

Memory Care at Annabel’s Cottage

5039 Providence Country Club Drive



OCTOBER 2017



Life Enrichment activities may alter as Resident’s needs and choices change.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
9:30-11:30 Morning Choice	C	10:00-10:30 Daily Chronicle	L	10:00-12:00 Out & About	O	10:00-10:30 Daily Chronicle	L	10:00-10:30 Daily Chronicle	L	10:00-10:30 Daily Chronicle	L	9:30-11:30 Morning Choice	C
10:00-10:30 Hymns/Devotions	L	10:30-11:00 Forever Fit	L	(Observation Flight Deck)		10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	10:00-10:30 Fitness Fun	L
10:30-11:00 Eucharistic Service	T	11:00-11:45 Memory Magic	H	10:30-11:00 Forever Fit	L	11:00-11:45 Magical Garden	H	11:00-11:45 Jeopardy Trivia	H	11:00-11:45 Jeopardy Trivia	H	11:15-12:00 Prize Bingo	H
with St. Matthew Catholic		1:30– 2:00 Active Mobility	L	1:30– 2:00 Active Mobility	L	Art Coloring		1:30-2:00 Active Mobility	L	1:30-2:00 Active Mobility	L	1:30-2:00 Saturday News	L
11:00-11:45 Sunday Stretch	L	2:00-2:30 Jewelry Making	L	2:00-3:00 Sarah Stevens Music	O	1:30-2:00 Active Mobility	L	2:00-2:30 Word Recognition	H	2:00-2:30 Word Recognition	H	2:30-3:00 Pamper Perfect	H
1:30-3:00 Afternoon Choice	C	2:30-3:00 Fitness Fun	L	2:00-2:30 Pencil Art	H	2:00-2:30 Word Scramble	H	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	3:15-3:45 Fitness Fun	L
2:00 Pet Therapy	C	3:00-3:30 Discussion:	L	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	3:00-3:45 Craft: Fall Tree	H	3:00-3:45 Cooking Club:	H	3:45-4:30 Watercolor Art	H
3:15-3:45 Color Me Calm	H	Waltzing to Vienna		3:00-3:45 Sensory Game	H	3:00-3:45 Sensory Game	H	Pumpkin Chocolate Bark		Pumpkin Chocolate Bark		& Ice Cream	
4:00-5:00 Weddington Church	T	4:00-4:30 Corn Hole	L	3:45-4:30 Prize Bingo	H	3:45-4:30 Prize Bingo	H	4:00-4:30 Basketball	L	4:00-4:30 Basketball	L	4:00-9:00 Evening Choice	C
4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C		
8		9		10		11		12		13		14	
9:30-11:30 Morning Choice	C	COLUMBUS DAY		10:00-44:30 Out & About	O	10:00-10:30 Daily Chronicle	L	10:00 Catholic Mass	T	10:00-10:30 Daily Chronicle	L	9:30-11:30 Morning Choice	C
10:00-10:30 Hymns/Devotions	L	10:00-10:30 Daily Chronicle	L	(Local Park)		10:30-11:00 Forever Fit	L	10:00-10:30 Daily Chronicle	L	10:30-11:00 Forever Fit	L	10:00-10:30 Fitness Fun	L
10:30-11:00 Eucharistic Service	T	10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	11:00-11:45 Magical Garden	H	10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	11:15-12:00 Prize Bingo	H
with St. Matthew Catholic		11:00-11:45 Memory Magic	H	11:00-12:00 Music with Bill C	L	Art Coloring		11:00-11:45 Easy Does It Trivia	H	11:00-11:45 Painting	H	1:30-2:00 Saturday News	L
11:00-11:45 Sunday Stretch	L	1:30– 2:00 Active Mobility	L	1:30– 2:00 Active Mobility	L	1:30-2:00 Active Mobility	L	1:30-2:00 Active Mobility	L	1:30-2:00 Active Mobility	L	2:00-2:30 Reading Round	L
