

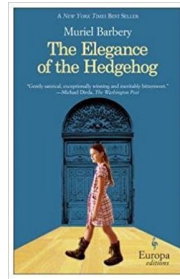
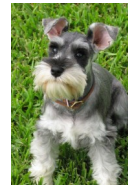
March 5-11, 2018

Heritage
Ridge

Memory
Support

Monday, March 5

- 8:00 BREAKFAST
- 9:00 Dog Visit: Dexter & Janice
- 9:30 Exercise—Balloon Baseball
- 10:00 Hydration Station & Current Events
- 10:30 Easy Does It Random Trivia
- 11:30 LUNCH
- 1:00 Sing-a-long
- 4:00 Scriptures & Hymns with Jerry Quandt
- 4:30 DINNER
- 6:00 Reading Club –
“The Elegance of a Hedgehog”



Tuesday, March 6

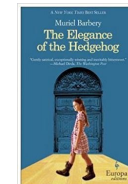
Hair Salon Morning

- 8:00 BREAKFAST
- 9:00 Dog Visit: Dexter & Janice
- 9:30 Exercise—Bean Bag Toss
- 10:00 Hydration Station & Current Events
- 10:30 Mr Ed—DVD
- 11:30 LUNCH
- 1:00 ABC's of Spring
- 2:30 Beading
- 4:30 DINNER
- 6:00 Baking Fun: Pretzel Dipping



Wednesday, March 7

- 8:00 BREAKFAST
- 9:00 Dog Visit: Dexter & Janice
- 9:30 Exercise—Kickball
- 10:00 Hydration Station & Current Events
- 10:30 Horse Racing Game
- 11:30 LUNCH
- 1:00 (C) Music by Tatyana Boellstroff
- 2:30 Hidden in Plain Sight
- 4:30 DINNER
- 5:30 (T) Catholic Communion
- 6:00 Reading Club –
“The Elegance of a Hedgehog”



Friday, March 9

- 8:00 BREAKFAST
- 9:00 Dog Visit: Dexter & Janice
- 9:30 Exercise—Sit & Fit Video
- 10:00 Hydration Station &
Current Events
- 10:30 Jenga
- 11:30 LUNCH
- 1:00 Sing-A-Long
- 2:30 Let's Make Our Snack:
Fruit Pizza Crackers
- 3:30 Happy Hour
- 4:30 DINNER
- 6:00 Lassie—DVD



Saturday, March 10

- 8:00 BREAKFAST
- 10:00 Exercise—Table Ball
- 10:00 Hydration Station—Juice
- 10:30 Manicures and Hand Massages
- 11:30 LUNCH
- 1:00 Board Games
- 2:30 One on Ones
- 4:30 DINNER
- 6:00 Lawrence Welk (Ch 13)

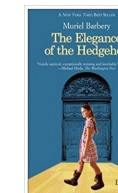


Sunday, March 11

- 8:00 BREAKFAST
- 10:00 Baking: Cranberry Orange Muffins
- 10:30 Hydration Station—Juice & Muffins
- Mass on TV
- 11:30 LUNCH
- 1:00 Exercise
- 2:00 One on Ones
- 2:45 Chocolate Sundaes
- 3:15 **BINGO**
- 4:30 DINNER
- 6:00 Reading Club –
“The Elegance of a Hedgehog”



BINGO



Thursday, March 8

- 8:00 BREAKFAST
- 9:30 Load the Bus
- 10:00 Scenic Bus Ride
- 11:30 LUNCH
- 1:00 Adult Coloring:
St. Patrick/Celtic Knot
- 2:30 Conversation Jar
- 3:15 Nail Touch Up
and Hand Massage
- 4:30 DINNER
- 6:00 Craft Time: Painting
Wooden Flower

