September 2019 In The Moment - Memory Support Sunday Monday Tuesdav Wednesday Thursday Friday Saturday Beauty Snop Pay Wags for Hope: Pet Therapy Visits - AL & MC Beauty Shop Day 10:00 PE Chair Yoga *to be done by Beauty Shop Day 10:00 SS Prayer & Hymns w/ 10:00 PE Group Parachute ■ National Coffee Ice Cream Day World's Beard Day Labor Day care staff* Exerise Activity 10:00 PE "Get Moving" Ball Toss *to 10:00 PE Morning Stretches *to 10:00 PE Chair Yoga *to be done 11:00 AE Resident & Staff Gospel be done by care staff* Bishop Zampino - NO 11:00 PE Wii Games - 2nd floor be done by care staff* by care staff* 10:00 III Hand Therapy Hour (kinetic Sing-A-Longs via AppleTV 1:00 LL Nail Care for, BOTH, Gals & Gents -120A/B - 1st floor (Integrate Floors for Wii Fun) 1:00 CE Short Stories (MSD Office) 11:00 AE Calming Meditation w/ sand, molding clay & hand massages) (Old Fashioned/Southern Gospel) ALWAYS keep nails short & clean!! 10:30 SS Prayer & Hymns w/ Bishop Zampino 1:30 TV Time Aromatherapy & Sensory Videos 1:00 AE Laughter Warms the Heart - Humor Hour 1:30 **III** TV Time 1:30 TV Time 2nd floor 3:00 Country Ride Around w/ Nicole (Staff MUST participate & lead (MSD Office) 3:30 CE Memory Support Facial Hair Cart: 3:15 Weekly Fingernail Trimming/Painting 11:00 SS Music Relaxation Hour (music from 3:00 III Snow Cone Social - 1st floor 1:30 🞹 TV Time 2nd floor MC activity) Shave ALL Residents In Need Social the 40's, 50's, 60's) 3:30 Snow Cone Social - 2nd floor 3:00 LL Ice Cream Social - 1st floor 3:30 CE Trivia (MSD Office) 1:30 III TV Time 4:30 CE Brain Exercises (MSD Office) -3:45 PE Gents VS Ladies Dart Games (Staff 1:30 **TV** Time 4:30 PE Afternoon Exercise *to be done by 3:30 LL Ice Cream Social - 2nd floor 4:30 PE Afternoon Exercise *to be done 3:00 AE Iced Coffee & Donuts Social Hour Word Puzzles Involvement is a MUST - Darts kept i 3:00 AE Adult Coloring Masterpieces (MSD care staff* 4:30 AE Outside Activities (MC Patio - 1st & 2nd by care staff* 4:30 PE Resident Music/Dance Hour MSD Office) 7:00 Aromatherapy & Massages Office/Activity Book) floors), if weather permits: Bowling FUN! 7:00 LL Aromatherapy & Sensory Videos 4:30 EE What Am I? Trivia (MSD Office) 7:00 **III** Aromatherapy & Massages (Appropriate Music - 20's to 50's) (hands/shoulders) 4:30 CE Mind Bogglers (MSD Office) 7:00 LL Aromatherapy & Sensory Videos 7:00 [II] Aromatherapy & Massages (hands/ (hands/shoulders) 7:00 Aromatherapy & Massages (hands/ 7:00 LL Aromatherapy & Sensory Videos shoulders) shoulders) National Live Creative Day 10:00 E Chair Yoga *to he 10:00 PE Chair Yoga *to be done 10:00 📧 "Get Moving" Ball Toss **Beauty Shop Day Beauty Shop Day** 10:00 EE Group Parachute Exerise Activity 10:00 PE Morning Stretches *to Patriot Day and National Day of Service and 1:00 AE Monthly Signature Program w/ MC by care staff* *to be done by care National Ants on a Log Day be done by care staff* 10:00 尫 Chair Yoga *to be done residents (MSD Office - Community 10:00 SS Prayer & Hymns w/ Bishop 11:00 SS Sunday Morning Music staff* 11:00 III Resident/Staff Group by care staff* Involvement Activity alternates 10:00 III Hand Therapy Hour (kinetic sand. Zampino - NO 120A/B - 1st monthly) *2nd flr* - Memory Support "Rock" Stars Games (MSD Office) 1:00 🛄 Nail Care for, BOTH, Gals & Gents Therapy & Hot Tea Social molding clay & hand massages) *2nd flr Quiet 11:00 AE Arts-N-Crafts (MSD Office) - Grass 1:30 **III** TV Time - ALWAYS keep nails short & 1:30 **TV** Time Hair Projects 1:30 **TV** Time 10:30 SS Prayer & Hymns w/ Bishop Zampino - 2nd 3:00 LL Country Ride Around w/ Nicole - 1st floor MC 1:00 AE Who Loves Crafts of ALL Kinds?...WE DO! (MSD clean! 