August 2019
In The Moment - Memory Support

created with Sagely

Symphony Manor of ROLAND PARK Assisted Living & Memory Care
4301 Roland Avenue
Baltimore, MD 21210
410-235-4301

AE Artistic Expression
CC Community Connections
LL Lifestyle & Leisure
PE Physical Engagement
SS Spiritual Support

Healthy Snacks & Hydration offered throughout each day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 The Scoop 10:15 Weights and Doughnuts 11:00 Cranium Crunches 1:15 Guided Meditation 2:00 Music Makers 3:00 Daily Bread with Psalm 3:45 Thirsty Thursday 6:30 Back Porch Wind Down	**2** 9:30 Morning Report 10:15 Move & Groove 11:00 Family Fued – Reflection in Soundscapes 2:00 BINGO 3:00 Breaking Bread 3:45 PE Walk N Wine 6:30 Movie & Popcorn	**3** 9:30 What's Happening? 10:15 Morning Stretches 11:00 Trivia 1:00 Mid Daydream 2:30 Sip-Back Saturdays 4:00 Who Am I? 6:30 Evening Movie
4 9:30 Balcony Brews 10:15 Morning Stretches & Cranium Crunches 11:00 Jeopardy 1:00 Relaxing Thoughts 2:00 Iconic People Flashcards 3:30 Sundaes on Sunday 6:30 Evening Movie	**5** 9:30 Sunny Skiez 10:15 Chair Yoga 11:00 Brain Busters 1:00 Monday Muses 2:00 Horticulture Club 3:00 Manicures & Hand Massages 3:45 Music & Mocktails 6:30 Pen Pals & Thank Yous	**6** 9:30 Daily Chronicles 10:15 White Board Fill-Up 11:00 PE Zumba with Robin 1:00 Meditation Station 2:00 SS Prayer Service with Sister Mary 3:00 Cooking with Carolyn 3:45 Happy Hour 6:30 Color Journals	**7** 9:30 Get up & Moving 10:30 CC News with Mr. Lyall 1:00 Aromatherapy 2:00 LL Men's Club 3:00 AE Ashley's Art Corner 3:45 Wet Your Whistle 6:30 Music With Stormin' Normin	**8** 9:30 The Scoop 10:15 Weights and Doughnuts 11:00 Cranium Crunches 1:15 Guided Meditation 2:00 Music Makers 3:00 Daily Bread with Psalm 3:45 Thirsty Thursday 6:30 CC Pen Pals & Thank Yous	**9** 9:30 Morning Report 10:15 Move & Groove 11:00 Family Fued 1:00 Reflection in Soundscapes 2:00 BINGO 3:00 Breaking Bread 3:45 PE Walk N Wine 6:30 Movie & Popcorn	**10** 9:30 What's Happening? 10:15 Morning Stretches 11:00 Trivia 1:00 Mid-Daydream 2:30 Sip-Back Saturdays 4:00 Who Am I? 6:30 Evening Movie
11 9:30 Balcony Brews 10:15 Morning Stretches & Cranium Crunches 11:00 Jeopardy 1:00 Relaxing Thoughts 2:00 Iconic People Flashcards 3:30 Sundaes on Sunday 6:30 Evening Movie	**12** 9:30 Sunny Skiez 10:15 Chair Yoga 11:00 Brain Busters 1:00 Monday Muses 2:00 Horticulture Club 3:00 Manicures & Hand Massages 3:45 Music & Mocktails 6:30 Pen Pals & Thank Yous	**13** 9:30 Daily Chronicles 10:15 White Board Fill-Up 11:00 PE Zumba with Robin 1:00 Meditation Station 2:00 SS Prayer Service with Sister Mary 3:00 Cooking with Carolyn 3:45 Happy Hour 6:30 Color Journals	**14** 9:30 Get up & Moving 10:30 CC News with Mr. Lyall 1:00 Aromatherapy 2:00 LL Men's Club 3:00 AE Ashley's Art Corner 3:45 Wet Your Whistle 6:30 Music With Stormin' Normin	**15** 9:30 The Scoop 10:15 Weights and Doughnuts 11:00 Cranium Crunches 1:15 Guided Meditation 2:00 Music Makers 3:00 Daily Bread with Psalm 3:45 Thirsty Thursday 6:30 CC Pen Pals & Thank Yous	**16** 9:30 Morning Report 10:15 Move & Groove 11:00 Family Fued 1:00 Reflection in Soundscapes 2:00 BINGO 3:00 **Remembering Elvis** 3:45 PE Walk N Wine 6:30 Movie & Popcorn	**17** 9:30 What's Happening? 