


April Blue Ridge Memory Care Activities

Breakfast: 8am Lunch: 12:30pm Dinner: 5:30pm						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Outdoor Activities are weather permitting Happy Birthday Miles Watkins	1 9:30 Good morning 10:00 Sit-N-Fit 10:45 Snack Bar 11:00 Crafts 1:30 Suitcase of Memories 1:30 Bridge Club- Carolyn 3:30 Walk and Talk in the court yard 4:40-Music with Jay Crider 6:00 Soulful Relaxation	2 9:30 Good morning 10:00 Sit-N-Fit 10:30 Furry Friends/Mira 10:45 Snack Bar 11:00 Art-Painting 1:30 Bridge Club-Fran 1:30 Remembering Your First Car 2:30 Light and Easy Stroll	3 9:30 Good morning 10:00 Sit-N-Fit 10:45 Snack Bar 11:00 Baking with Gail * 1:30 Favorite Music Teacher Elizabeth Wolfe 2:30 Social Stroll 3:00 Coffee and Dessert 3:30 Life Review Therapy 4:30 Setting The Tables 6:00 Calming CD'S	4 9:30- Good morning 10:00 –Sit-N-Fit 10:45- Snack Bar 11:00- Scenic Drive - The Perfect Escape 11:0-0 Sensory Box 1:30- Board Games What's That Smell 2:30- Stroll, weather permitting-Puzzles 3:00- Healthy Café 3:30 -Super Bingo 6:00- Light Melodies	5 9:30- Good morning Cookie the Clown 10:00- Sit and Fit Exercise w/cookie the clown 10:45- Snack Bar 11:00- Manicures and Hand Massages 2:00- Fun Facts Friday 2:30- Stroll and Chat 3:00- AFV and Popcorn 4:00-Live Music- Curtis and Kim 6:00- Dreamy Tunes	6 10:30- Dance In your Seat 3:00- Refreshments and Reminisce 6:00- Unwind Aromatherapy
	7 10:30- Dance in your seat 11:00- Setting The Table 2:00- Sunday Worship (AL) 3:30- Newspaper Reading and coupon clipping 7:00 Unwind Aromatherapy	8 9:30 Good morning 10:00 Sit-N-Fit 10:45 Snack Bar 11:00 Crafts 1:30 Suitcase of Memories 1:30 Bridge Club- Carolyn 3:30 Walk and Talk in the court yard 4:40-Music with Jay Crider 6:00 Soulful Relaxation	9 9:30 Good morning 10:00 Sit-N-Fit 10:30 Furry Friends/Mira 10:45 Snack Bar 11:00 Art-Painting 1:30 Bridge Club-Fran 1:30 Remembering Your First Car 2:30 Light and Easy Stroll 3:00 Bingo 4:00 Bible Study 4:45 Town Hall Meeting 6:00 Listen and Relax	10 9:30 Good morning 10:00 Sit-N-Fit 10:45 Snack Bar 11:00 Baking with Gail * 1:30 Favorite Music Teacher Elizabeth Wolfe 2:30 Social Stroll 3:00 Coffee and Dessert 3:30 Life Review Therapy 4:30 Setting The Tables 6:00 Calming CD'S	11 9:30- Good morning 10:00 –Sit-N-Fit 10:45- Snack Bar 11:00- Scenic Drive - The Perfect Escape 11:0-0 Sensory Box 1:30- Board Games What's That Smell 2:30- Stroll, weather permitting-Puzzles 3:00- Healthy Café 3:30 -Super Bingo 6:00- Light Melodies	12 9:30- Good morning Cookie the Clown 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Manicures and Hand Massages 1:30- Fun Facts Friday 2:30- Sunning and Stroll 3:00- Oldies Movie and Popcorn 6:00- Dreamy Tunes
