

Memory Care at Annabel’s Cottage

5039 Providence Country Club Drive
Charlotte, NC 28277 704-246-8636



DECEMBER 2017



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Always Available Programs Montessori Programs: Small group programs, 1:1 Interaction Games: Connect 4, Jenga, Checkers, Dominoes, Bingo, Cards Sports: Basketball, Corn Hole, Golf, Baseball Derby, Washer Toss Sensory: Sensory Games, Aromatherapy, Mystery Bag Arts: Jewelry Making, Card Creation, Painting, Pencil Art Literary Groups: Reading Round, Poetry, Drama Group, Trivia Music: Hymns, Sing-along Songs, Entertainers, Rhythm Band Fitness: Forever Fit, Active Mobility, Fitness Fun		<i>CALENDAR LEGEND</i> Cottage C Dining Room D Hobby & Craft Room H Fitness Center F Living Room L Outings O Porch P Serenity Den SD Sun Room SR Theatre T	<i>COLOR LEGEND</i> <i>Craft Programs-Purple</i> <i>Entertainers-Blue</i> <i>Cooking Programs-Yellow</i> <i>Outings-Green</i>	Life Skills In the Garden: Plant Care, Watering Decorating: Holiday Decorations/Plans In the Kitchen: Baking/Clean-up Housekeeping: Dusting, Folding, Sweeping		
9:30-11:30 Morning Choice C 3 10:00-10:30 Hymns/Devotions L 10:30-11:00 Eucharistic Catholic T Service with St. Matthew Church 11:00-11:45 Sunday Stretch L 1:30-3:00 Afternoon Choice C 2:00 Pet Therapy C 3:15-3:45 Color Me Calm H 4:00-5:00 Weddington Church T 4:00-9:00 Evening Choice C	10:00-10:45 Cranfield Academy Singers L 4 10:45-11:00 Forever Fit L 11:00-11:45 Memory Magic H 1:35- 2:00 Active Mobility L 2:00-2:45 Word Scramble H 2:50-3:20 Yoga L 3:25-4:00 Discussion: L The History of Bingo 4:00-4:30 Clay Creations H 4:00-9:00 Evening Choice C	10:00-11:30 Out & About (Hot Chocolate) O 5 10:30-11:00 Forever Fit L 1:35-2:00 Active Mobility L 2:00-3:00 Sarah Stevens Music O 2:00-2:40 Hangman Game H 2:50-3:15 Instructed Cardio L 3:00-3:45 Sensory Game H 3:45-4:30 Prize Bingo H 3:55-4:30 Yoga L 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 6 10:30-11:00 Forever Fit L 11:00-11:45 Mandalas Art Coloring H 1:35-2:00 Active Mobility L 2:00-2:30 Reading Round H 2:30-3:00 Craft: Gingerbread House Decorating H 3:00-3:35 Yoga L 3:45-4:30 True or False L 4:00-9:00 Evening Choice C	Pearl Harbor Remembrance Day 7 10:00-10:30 Daily Chronicle L 10:30-11:00 Forever Fit L 11:00-11:45 Easy Does It Trivia H 1:35-2:00 Active Mobility L 2:00-2:45 Cooking Club: Frosted Peppermint Softies H 2:50-3:15 Instructed Cardio L 3:15-3:50 Word Recognition H 3:55-4:30 Yoga L 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 8 10:30-11:00 Forever Fit L 11:00-11:45 Through the Decades H 1:35-2:00 Active Mobility L 2:00-2:30 Reading Round L 2:30-2:55 Table Top Games H 2:55-3:25 Yoga L 3:30-4:00 Corn Hole L 4:00-4:30 Rhyming Game H 4:00-9:00 Evening Choice C	9:30-11:30 Morning Choice C 9 10:00-10:30 Fitness Fun L 11:15-11:45 Prize Bingo H 1:30-2:00 Saturday News L Discussion 2:30-4:00 Movie Matinee L & Ice Cream 4:00-9:00 Evening Choice C
