

September 2019  
In The Moment - Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>AE</b> Resident &amp; Staff Gospel Sing-A-Longs via AppleTV (Old Fashioned/Southern Gospel)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:15 <b>LL</b> Weekly Fingernail Trimming/Painting Social</div> <div>3:45 <b>PE</b> Gents VS Ladies Dart Games (Staff Involvement is a MUST - Darts kept in MSD Office)</div> <div>4:30 <b>CE</b> What Am I? Trivia (MSD Office)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>1</div>	<div><b>Labor Day</b></div> <div>10:00 <b>PE</b> "Get Moving" Ball Toss *to be done by care staff*</div> <div>11:00 <b>LL</b> Nail Care for, BOTH, Gals &amp; Gents - ALWAYS keep nails short &amp; clean!!</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Snow Cone Social - 1st floor</div> <div>3:30 <b>LL</b> Snow Cone Social - 2nd floor</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>2</div>	<div><b>Beauty Shop Day</b></div> <div>10:00 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - NO 120A/B - 1st floor</div> <div>10:30 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - 2nd floor</div> <div>11:00 <b>SS</b> Music Relaxation Hour (music from the 40's, 50's, 60's)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>AE</b> Adult Coloring Masterpieces (MSD Office)/Activity Book</div> <div>4:30 <b>CE</b> Mind Bogglers (MSD Office)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>3</div>	<div><b>Beauty Shop Day</b></div> <div><b>Wags for Hope: Pet Therapy Visits - AL &amp; MC</b></div> <div>10:00 <b>LL</b> Hand Therapy Hour (kinetic sand, molding clay &amp; hand massages)</div> <div>11:00 <b>AE</b> Laughter Warms the Heart - Humor Hour (MSD Office)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Ice Cream Social - 1st floor</div> <div>3:30 <b>LL</b> Ice Cream Social - 2nd floor</div> <div>4:30 <b>AE</b> Outside Activities (MC Patio - 1st &amp; 2nd floors), if weather permits: Bowling FUN!</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>4</div>	<div>10:00 <b>PE</b> Group Parachute Exerise Activity</div> <div>11:00 <b>PE</b> Wii Games - 2nd floor (Integrate Floors for Wii Fun)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Country Ride Around w/ Nicole - 2nd floor MC</div> <div>3:30 <b>CE</b> Trivia (MSD Office)</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>5</div>	<div><b>National Coffee Ice Cream Day</b></div> <div>10:00 <b>PE</b> Morning Stretches *to be done by care staff*</div> <div>11:00 <b>AE</b> Calming Meditation w/ Aromatherapy &amp; Sensory Videos (Staff MUST participate &amp; lead activity)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>AE</b> Iced Coffee &amp; Donuts Social Hour</div> <div>4:30 <b>PE</b> Resident Music/Dance Hour (Appropriate Music - 20's to 50's)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>6</div>	<div><b>World's Beard Day</b></div> <div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>CE</b> Short Stories (MSD Office)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:30 <b>CE</b> Memory Support Facial Hair Cart: Shave ALL Residents In Need</div> <div>4:30 <b>CE</b> Brain Exercises (MSD Office) - Word Puzzles</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>7</div>
