

SundayMondayTuesdayWednesdayThursdayFridaySaturday

August 2019

Waltonwood Cary Parkway

Life Enrichment Calendar

				10:00 Music & Memory 10:30 Chair Fitness 11:00 Sing Along 2:00 National Girlfriend's Day Social (AL Grand Central Station) 3:30 Trivia 4:00 Forever Fit Walking Club 6:30 Devotional (Assisted Living Grand Central Station)	1	10:00 Music & Memory 10:30 Chair Fitness 11:00 Sing Along 2:00 BINGO Social (AL Grand Central Station)/ Pet Therapy 3:30 Balloon Volleyball 4:00 Forever Fit Chair Fitness - Stretching 6:00 Evening Movie Showing	2	10:00 Morning Walkers (MC Hallway) 10:30 Devotions with Louise 2:00 Special Guitar Performance with Evan 3:30 Nail Spa	3				
10:45 Sunday Devotions (Assisted Living - Grand Central Station) 3:30 Trivia 4:00 Sing Along	4	10:00 Music & Memory 10:30 Chair Fitness 11:00 Sing Along 2:00 Arts & Crafts - Pizza Art 3:30 Educational Series - Italy Edition 4:00 Chair Fitness - Dance 4:00 Nail Spa 6:00 Evening Movie Showing	5	10:00 Music & Memory 10:30 Chair Fitness 11:00 Resident Council 2:00 Cooking Class - Homemade Biscotti 3:00 Forever Fit - Open Gym 3:30 Trivia - Italy 4:00 Pet Therapy 6:00 Special Feature Movie Showing (AL Theatre)	6	10:00 St. Michael's Church Service (AL Theatre) 10:30 Chair Fitness 11:00 Lunch Outing to Bad Daddy's Burger Bar 1:30 V's Barbershop Outing 3:00 Forever Fit Food Facts Trivia 3:30 Scenic Ride with Mary 6:00 Evening Movie Showing	7	10:00 Music & Memory 10:30 Chair Fitness 11:00 Sing Along 2:00 Live Entertainment Jim & Sue (AL Grand Central Station) 3:15 Charades 4:00 Forever Fit Walking Club 6:30 Devotional (Assisted Living Grand Central Station)	8	10:00 Music & Memory 10:30 - 2 PM Bake Sale - Fundraising Event for Dementia Alliance (AL Hallway) 10:30 Chair Fitness 11:00 Devotions/Sing Along 2:00 BINGO Social/ Pet Therapy 3:30 Corn Hole 4:00 Forever Fit Chair Fitness - Stretching 6:00 Evening Movie Showing	9	10:00 Morning Walkers (MC Hallway) 10:30 Devotions with Louise 2:00 Special Guitar Performance with Evan 3:30 Nail Spa	10
10:45 Sunday Devotions (Assisted Living - Grand Central Station) 3:30 Trivia 4:00 Sing Along	11	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/Sing Along 2:00 Arts & Crafts - Eiffel Tower 3:15 Educational Series - France Edition 4:00 Chair Fitness - Dance 6:00 Evening Movie Showing	12	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/Trivia 2:00 Live Entertainment with Christian - Pianist (AL Dining Room) 3:00 Forever Fit - Open Gym 3:30 Trivia - France 4:00 Pet Therapy 6:00 Special Feature Movie Showing (AL Theatre)	13	10:00 St. Michael's Church Service (AL Theatre) 10:00 Nail Spa/Music & Memory 10:30 Chair Fitness 11:00 Devotions/Sing Along 2:00 BINGO 3:30 Bowling 6:00 Evening Movie Showing	14	10:00 The Cary School Intergenerational Event 10:30 Forever Fit 1:1s 11:00 Devotions 11:15 Flower Arranging 2:00 Cooking Demo 3:15 Live Entertainment with Richard - Chair Dancing (AL Grand Central Station) 4:00 Forever Fit Food Facts 6:00-7:00 Family Night Mixer	15	10:00 Music & Memory 10:30 Chair Fitness 11:00 Sing Along 2:00 BINGO Social (AL Grand Central Station)/ Pet Therapy 3:30 Ball Toss 4:00 Forever Fit Chair Fitness - Stretching 6:00 Evening Movie Showing	16	10:00 Morning Walkers (MC Hallway) 10:30 Devotions with Louise 2:30 Sing Along 3:30 Nail Spa	17