9:30-11:30 Morning Choice C 10 10:00-10:30 Hymns/Devotions L 10:30-11:00 Eucharistic Catholic T Service with St. Matthew Church 11:00-11:45 Sunday Stretch L 1:30-3:00 Afternoon Choice C 2:00 Pet Therapy C 3:15-3:45 Color Me Calm H 4:00-5:00 Weddington Church T 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 11 10:30-11:00 Forever Fit L 11:00-11:45 Memory Magic H 1:35- 2:00 Active Mobility L 2:00-2:45 Jewelry Making H 2:50-3:20 Yoga L 3:25-4:00 Discussion: L Peace Dove 4:00-4:30 Corn Hole L 4:00-9:00 Evening Choice C	Hanukkah Begins 10:00-11:30 Out & About (Uptown) O 12 10:30-11:00 Forever Fit L 11:00-12:00 Bill Calisanti Music L 1:35- 2:00 Active Mobility L 2:00-2:40 Hangman Game H 2:50-3:15 Instructed Cardio L 3:00-3:45 Reminiscing Game L 3:45-4:30 Prize Bingo H 3:55-4:30 Yoga L 4:00-9:00 Evening Choice C	Hanukkah Ends 10:00-10:30 Daily Chronicle L 13 10:30-11:00 Forever Fit L 11:00-11:45 Aqua Paint H 1:35-2:00 Active Mobility L 2:00-2:30 Word Scramble H 2:30-3:00 Popsicle Stick Star Ornaments H 3:00-3:35 Yoga L 3:45-4:30 Christmas Carol L Sing-along- Songs 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 14 10:30-11:00 Forever Fit L 11:00-11:45 Fun Facts Trivia L 11:45-12:00 Christmas Carols by Providence Presbyterian Preschool L 1:35-2:00 Active Mobility L 2:00-2:45 Cooking Club: Eggnog White Chocolate Fudge H 2:50-3:15 Instructed Cardio L 3:15-3:50 Word Recognition H 3:55-4:30 Yoga L 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 15 10:30-11:00 Forever Fit L 11:00-11:45 Card Creation H 1:35-2:00 Active Mobility L 2:00-3:00 Music with Al Stone SR 2:30-2:55 Pamper Perfect H 2:55-3:25 Yoga L 3:30-4:00 Corn Hole L 4:00-4:30 Sponge Painting H 4:00-9:00 Evening Choice C	9:30-11:30 Morning Choice C 16 10:00-10:30 Fitness Fun L 11:15-11:45 Prize Bingo H 1:30-2:00 Saturday News L Discussion 2:30-3:00 Logan on Piano SR 3:00-4:30 Movie Matinee L & Ice Cream 4:00-9:00 Evening Choice C
9:30-11:30 Morning Choice C 17 10:00-10:30 Hymns/Devotions L 10:30-11:00 Eucharistic Catholic T Service with St. Matthew Church 11:00-11:45 Sunday Stretch L 1:30-3:00 Afternoon Choice C 2:00 Pet Therapy C 3:15-3:45 Color Me Calm H 4:00-5:00 Weddington Church T 4:00-9:00 Evening Choice C 6:00-6:20 Christmas Carols Providence Presbyterian L	10:00-10:30 Daily Chronicle L 18 10:30-11:00 Forever Fit L 11:00-11:45 Memory Magic H 11:15-1:30 Lunch Outing O 1:35-2:00 Active Mobility L 2:00-2:45 Word Scramble H 2:50-3:20 Yoga L 3:25-4:00 Discussion: L The Snowman Solution 4:00-4:30 Clay Creations H 4:00-9:00 Evening Choice C 6:00 Holiday Light Tour O	10:00-12:00 Out & About (Ballantyne Hotel) Gingerbread Village O 19 10:30-11:00 Forever Fit L 1:35-2:00 Active Mobility L 2:00-2:40 Hangman Game H 2:50-3:15 Instructed Cardio L 3:15-3:45 Sensory Game H 3:45-4:30 Prize Bingo H 3:55-4:30 