<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>SS</b> Sunday Morning Music Therapy &amp; Hot Tea Social</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:15 <b>LL</b> Weekly Fingernail Trimming/Painting Social</div> <div>3:45 <b>PE</b> Men "ONLY" Manly Puzzles (Staff Involvement/MSD Office)</div> <div>4:30 <b>CE</b> Who Am I? Trivia (MSD Office)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>8</div>	<div>10:00 <b>PE</b> "Get Moving" Ball Toss *to be done by care staff*</div> <div>11:00 <b>LL</b> Nail Care for, BOTH, Gals &amp; Gents - ALWAYS keep nails short &amp; clean!!</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Snow Cone Social - 1st floor</div> <div>3:30 <b>LL</b> Snow Cone Social - 2nd floor</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>9</div>	<div><b>Beauty Shop Day</b></div> <div><b>National Ants on a Log Day</b></div> <div>10:00 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - NO 120A/B - 1st floor</div> <div>10:30 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - 2nd floor</div> <div>11:00 <b>AE</b> Tranquillity Manager Tuesday - Managers Join MC For A "SURPRISE" Activity (1st &amp; 2nd MC Floors) - Lucia</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>AE</b> Food For Thought (MSD Office) 1st floor - Ants on a Log</div> <div>4:30 <b>CE</b> Can You Picture This? (MSD Office) -</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>10</div>	<div><b>Beauty Shop Day</b></div> <div><b>Patriot Day and National Day of Service and Remembrance</b></div> <div>10:00 <b>LL</b> Hand Therapy Hour (kinetic sand, molding clay &amp; hand massages) *2nd flr Quiet Rm*</div> <div>11:00 <b>AE</b> Who Loves Crafts of ALL Kinds?...WE DO! (MSD Office) - Remembrance Craft</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Ice Cream Social - 1st floor</div> <div>3:00 <b>AE</b> Sing-A-Longs w/ George Carroll - 1st floor</div> <div>3:30 <b>LL</b> Ice Cream Social - 2nd floor</div> <div>4:30 <b>LL</b> "Tap Your Toes" to UpBeat Jamzzzzzz (Elvis, Johnny Cash, Temptations, etc)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>11</div>	<div>10:00 <b>PE</b> Group Parachute Exerise Activity</div> <div>11:00 <b>AE</b> Monthly Signature Program w/ MC residents (MSD Office - Community Involvement Activity alternates monthly) *2nd flr* - Memory Support "Rock" Stars</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Country Ride Around w/ Nicole - 1st floor MC</div> <div>3:30 <b>AE</b> Artistic Expressions (MSD Office) - Introduction of the Memory Support "Rock" Stars Project &amp; Community Involvement</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>12</div>	<div>10:00 <b>PE</b> Morning Stretches *to be done by care staff*</div> <div>11:00 <b>LL</b> Resident/Staff Group Games (MSD Office)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> "In The Moment" Tea Time Social</div> <div>4:30 <b>PE</b> Resident Music/Dance Hour (Appropriate Music - 20's to 50's)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>13</div>	<div><b>National Live Creative Day</b></div> <div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>AE</b> Arts-N-Crafts (MSD Office) - Grass Hair Projects</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>CC</b> Resident Painting Projects (use canvas, paint by numbers, construction paper, etc - MSD Office or Quiet Room - 2nd floor) -</div> <div>4:30 <b>CE</b> Brain Exercises (MSD Office) - Word Puzzles</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>14</div>
<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>AE</b> Resident &amp; Staff Gospel Sing-A-Longs via AppleTV (Old Fashioned/Southern Gospel)</div> <div>1:30 <b>LL</b> TV Time</div> <div>2:00 <b>LL</b> Memory Music by Brian Derek - 1st Floor MC</div> <div>2:30 <b>AE</b> Memory Music by Brian Derek - 2nd Floor MC</div> <div>3:15 <b>LL</b> Weekly Fingernail Trimming/Painting Social</div> <div>3:45 <b>PE</b> Gents VS Ladies Dart Games (Staff Involvement is a MUST - Darts kept in MSD Office)</div> <div>4:30 <b>CE</b> What Am I? Trivia (MSD Office)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>15</div>	<div>10:00 <b>PE</b> "Get Moving" Ball Toss *to be done by care staff*</div> <div>11:00 <b>LL</b> Drumming Circle w/Chris - 1st floor</div> <div>11:00 <b>LL</b> Nail Care for, BOTH, Gals &amp; Gents - ALWAYS keep nails short &amp; clean!!