10:45 Sunday Devotions (Assisted Living - Grand Central Station) 3:00 Trivia 4:00 Sing Along	18	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/Sing Along 2:00 Arts & Crafts - German Flag Craft 3:15 Educational Series - Germany 4:00 Chair Fitness - Dance Edition 6:00 Evening Movie Showing	19	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/Trivia 2:00 Cooking Class - Homemade Apple Strudel 3:00 Forever Fit - Open Gym 3:30 Trivia - Germany 4:00 Pet Therapy 6:00 Special Feature Movie Showing (AL Player's Club)	20	10:00 St. Michael's Church Service (AL Theatre) 10:30 Chair Fitness 11:00 Lunch Outing to Famous Toastery 1:30 Yolo Frozen Yogurt 3:00 Forever Fit Food Facts Trivia 3:30 Scenic Ride with Mary 6:30 Live Entertainment - Together One Voice (AL Grand Central Station)	21	10:00 Music & Memory 10:30 Chair Fitness 11:00 Sing Along 2:00 Live Entertainment with Caroline (AL Grand Central Station) 3:15 Charades 4:00 Forever Fit Walking Club 6:30 Devotional (AL Grand Central Station)	22	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/ Sing Along 2:00 BINGO Social/ Pet Therapy 3:30 Bowling 4:00 Forever Fit Chair Fitness - Stretching 6:00 Evening Movie Showing	23	10:00 Morning Walkers (MC Hallway) 10:30 Devotions with Louise 2:00 Special Guitar Performance with Evan 3:30 Nail Spa	24
10:45 Sunday Devotions (Assisted Living - Grand Central Station) 3:00 Trivia 4:00 Sing Along	25	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/Sing Along 2:00 Arts & Crafts - Olympics Craft 3:15 Educational Series - Greece 4:00 Chair Fitness - Dance Edition 6:00 Evening Movie Showing	26	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/Trivia 2:00 Cooking Class - Homemade Hummus 3:00 Forever Fit - Open Gym 3:30 Trivia - Greece 4:00 Letters to Our Troops 4:15 Pet Therapy 6:00 Special Feature Movie Showing (AL Player's Club)	27	10:00 St. Michael's Church Service (AL Theatre) 10:30 Chair Fitness 11:00 Lunch Outing to Mellow Mushroom 2:30 NC Packs 4 Patriots Care Packages (AL Hallway) 3:00 Forever Fit Open Gym 3:30 Scenic Ride with Mary 6:00 Evening Movie Showing	28	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/ Sing Along 2:00 "Saving Mr. Banks" Movie Showing (AL Theatre) Happy Birthday Mary Poppins! 4:00 Forever Fit Walking Club 6:30 Devotional (Assisted Living Grand Central Station)	29	10:00 Music & Memory 10:30 Chair Fitness 11:00 Devotions/ Sing Along 2:00 BINGO Social/ Pet Therapy 2:00 Care Package Drop-Off Outing - NC Packs 4 Patriots 3:30 Hot Potato 4:00 Forever Fit Chair Fitness - Stretching 6:00 Evening Movie Showing	30	10:00 Morning Walkers (MC Hallway) 10:30 Devotions with Louise 2:00 Special Guitar Performance with Evan 3:30 Nail Spa	31

Calendar is subject to change. For questions/concerns, please contact Allison Whitaker, LRT/CTRS, Life Enrichment Manager Memory Care. Allison.whitaker@singhmail.com