14 10:30- Dance in your seat (with staff) 11:00- Setting The Table 2:00- Sunday Worship 3:30- Newspaper Reading and coupon clipping 7:00- Unwind Aromatherapy	15 10:00- Sit and Fit Exercise 10:45- Snack Bar 11:00- Arts and Crafts 1:30- Suitcase Memories 1:30- Bridge Club(with Carolyn) 2:30- Music with Wesley Crider 3:30- Walk and talk in the court yard 3:45- Movie and Popcorn 6:00- Soulful Relaxation	16 9:30- Good morning 10:00- Sit-N- Fit 10:30 -Furry Friends/Mira 11:00- Art Class(with paint) 1:30- Bridge Club(with Fran) 1:30- Soft To The Touch 2:30- Light and Easy Stroll 3:00- Bingo 4:00- Bible Study 5:30-Town Hall Meeting 6:00- Listen and Relax	17 9:30- Good morning 10:00 - Sit-N- Fit 10:45- Snack Bar 11:00- Mix and Mingle-No Bake Desserts 1:30- Favorite Secretary - Beverly 2:30- Social Stroll 3:00- Coffee and Dessert 3:30- Food Committee 4:30- Setting The Tables 6:00- Calming CD'S	18 9:30- Good morning 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Reminisce with old sayings 1:30- Paint Class 3:00- Calm and Relax 6:00- Light Melodies	19 9:30- Good Morning Cookie The Clown 9:45 -Devotion 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Manicures and Hand Massages 2:00 Easter Party 3:00- Oldies Movie and Popcorn 6:00- Dreamy Tunes	20 10:30-Dance In Your Seat (with staff) 3:00- Refreshments and Reminisce 6:00-Unwind Aromatherapy
21 10:30- Dance In Your Seat 11:00- Set The Table 2:00- Sunday Worship 3:30- Newspaper Reading and Coupon Clipping 6:00- Unwind Aromatherapy 7	22 9:30- Good Morning 9:45- Devotion 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Craft Corner 1:30 -Suitcase Of Memories (Famous Faces) 1:30- Bridge Club/Carolyn 2:30- Strolling in the Courtyard, weather permitting (Puzzles) 3:00- Classic Cinema and popcorn 6:00- Soulful Relaxation	23 9:30- Good Morning 10:00- Sit-N-Fit 10:30- Furry Friends/Mira 10:45- Snack Bar 11:00- Art Class 1:30- Scent ID 1:30- Bridge Club/Fran 2:30- Light and Easy Stroll 3:0-0 Bingo 4:00- Bible Study 4:45- Dementia Caregiver Support Group 6:00 -Listen and Relax	24 9:30- Good Morning 10:00- Sit-N-Fit 10:00 -Music/Wesley Crider 10:45- Snack Bar 11:00- Granny's Favorite Recipe 1:30- Word Games 2:30- Social Stroll 3:00- Coffee and Dessert 3:30 -Finish The Saying 6:00- Calming CD'S	25 9:30- Good Morning 9:45- Devotion 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Out To Lunch 11:00- Sensory Box- What Is In There? 1:30- Flower ID By Smell 2:30- Light and easy stroll 3:00- Health Café 3:30- Super Bingo 6:00- Light Melodies	26 9:30- Good Morning Cookie the Clown 10:00-Sit –N-Fit 10:45- Snack Bar 11:00- Spa Day with Manicures 1:30- Fun Facts Friday 2:30-Light and easy stroll 3:00 A Movie and Popcorn - Musical 6:00 Dreamy Tunes	27 10:30 Dance In Your Seat 3:00 Refreshments and Reminisce 6:00 Unwind Aromatherapy
28 10:30 -Dance In Your Seat 11:00- Set The Table 2:00- Sunday Worship 3:30- Newspaper Reading and Coupon Clipping 6:00 Unwind therapy	29 9:30- Good Morning 10:00- Sit-N-Fit 10:45- Snack Bar 11:00-Crafting Class 1:30- Bridge Club-Carolyn 1:30- Suitcase Of Memories 2:30-Courtyard-Walk-And-Talk (Puzzles) 3:00- Movie and Popcorn 6:00- Soulful Relaxation	30 9:30 Good Morning 10:00 Sit and Fit Exercise 10:30 Furry Friends/Mira 10:45 Snack Bar 11:00 Art Class-Painting 1:30 Songs From Our Pastor Bridge-Fran 2:30 Light and Easy Stroll 3:00 Bingo 4:00 Bible Study 5:00 Dementia Support Group 6:00 Listen and Relax	31 9:30- Good Morning 10:00 Sit-N-Fit 10:45- Snack Bar 11:00- Diabetic Delight: Make a desert 1:30- Mystery Box (Feel and Guess) 2:30 -Social Stroll 3:00- Coffee and Dessert 3:30- Diet Talk 4:00- Red Hat Tea Party 6:00- Calming CD'S	 Come bake with us!		