe's Travel Guide 11:00 EmpowerMe Movement Therapy 1:00 ♡ Garden Club 1:30 ➔ Gentle Stretch with Lora 1:45 ➔ Afternoon Yoga with Jenny (NEW) 2:30 * Sing-Along with Susie Q 3:00 ♡ Blackjack 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 🍷 Beachball Volley 9:30 Care Partner Spa Services 10:00 Memory Lane 10:30 ♡ Jigsaw Puzzle Fun 10:30 Storytelling & Story Sharing 11:00 * Hand Massages with Aromatherapy 11:30 * Mini Manicures 1:00 Trivia/Brain Games 1:30 ♡ Prize BINGO 2:00 Monthly Birthday Cake with Phoenician Home Care 3:00 Happy Hour w/ Live Music 6:00 * Movie of the Day	National Cowboy Day! 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 🍷 SINGFIT 10:00 Adult Coloring 11:00 Prize BINGO 11:30 * Sing-Along with Susie Q 1:00 🍷 Music Therapy 2:00 ART PROJECTS 2:30 Giddy Up Cowboy Party with The Desert Cactus Kickers [PL] 3:00 ♡ Scenic Drive Outing 4:00 Corn Hole 6:00 * Movie of the Day
9:00 Good morning Room Visits 9:00 * Highlands Church Virtual Non-Denominational Service [VG] 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ➔ Sunday Morning Exercise with Lora 10:00 ♡ Garden Club 10:45 * Memory Lane & Reminiscence 11:30 * Sing-Along Hymns 1:00 ART PROJECTS 3:00 ♡ Scenic Drive with an Ice Cream Parlor Stop 4:00 Crosswords and Trivia on the Patio 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:30 ➔ Beach Ball Chair Disco 11:00 Blackjack 12:45 * MUSICAL SERENADE 1:30 * Travelogue [MC] 2:00 Prize BINGO 3:30 ♡ Adult Coloring & Relaxing Music 4:15 🍷 Mini Hand Massages with Aromatherapy 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:00 🍷 Meditation Music & Aromatherapy 11:00 EmpowerMe Movement Therapy 1:15 Tuesday Tea Time 2:00 * Tai Chi Class w/Jack [MS] 3:00 * Dementia Support Group [ES] 3:00 ♡ Word Scramble 4:00 Late Afternoon Yoga & Stretch 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 SINGFIT 10:30 ♡ How Many Words? Word Game 11:00 * Prize BINGO 1:15 🍷 Musical Serenade 2:00 🍷 No Bake Club 2:45 TimeSlips Greenstaff with Cynthia 3:45 🍷 Mini Manicures with Lora 6:00 * Movie of the Day	<h3>Location Keys</h3> <ul style="list-style-type: none"> 🌿 Environmental 💡 Mentally Stimulating 🍷 Nourish Mind & Body ➔ Physically Active 🍷 Purpose & Meaning in Life 🍷 Social Engagement <ul style="list-style-type: none"> Elite Studies ES Memory Care MC Memory Support MS Piano Lounge PL Veranda Grille VG 		
9:00 Good morning Room Visits 9:00 * Highlands Church Virtual Non-Denominational Service [VG] 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 ➔ Sunday Morning Exercise with Lora 10:00 ♡ Garden Club 10:45 * Memory Lane & Reminiscence 11:30 * Sing-Along Hymns 1:00 ART PROJECTS 3:00 ♡ Scenic Drive with an Ice Cream Parlor Stop 4:00 Crosswords and Trivia on the Patio 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:30 ➔ Beach Ball Chair Disco 11:00 Blackjack 12:45 * MUSICAL SERENADE 1:30 * Travelogue [MC] 2:00 Prize BINGO 3:30 ♡ Adult Coloring & Relaxing Music 4:15 🍷 Mini Hand Massages with Aromatherapy 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 10:00 🍷 Meditation Music & Aromatherapy 11:00 EmpowerMe Movement Therapy 1:15 Tuesday Tea Time 2:00 * Tai Chi Class w/Jack [MS] 3:00 ♡ Word Scramble 4:00 Late Afternoon Yoga & Stretch 6:00 * Movie of the Day	9:00 Good morning Room Visits 9:15 This Day in History & Fun Facts 9:30 Care Partner Spa Services 9:30 SINGFIT 10:30 ♡ How Many Words? Word Game 11:00 * Prize BINGO 1:15 🍷 Musical Serenade 2:00 🍷 No Bake Club 2:45 TimeSlips Greenstaff with Cynthia 3:45 🍷 Mini Manicures with Lora 6:00 * Movie of the Day			