1:00 Panthers Watch Party	L	2:00-2:30 Word Scramble	L	2:00-3:00 Hangman Game	H	2:00-2:30 Reading Round	H	2:00-2:30 Word Recognition	H	2:00-2:30 Word Recognition	H	2:30-3:00 Table Top Games	H
2:00 Pet Therapy	C	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	3:15-3:45 Fitness Fun	L
3:15-3:45 Color Me Calm	H	3:00-3:30 Discussion:	L	3:00-3:45 Sensory Game	H	3:00-3:45 Sensory Game	H	3:00-3:45 Craft: Autumn Sachet	H	3:00-3:45 Cooking Club:	H	3:45-4:30 Rhyming Game	H
4:00-5:00 Weddington Church	T	Columbus Day		3:45-4:30 Prize Bingo	H	3:45-4:30 Giant Ring Toss	L	Caramel Apple Bites		Caramel Apple Bites		4:00-9:00 Evening Choice	C
4:00-9:00 Evening Choice	C	4:00-4:30 Corn Hole	L			4:00-9:00 Evening Choice	C	4:00-4:30 Basketball	L	4:00-4:30 Basketball	L		
		4:00-9:00 Evening Choice	C					4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C		
15		16		17		18		19		20		21	
9:30-11:30 Morning Choice	C	10:00-10:30 Daily Chronicle	L	10:00-11:30 Out & About	O	10:00-10:30 Daily Chronicle	L	10:00-10:30 Daisy Chronicle	L	10:00-10:30 Daily Chronicle	L	9:30-11:30 Morning Choice	C
10:00-10:30 Hymns/Devotions	L	10:30-11:00 Forever Fit	L	(Frozen Yogurt)		10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	10:00-10:30 Fitness Fun	L
10:30-11:00 Eucharistic Service	T	11:00-11:45 Memory Magic	H	10:30-11:00 Forever Fit	L	11:00-11:45 Aqua Paint	H	11:00-11:45 Jeopardy Trivia	H	11:00-11:45 Jeopardy Trivia	H	11:15-12:00 Prize Bingo	H
with St. Matthew Catholic		1:30– 2:00 Active Mobility	L	1:30– 2:00 Active Mobility	L	2:00-2:30 Word Scramble	H	1:30-2:00 Active Mobility	L	11:00-11:45 Card Creation	H	1:30-2:00 Saturday News	L
11:00-11:45 Sunday Stretch	L	2:00-2:30 Doughnuts Social	L	2:00-2:30 Pencil Art	H	2:30-3:30 Music with	SR	2:00-2:30 Word Recognition	H	1:30-2:00 Active Mobility	L	Discussion	
1:30-3:00 Afternoon Choice	C	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	David Jennings		2:30-3:00 Fitness Fun	L	2:00-3:00 Music with Al Stone	SR	2:30-4:00 Movie Matinee	L
2:00 Pet Therapy	C	3:00-3:30 Discussion:	L	3:00-3:45 Reminiscing Game	H	3:30-4:00 Craft: Popsicle Stick	H	3:00-3:45 Cooking Club:	H	2:30-3:00 Pamper Perfect	L	& Ice Cream	
3:15-3:45 Color Me Calm	H	The Bear Hibernation		3:45-4:30 Bingo Prize	H	Jack-O-Lantern		Pumpkin Applesauce Bread		3:15-3:45 Fitness Fun	L	4:00-9:00 Evening Choice	C
4:00-5:00 Weddington Church	T	4:00-4:30 Table Top Games	H	4:00-9:00 Evening Choice	C	4:00-4:30 Sing-along-Songs	L	4:00-4:30 Basketball	L	3:45-4:30 Sponge Painting	H		
4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C			4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C		
22		23		24		25		26		27		28	
9:30-11:30 Morning Choice	C	10:00-10:30 Daily Chronicle	L	10:00-12:00 Out & About	O	10:00-10:30 Daily Chronicle	L	10:00-10:30 Daily Chronicle	L	10:00-10:30 Daily Chronicle	L	9:30-11:30 Morning Choice	C
10:00-10:30 Hymns/Devotions	L	10:30-11:00 Forever Fit	L	(Halls Family Farm)		10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	10:30-11:00 Forever Fit	L	10:00-10:30 Fitness Fun	L