10:15 Morning Stretches 11:00 Trivia 1:00 Mid-Daydream 2:30 Sip-Back Saturdays 4:00 Who Am I? 6:30 Evening Movie
18 9:30 Balcony Brews 10:15 Morning Stretches & Cranium Crunches 11:00 Jeopardy 1:00 Relaxing Thoughts 2:00 Iconic People Flashcards 3:30 Sundaes on Sunday 6:30 Evening Movie	**19** 9:30 Sunny Skiez 10:15 Chair Yoga 11:00 Brain Busters 1:00 Monday Muses 2:00 Horticulture Club 3:00 Manicures & Hand Massages 3:45 Music & Mocktails 6:30 Pen Pals & Thank Yous	**20** 9:30 Daily Chronicles 10:15 White Board Fill-Up 11:00 PE Zumba with Robin 1:00 Meditation Station 2:00 SS Prayer Service with Sister Mary 3:00 Cooking with Carolyn 3:45 Happy Hour 6:30 Color Journals	**21** 9:30 Get up & Moving 10:30 CC News with Mr. Lyall 1:00 Aromatherapy 2:00 LL Men's Club 3:00 AE Ashley's Art Corner 3:45 Wet Your Whistle 6:30 Music With Stormin' Normin	**22** 9:30 The Scoop 10:15 Weights and Doughnuts 11:00 Cranium Crunches 1:15 Guided Meditation 2:00 Daily Bread with Psalm 3:00 **State Fair Social** 3:45 Thirsty Thursday 6:30 CC Pen Pals & Thank Yous	**23** 9:30 Morning Report 10:15 Move & Groove 11:00 Family Fued 1:00 Reflection in Soundscapes 2:00 BINGO 3:00 Breaking Bread 3:45 PE Walk N Wine 6:30 Movie & Popcorn	**24** 9:30 What's Happening? 10:15 Morning Stretches 11:00 Trivia 1:00 Mid-Daydream 2:30 Sip-Back Saturdays 4:00 Who Am I? 6:30 Evening Movie
25 9:30 Balcony Brews 10:15 Morning Stretches & Cranium Crunches 11:00 Jeopardy 1:00 Relaxing Thoughts 2:00 Iconic People Flashcards 3:30 Sundaes on Sunday 6:30 Evening Movie	**26** 9:30 Sunny Skiez 10:15 Chair Yoga 11:00 Brain Busters 1:00 Monday Muses 2:00 Horticulture Club 3:00 Manicures & Hand Massages 3:45 Music & Mocktails 6:30 Pen Pals & Thank Yous	**27** 9:30 Daily Chronicles 10:15 White Board Fill-Up 11:00 PE Zumba with Robin 1:00 Meditation Station 2:00 SS Prayer Service with Sister Mary 3:00 Cooking with Carolyn 3:45 Happy Hour 6:30 Color Journals	**28** 9:30 Get up & Moving 10:00 **Kiddie Corner: Courtyard Water Fun!** 1:00 Aromatherapy 2:00 LL Men's Club 3:00 AE Ashley's Art Corner 3:45 Wet Your Whistle 6:30 Music With Stormin' Normin	**29** 9:30 The Scoop 10:00 CC **Taste N' Tell** 1:15 Guided Meditation 2:00 Music Makers 3:00 Daily Bread with Psalm 3:45 Thirsty Thursday 6:30 CC Pen Pals & Thank Yous	**30** 9:30 Morning Report 10:15 Move & Groove 11:00 Family Fued 1:00 Reflection in Soundscapes 2:00 BINGO 3:00 Breaking Bread 3:45 PE Walk N Wine 6:30 Movie & Popcorn	**31** 9:30 What's Happening? 10:15 Morning Stretches 11:00 Trivia 1:00 Mid-Daydream 2:30 Sip-Back Saturdays 4:00 Who Am I? 6:30 Evening Movie