</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Sing-A-Longs w/ George Carroll - 2nd floor</div> <div>3:00 <b>LL</b> Snow Cone Social - 1st floor</div> <div>3:30 <b>LL</b> Snow Cone Social - 2nd floor</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>16</div>	<div><b>Beauty Shop Day</b></div> <div><b>NO BISHOP TODAY...Activity to be substituted</b></div> <div>10:00 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - NO 120A/B - 1st floor</div> <div>10:30 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - 2nd floor</div> <div>11:00 <b>SS</b> Music Relaxation Hour (music from the 40's, 50's, 60's)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> BINGO &amp; Prizes (MSD Office) *prizes kept in 2nd flr quiet rm*</div> <div>4:30 <b>CE</b> Mind Bogglers (MSD Office) - Junk Drawer Detective</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>17</div>	<div><b>Beauty Shop Day</b></div> <div>10:00 <b>LL</b> Hand Therapy Hour (kinetic sand, molding clay &amp; hand massages) *2nd flr Quiet Rm*</div> <div>11:00 <b>AE</b> Who Loves Crafts of ALL Kinds?...WE DO! (MSD Office) - Wooden Sticks Painting Craft</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Ice Cream Social - 1st floor</div> <div>3:30 <b>LL</b> Ice Cream Social - 2nd floor</div> <div>4:30 <b>AE</b> Outside Activities (MC Patio - 1st &amp; 2nd floors), if weather permits: Bowling FUN!</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>18</div>	<div><b>National Cheeseburger Day (18th)</b></div> <div>10:00 <b>PE</b> Group Parachute Exerise Activity</div> <div>11:00 <b>AE</b> Taste &amp; Tell Activity - (1st floor) - Cheeseburger Surprise</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Country Ride Around w/ Nicole - 2nd floor MC</div> <div>3:30 <b>CE</b> Trivia (MSD Office)</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>19</div>	<div><b>National String Cheese Day</b></div> <div>10:00 <b>PE</b> Morning Stretches *to be done by care staff*</div> <div>11:00 <b>AE</b> Calming Meditation w/ Aromatherapy &amp; Sensory Videos (Staff MUST participate &amp; lead activity)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>AE</b> Soda Pop &amp; String Cheese Social Hour</div> <div>4:30 <b>PE</b> Resident Music/Dance Hour (Appropriate Music - 20's to 50's)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>20</div>	<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>CE</b> Short Stories (MSD Office)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>AE</b> Resident &amp; Staff Group Discussion Hour (MSD Office)</div> <div>4:30 <b>CE</b> Brain Exercises (MSD Office) - Word Puzzles</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>21</div>
<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>SS</b> Sunday Morning Music Therapy &amp; Hot Tea Social</div> <div>1:30 <b>LL</b> TV Time</div> <div>2:00 <b>AE</b> Memory Music w/ Brian Derek - 1st Floor MC</div> <div>2:30 <b>AE</b> Memory Music w/ Brian Derek - 2nd Floor MC</div> <div>3:15 <b>LL</b> Weekly Fingernail Trimming/Painting Social</div> <div>3:45 <b>PE</b> MANly Puzzles (Staff Involvement/MSD Office) -</div> <div>4:30 <b>CE</b> Who Am I? Trivia (MSD Office)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>22</div>	<div>10:00 <b>PE</b> "Get Moving" Ball Toss *to be done by care staff*</div> <div>11:00 <b>LL</b> Nail Care for, BOTH, Gals &amp; Gents - ALWAYS keep nails short &amp; clean!!