10:30-11:00 Eucharistic Service	T	11:00-11:45 Memory Magic	H	10:30-11:00 Forever Fit	L	11:00-11:45 Magical Garden	H	11:00-11:45 Easy Does It Trivia	H	11:00-11:45 Through the	H	11:15-12:00 Prize Bingo	H
with St. Matthew Catholic		1:30– 2:00 Active Mobility	L	1:30– 2:00 Active Mobility	L	Art Coloring		1:30-2:00 Active Mobility	L	Decades		1:30-2:00 Saturday News	L
11:00-11:45 Sunday Stretch	L	2:00-2:30 Word Scramble	H	2:00-2:30 Hangman Game	H	1:30-2:00 Active Mobility	L	2:00-2:30 Word Recognition	H	1:30-2:00 Active Mobility	L	Discussion	
1:30-3:00 Afternoon Choice	C	2:30-3:00 Fitness Fun	L	2:30-3:00 Fitness Fun	L	2:00-2:30 Reading Round	H	2:30-3:00 Fitness Fun	L	2:00-2:30 Reading Round	L	2:30-4:00 Movie Matinee	L
2:00 Pet Therapy	C	3:00-3:30 Discussion:	L	3:00-3:45 Sensory Game	H	2:30-3:00 Fitness Fun	L	3:00-4:00 October Birthday	L	2:30-3:00 Table Top Games	H	& Ice Cream	
3:15-3:45 Color Me Calm	H	The Hearty Acorn		3:45-4:30 Prize Bingo	H	3:00-4:00 John Lewis Music	L	Celebration		3:15-3:45 Fitness Fun	L	4:00-9:00 Evening Choice	C
4:00-5:00 Weddington Church	T	4:00-4:30 Corn Hole	L	4:00-9:00 Evening Choice	C	4:00-4:45 Pumpkin Painting	L	4:00-4:30 Basketball	L	4:00-4:30 Rhyming Game	H		
4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C			4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C		
29		30		31		Life Skills		Always Available Programs		CALENDAR LEGEND			
9:30-11:30 Morning Choice	C	10:00-10:30 Daily Chronicle	L	HALLOWEEN		10:00 Daily Chronicle	L	Montessori Programs:	Small group programs, 1:1 Interaction			Cottage	C
10:00-10:30 Hymns/Devotions	L	10:30-11:00 Forever Fit	L	10:30 Trick or Treaters	L	10:30-11:00 Forever Fit	L	Games:	Connect 4, Jenga, Checkers, Dominoes, Bingo, Cards			Dining Room	D
10:30-11:00 Eucharistic Service	T	11:00-11:45 Memory Magic	H	11:00-12:00 Ghost Cookie	H	11:00-11:45 Magical Garden	H	Sports:	Basketball, Corn Hole, Golf, Baseball Derby, Washer Toss			Hobby & Craft Room	H
with St. Matthew Catholic		1:30-2:00 Active Mobility	L	Decorating		Art Coloring		Sensory:	Sensory Games, Aromatherapy, Mystery Bag			Fitness Center	F
11:00-11:45 Sunday Stretch	L	2:00-2:30 Jewelry Making	H	1:30-2:00 Active Mobility	L	1:30-2:00 Active Mobility	L	Arts:	Jewelry Making, Card Creation, Painting, Pencil Art			Living Room	L
1:30-3:00 Afternoon Choice	C	2:30-3:00 Fitness Fun	L	2:00-2:30 Drama Game:	L	2:00-2:30 Reading Round	H	Literary Groups:	Reading Round, Poetry, Drama Group, Trivia			Outings	O
2:00 Pet Therapy	C	3:00-3:30 Discussion:	L	(a short skit) The Haunted House		2:30-3:00 Fitness Fun	L	Music:	Hymns, Sing-along-Songs, Entertainers, Rhythm Band			Porch	P
3:15-3:45 Color Me Calm	H	The World Series		3:00-3:45 Halloween Party	L	3:45-4:30 Prize Bingo	H	Fitness:	Forever Fit, Active Mobility, Fitness Fun			Serenity Den	SD
4:00-5:00 Weddington Church	T	4:00-4:30 Table Top Games	H	3:45-4:30 Prize Bingo	H	4:00-9:00 Evening Choice	C					Sun Room	SR
4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C	4:00-9:00 Evening Choice	C							Theatre	T