








# August Blue Ridge Memory Care Activities

Breakfast: 8am      Lunch: 12:30pm      Dinner: 5:30pm						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Outdoor Activities are weather permitting</b>		<p>All family is invited to our Dementia Support Group meeting on Tuesday the 6<sup>th</sup> at 4pm. Heartlite Hospice will be doing a Virtual Dementia Tour!</p> <p>All family is also invited to our Town Hall Meeting on Tuesday the 20<sup>th</sup> at 4pm!</p>	<p><b>No Birthdays For August</b></p>	<p>1 9:30- Good Morning 10:00 –Sit-N-Fit 10:45- Snack Bar 11:00 Reminisce (Poems and Proverbs) 1:30- Fabulous Favorites 2:00- Tea Social and Music 4:15- Set the Tables 6:00- Light Melodies</p>	<p>2 9:30-Good Morning 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Lunch Outing at The Village 1:30- Fun Facts Friday 2:30-Build an Ice Cream Sundae 2:30- Walk with Friends 3:00-BINGO 6:00- Dreamy Tunes</p>	<p>3 3:00- Refreshments and Reminisce 4:00 Walk with Friends 6:00- Unwind Aromatherapy</p>
<p>4 2:00- Church service (AL)</p> 	<p>5 9:30-Good morning 10:00-Sit-N-Fit 10:45-Snack Bar 1:30-Suitcase of Memories 1:30-Bridge Club with Carolyn 2:30-Lemonade in the Dining Room 2:30-Walk with Friends 3:30-Craft Corner 3:30-Music w/ Steven Chappelle 6:00 Soulful Relaxation</p>	<p>6 9:30-Good Morning 10:00 Sit-N-Fit 10:30 Furry Friends/Mira 10:45 Snack Bar 1:30 Bridge Club with Fran 2:00 Walk with Friends 4:00- Dementia Support Group with Heartlite Hospice 6:00 Listen and Relax</p>	<p>7 9:30 Good morning 10:00 Sit and fit 1:30 Favorite Occupation 2:30-Coke Floats in the Dining Room 2:30 Walk with Friends 3:00 BINGO 3:30 Life Review Therapy 4:30 Setting The Tables 6:00 Calming CD'S</p>	<p>8 9:30- Good morning 10:00 –Sit-N-Fit 10:45- Snack Bar 11:00 Reminisce (Poems and Proverbs) 1:30-Fabulous Favorites 2:00-Tea Social and Music 4:15- Set the Tables 6:00- Light Melodies</p>	<p>9 9:30- Good morning 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Spa Day with Manicures 1:30- Fun Facts Friday 2:30-Slushies in the Dining Room 2:30- Walk with Friends 3:00-BINGO 3:00-Bluegrass Music w/ Kim &amp; Curtis 6:00- Dreamy Tunes</p>	<p>10 3:00- Refreshments and Reminisce 4:00 Walk with Friends 6:00- Unwind Aromatherapy</p>
<p>11 2:00- Church Service (AL)</p> 	<p>12 9:30-Good Morning 10:00-Sit-N-Fit 10:45-Snack Bar 1:30-Suitcase of Memories 1:30- Bridge Club with Carolyn 2:30-Lemonade in the Dining Room 2:30-Walk with Friends 2:30-Music with Wesley Crider 3:30-Classis Cinema and Popcorn 3:30-Craft Corner 6:00-Soulful Relaxation</p>	<p>13 9:30-Good morning 10:00-Sit-N- Fit 10:30-Furry Friends/Mira 10:45-Snack Bar 1:30-Bridge Club with Fran 1:30-Soft To The Touch 2:00- Walk with Friends 3:00- Book Club 6:00-Listen and Relax</p>	<p>14 9:30- Good morning 10:00 - Sit-N- Fit 10:45- Snack Bar 1:30- Favorite Occupation 2:30-Ice Cream Sandwiches in the Dining Room 2:30- Walk with