Yoga L 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 20 10:30-11:00 Forever Fit L 11:00-12:00 Cut out Cookie Decorating H 1:35-2:00 Active Mobility L 2:00-2:30 Reading Round H 2:30-3:30 Music with David Jennings SR 3:30-4:00 Craft: Candy Cane Elf H 4:00-4:30 True or False H 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 21 10:30-11:00 Forever Fit L 11:00-11:45 Easy Does It Trivia H 1:35-2:00 Active Mobility L 2:00-2:45 Cooking Club: Gingerbread Spice Bars H 2:50-3:15 Instructed Cardio L 3:15-3:50 Word Recognition H 3:55-4:30 Yoga L 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 22 10:30-11:00 Forever Fit L 11:00-11:45 Painting H 1:35-2:00 Active Mobility L 2:00-2:30 Reading Round L 2:30-2:55 Christmas Carol L Sing-along-Songs 2:55-3:25 Yoga L 3:30-4:00 Corn Hole L 4:00-4:30 Rhyming Game H 4:00-9:00 Evening Choice C	9:30-11:30 Morning Choice C 23 10:00-10:30 Fitness Fun L 10:30 St. Margaret Singers L 11:15-11:45 Prize Bingo H 1:30-2:00 Saturday News L Discussion 2:30-3:00 Logan on Piano SR 3:00-4:30 Movie Matinee L & Ice Cream 4:00-9:00 Evening Choice C
Christmas Eve/New Year’s Eve 24/31 9:30-11:30 Morning Choice C 10:00-10:30 Hymns/Devotions L 10:30-11:00 Eucharistic Catholic T Service with St. Matthew Church 11:00-11:45 Sunday Stretch L 1:30-3:00 Afternoon Choice C 2:00 Pet Therapy C 3:15-3:45 Color Me Calm H 4:00-5:00 Weddington Church T 4:00-9:00 Evening Choice C	Christmas Day 25 10:00-10:30 Daily Chronicle L 10:30-11:30 Memory Magic H 1:30-2:00 Fact or Fiction L 2:00-3:00 Holiday Traditions & Classic Movie Time L 3:30-4:00 Discussion: L Giving and Receiving 4:00-4:30 Corn Hole L 4:00-9:00 Evening Choice C	10:00-12:00 Out & About (Flight Observation Deck) O 26 10:30-11:00 Forever Fit L 1:35-2:00 Active Mobility L 2:00-2:40 Hangman Game H 2:30-3:00 Fitness Fun L 3:00-3:45 Reminiscing Game L 3:45-4:30 Prize Bingo H 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 27 10:30-11:00 Forever Fit L 11:00-11:45 Mandalas Art Coloring H 1:35-2:00 Active Mobility L 2:00-2:50 Word Scramble H 3:00-4:00 Music with John Lewis L 4:00-4:30 Craft: Paper Roll Snowman H 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 28 10:30-11:30 Music with Alice Nichols L 1:35-2:00 Active Mobility L 2:00-2:50 December Birthday Celebration L 2:50-3:15 Instructed Cardio L 3:15-3:50 Word Recognition H 3:55-4:30 Basketball L 4:00-9:00 Evening Choice C	10:00-10:30 Daily Chronicle L 29 10:30-11:00 Forever Fit L 11:00-12:00 Category Game H 1:35-2:00 Active Mobility L 2:00-2:30 Funny Bones Humor L 2:30-2:55 Pamper Perfect H 2:55-3:25 Reading Round L 3:30-4:00 Corn Hole L 4:00-4:30 Watercolor Art H 4:00-9:00 Evening Choice C	9:30-11:30 Morning Choice C 30 10:00-10:30 Fitness Fun L 11:15-11:45 Prize Bingo H 1:30-2:00 Saturday News L Discussion 2:30-3:00 Logan on Piano SR 3:00-4:30 Movie Matinee L & Ice Cream 4:00-9:00 Evening Choice C