



July 2nd – July 9th



The Heritage at Legacy

Memory Support

Monday, July 2nd

7-9:30AM– BREAKFAST
 9:30-10AM– Newspaper
 10-10:30AM-Exercise
 10:30-11:30AM–Trip to the (Virtual) Zoo
 11:30-12:30PM– LUNCH
 12:30-1:45PM- Relaxation Hour
 1:45-2PM-Walking Club
 2-3PM–Carol Jo’s B-Day Celebration
 3:30-4:30PM-Zoo Animal List Game
 4:30-5:30PM– DINNER
 6-7PM–Hand Massages
 7-9PM-Residents’ Bedtime Routines Begin



(Plant Watering Day)



Tuesday, July 3rd

7-9:30AM– BREAKFAST
 9:30-10AM- Newspaper
 10-10:30AM-Exercise
 10:30-11:30AM-Baking Club
 11:30-12:30PM– LUNCH
 12:30-1:45PM- Relaxation Hour
 1:45-2PM-Walking Club
 2-3PM–Entertainment w/Leonard Eby
 3:30-4:30PM-Manicures
 4:30-5:30PM– DINNER
 6-7PM-Sensory 1:1
 7-9PM– Residents’ Bedtime Routines Begin



(Catholic Communion @ 11AM)
(Choir Practice @ 1PM)



Wednesday, July 4th
Happy Independence Day!

7-9:30AM– BREAKFAST
 9:30-10AM– Newspaper
 10-10:30AM-Exercise
 10:30-11:30AM-4th of July Coffee & Conversation
 11:30-12:30PM– LUNCH
 12:30-1:45PM Relaxation Hour
 1:45-2:00PM– Walking Club
 2-3PM–Name That Patriotic Song (youtube)
 3:30-4:30PM-Portraits 1:1
 4:30-5:30PM– DINNER
 6-7PM–Prayer Group
 7-9PM– Residents’ Bedtime Routines Begin



(Plant Watering Day)

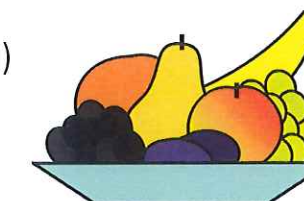


Thursday, July 5th

7-9:30AM– BREAKFAST
 9:30-10AM– Newspaper
 10-10:30AM-Exercise
 10:30-11:30AM-Sing-Along
 11:30-12:30PM– LUNCH
 12:30-1:45AM– Relaxation Hour
 1:45-2PM-Walking Club
 2-3PM-50 States Game
 3:30-4:30-Bingo
 4:30-5:30PM– DINNER
 6-7PM-Test Your Taste Buds (fruit)
 7-9PM– Residents’ Bedtime Routines Begin



(Choir Practice @ 1 PM)



Friday, July 6th

7-9:30AM–BREAKFAST
 9:30-10AM– Newspaper
 10-10:30AM-Exercise
 10:30-11:30AM-Wellness Clinic
 11:30-12:30PM– LUNCH
 12:30-1:45PM– Relaxation Hour
 1:45-2PM-Walking Club
 2-3PM–Yankee Doodle Social Hour
 3:30-4:30PM-Bowling
 4:30-5:30PM– DINNER
 6-7PM-Care Staff Reads to Residents
 7-9PM– Residents’ Bedtime Routines Begin



(Plant Watering Day)



Saturday, July 7th

7-9:30AM– BREAKFAST
 9:30-10AM– Newspaper
 10-10:30AM–Exercise
 10:30-11:30AM–Portraits 1:1
 11:30-12:30PM– LUNCH
 12:30-1:45PM– Relaxation Hour
 1:45-2PM– Walking Club
 2-3:30PM-Movie and Popcorn
Yankee Doodle Dandy
 3:30-4:30PM-Card Games
 4:30-5:30PM– DINNER
 6-6:30PM– Church Service w/ Pastor Mark
 7-9PM– Residents’ Bedtime Routines Begin



Sunday, July 8th

7-9:30AM– BREAKFAST
 8:30AM Westside Church (Channel 10)
 10AM-10:30– Charles Stanley (Channel 156)
 10:30-11:30-Songs of Faith Sing Along
 11:30-12:30PM– LUNCH
 12:30-1:45PM– Relaxation Hour
 1:45-2:00PM– Walking Club
 2-3PM–Ice Cream in the Courtyard
 3:30-4:30PM-Puzzles
 4:30-5:30PM– DINNER
 6-7PM-Hand Massages
 7-9PM– Residents’ Bedtime Routines Begin



Monday, June 9th

7-9:30AM– BREAKFAST
 9:30-10AM–Newspaper
 10-10:30AM-Exercise
 10:30-11:30AM-Trivia
 11:30-12:30PM– LUNCH
 12:30-1:45PM- Relaxation Hour
 1:45-2PM-Walking Club
 2-3PM-Cognitive Activities
 3:30-4:30PM–Song Bingo
 4:30-5:30PM– DINNER
 6-7PM–Aromatherapy
 7-9PM– Residents’ Bedtime Routines begin