Friends 3:00-BINGO 3:30- Food Committee 6:00- Calming CD'S</p>	<p>15 9:30- Good morning 10:00- Sit-N-Fit 10:45-Snack Bar 11:00- Reminisce (Poems and Proverbs) 1:30-Fabulous Favorites 2:00-Tea Social and Music 4:15- Set the Tables 6:00-Light Melodies</p>	<p>16 9:30- Good Morning 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Spa Day with Manicures 1:30- Fun Facts Friday 2:30-Build an Ice Cream Sundae 2:30-Walk with Friends 3:00-BINGO 6:00- Dreamy Tunes</p>	<p>17 3:00-Refreshments and Reminisce 4:00 Walk with Friends 6:00-Unwind Aromatherapy</p> 
<p>18 2:00 Church Service (AL) 3:30-John Acuff</p> 	<p>19 9:30- Good Morning 10:00- Sit-N-Fit 10:45- Snack Bar 1:30 -Suitcase Of Memories 1:30- Bridge Club with Carolyn 2:30-Lemonade in the Dining Room 2:30- Walk with Friends 3:00- Classic Cinema and Popcorn 3:30-Craft Corner 6:00-Soulful Relaxation</p>	<p>20 9:30- Good Morning 10:00- Sit-N-Fit 10:30- Furry Friends/Mira 10:45- Snack Bar 1:30- Scent ID 1:30- Bridge Club with Fran 2:30- Walk with Friends 4:00- Town Hall Meeting 6:00-Listen and Relax</p>	<p>21 9:30- Good Morning 10:00- Sit-N-Fit 10:45- Snack Bar 1:30- Word Games 2:30-Coke Floats in the Dining Room 2:30- Walk with Friends 3:00- BINGO 3:30 -Finish The Saying 6:00- Calming CD'S</p>	<p>22 9:30- Good Morning 10:00- Sit-N-Fit 10:45- Snack Bar 11:00- Reminisce (Poems and Proverbs) 1:30- Fabulous Favorites 2:00-Tea Social and Music 4:15- Set the Tables 6:00- Light Melodies</p>	<p>23 9:30- Good Morning 10:00-Sit –N-Fit 10:45- Snack Bar 11:00- Spa Day with Manicures 1:30- Fun Facts Friday 2:30-Resident Birthday Party 2:30-Walk with Friends 3:00-BINGO 6:00 Dreamy Tunes</p>	<p>24 3:00 Refreshments and Reminisce 4:00-Walk with Friends 6:00 Unwind Aromatherapy</p> 
<p>25 2:00 Church Service (AL)</p> 	<p>26 9:30-Good Morning 10:00-Sit-N-Fit 10:45-Snack Bar 1:30-Suitcase of Memories 1:30-Bridge Club with Carolyn 2:30-Lemonade in the Dining Room 2:30-Walk with Friends 3:00-Classis Cinema and Popcorn 3:30-Craft Corner 6:00-Soulful Relaxation</p>	<p>27 9:30-Good Morning 10:00-Sit and Fit Exercise 10:30-Furry Friends/Mira 10:45-Snack Bar 1:30-Songs From Our Pastor 1:30-Bridge Club with Fran 2:30-Walk with Friends 3:00-Book Club 6:00-Listen and Relax</p>	<p>28 9:30- Good Morning 10:00-Sit-N-Fit 10:45- Snack Bar 1:30- Mystery Box (Feel and Guess) 2:30-Ice Cream Sandwiches in the Dining Room 2:30-Walk with Friends 3:00-BINGO 6:00- Calming CD'S</p>	<p>29 9:30- Good Morning 10:00-Sit-N-Fit 10:45- Snack Bar 11:00-Reminisce (Poems and Proverbs) 1:30-Fabulous Favorites 2:00-Tea Social and Music 4:15- Set the Tables 6:00-Light Melodies</p>	<p>30 9:30-Good Morning 10:00-Sit-N-Fit 10:45-Snack Bar 11:00-Spa Day with Manicures 1:30-Fun Facts Friday 2:30-Build An Ice Cream Sundae 2:30-Walk with Friends 3:00-BINGO 6:00-Dreamy Tunes</p>	<p>31 3:00- Refreshments and Reminisce 4:00-Walk with Friends 6:00-Unwind Aromatherapy</p>