</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Snow Cone Social - 1st floor</div> <div>3:30 <b>LL</b> Snow Cone Social - 2nd floor</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>23</div>	<div><b>Beauty Shop Day</b></div> <div><b>National Cherries Jubilee Day</b></div> <div>10:00 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - NO 120A/B - 1st floor</div> <div>10:30 <b>SS</b> Prayer &amp; Hymns w/ Bishop Zampino - 2nd floor</div> <div>11:00 <b>AE</b> Tranquillity Manager Tuesday - Managers Join MC For A "SURPRISE" Activity (1st &amp; 2nd MC Floors) - Ashleigh - "Get Moving" Exercise Group *2nd flr*</div> <div>1:30 <b>LL</b> TV Time</div> <div>2:00 <b>LL</b> Steve Flynn aka "Frank Sinatra" - 1st floor MC</div> <div>2:45 <b>LL</b> Steve Flynn aka "Frank Sinatra" - 2nd floor MC</div> <div>3:15 <b>AE</b> Food For Thought (Activity Book) 2nd floor - Cherries Jubilee</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>24</div>	<div><b>Beauty Shop Day</b></div> <div>10:00 <b>LL</b> Hand Therapy Hour (kinetic sand, molding clay &amp; hand massages) *2nd flr Quiet Rm*</div> <div>11:00 <b>AE</b> Who Loves Crafts of ALL Kinds?...WE DO! (MSD Office) - Soap Making Craft</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:15 <b>AE</b> Monthly Resident &amp; Staff Birthday Celebration (1st &amp; 2nd floors) w/ Ice Cream</div> <div>4:30 <b>CE</b> Puzzles, puzzles &amp; more PUZZLES!</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>25</div>	<div>10:00 <b>PE</b> Group Parachute Exerise Activity</div> <div>11:00 <b>PE</b> Wii Games - 2nd floor (Integrate Floors for Wii Fun)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Country Ride Around w/ Nicole - 1st floor MC</div> <div>3:30 <b>AE</b> Artistic Expressions (MSD Office)</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>26</div>	<div><b>National Chocolate Milk Day</b></div> <div>10:00 <b>PE</b> Morning Stretches *to be done by care staff*</div> <div>11:00 <b>LL</b> Resident/Staff Group Games (MSD Office)</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Chocolate Milk &amp; Wafers Social</div> <div>4:30 <b>PE</b> Resident Music/Dance Hour (Appropriate Music - 20's to 50's)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>27</div>	<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>AE</b> Arts-N-Crafts (MSD Office) - Aquapaintings</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>AE</b> Education Corner: Resident/Staff Group Discussions (MSD Office)</div> <div>4:30 <b>CE</b> Brain Exercises (MSD Office) - Word Puzzles</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>28</div>
<div>10:00 <b>PE</b> Chair Yoga *to be done by care staff*</div> <div>11:00 <b>AE</b> Resident &amp; Staff Gospel Sing-A-Longs via AppleTV (Old Fashioned/Southern Gospel)</div> <div>11:00 <b>SS</b> Sunday Morning Music Therapy &amp; Hot Tea Social</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:15 <b>LL</b> Weekly Fingernail Trimming/Painting Social</div> <div>3:45 <b>PE</b> Gents VS Ladies Dart Games (Staff Involvement is a MUST - Darts kept in MSD Office)</div> <div>4:30 <b>CE</b> What Am I? Trivia (MSD Office)</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Massages (hands/shoulders)</div> <div>29</div>	<div><b>National Love People Day: Show Love to EVERYONE!</b></div> <div>10:00 <b>PE</b> "Get Moving" Ball Toss *to be done by care staff*</div> <div>11:00 <b>LL</b> Nail Care for, BOTH, Gals &amp; Gents - ALWAYS keep nails short &amp; clean!!</div> <div>1:30 <b>LL</b> TV Time</div> <div>3:00 <b>LL</b> Snow Cone Social - 1st floor</div> <div>3:30 <b>LL</b> Snow Cone Social - 2nd floor</div> <div>4:30 <b>PE</b> Afternoon Exercise *to be done by care staff*</div> <div>7:00 <b>LL</b> Aromatherapy &amp; Sensory Videos</div> <div>30</div>	<div><div>6441 Jefferson Pike Frederick, MD 21703 301-668-6030</div></div> <div><div><div><b>AE</b> Artistic Expression</div><div><b>CC</b> Community Connections</div><div><b>CE</b> Continuing Education</div><div><b>LL</b> Lifestyle &amp; Leisure</div><div><b>PE</b> Physical Engagement</div><div><b>SS</b> Spiritual Support</div></div><div>Healthy Snacks &amp; Hydration offered throughout each day!</div></div>				