1:30 **III** TV Time 3:15 Weekly Fingernail Trimming/ 3:00 III "In The Moment" Tea Time Social 3:30 AE Artistic Expressions (MSD Office) - Introduction Office) - Remembrance Craft 1:30 TV Time 11:00 涯 Tranquillity Manager Tuesday - Managers of the Memory Support "Rock" Stars Project & 3:00 CC Resident Painting Projects (use **Painting Social** 1:30 III TV Time 4:30 PE Resident Music/Dance Hour Community Involvemen Join MC For A "SURPRISE" Activity (1st & 3:45 PE Men "ONLY" Manly Puzzles (Staff 3:00 III Snow Cone Social - 1st floor 3:00 LL Ice Cream Social - 1st floor (Appropriate Music - 20's to 50's) canvas, paint by numbers, 4:30 PE Afternoon Exercise *to be done by care staff* 2nd MC Floors) - Lucia 3:00 AE Sing-A-Longs w/ George Carroll - 1st floor construction paper, etc - MSD Involvement/MSD Office) 3:30 III Snow Cone Social - 2nd floor 7:00 LL Aromatherapy & Massages 7:00 LL Aromatherapy & Sensory Videos 3:30 LL Ice Cream Social - 2nd floor Office or Quiet Room - 2nd floor) -4:30 CE Who Am I? Trivia (MSD Office) 4:30 PE Afternoon Exercise *to be done (hands/shoulders) 4:30 III "Tap Your Toes" to UpBeat Jamzzzzzz (Elvis, 3:00 AE Food For Thought (MSD Office) 1st floor 4:30 CE Brain Exercises (MSD Office) by care staff* Johnny Cash. Temptations, etc) 7:00 Aromatherapy & Sensory Videos Ants on a Log 7:00 LL Aromatherapy & Massages (hands/shoulders) Word Puzzles 4:30 CE Can You Picture This? (MSD Office) 7:00 Aromatherapy & Massages 7:00 LL Aromatherapy & Sensory Videos 7:00 LL Aromatherapy & Sensory Videos (hands/shoulders) 10:00 PE "Get Moving" Ball Toss *to 10:00 📧 Chair Yoga *to be done by care **Beauty Shop Day Beauty Shop Day** National Cheeseburger Day (18th) **National String Cheese Day** 10:00 PE Chair Yoga *to be NO BISHOP TODAY...Activity to be be done by care staff* 10:00 🛄 Hand Therapy Hour (kinetic 10:00 PE Group Parachute Exerise 10:00 PE Morning Stretches *to done by care staff* 1:00 AE Resident & Staff Gospel Sing-Asand, molding clay & hand 1:00 L Drumming Circle w/Chris -Activity Longs via AppleTV (Old Fashioned/ be done by care staff* 11:00 CE Short Stories (MSD 0:00 SS Prayer & Hymns w/ Bishop massages) *2nd flr Quiet Rm* 1st floor Southern Gospel) 11:00 AE Taste & Tell Activity - (1st floor) -Zampino - NO 120A/B - 1st floor 11:00 AE Calming Meditation w/ Office) 1:00 AE Who Loves Crafts of ALL Kinds?...WE DO! 1:30 TV Time 1:00 III Nail Care for, BOTH, Gals & Gents 10:30 SS Prayer & Hymns w/ Bishop Zampino - 2nd floor Cheeseburger Surprise Aromatherapy & Sensory Videos (MSD Office) - Wooden Sticks Painting 1:30 **III** TV Time 2:00 Memory Music by Brian Derek - 1st Floor MC ALWAYS keep nails short & clean!! 11:00 SS Music Relaxation Hour (music from the 40's, 50's, 1:30 **TV** Time (Staff MUST participate & lead 2:30 AE Memory Music by Brian Derek - 2nd Floor MC 3:00 AE Resident & Staff Group 1:30 **III** TV Time 3:00 LL Country Ride Around w/ Nicole - 2nd 1:30 TV Time 3:15 Weekly Fingernail Trimming/Painting Social activity) 1:30 TV Time Discussion Hour (MSD Office) 3:00 LL Sing-A-Longs w/ George Carroll - 2nd floor MC 3:45 PE Gents VS Ladies Dart Games (Staff Involvement 3:00 LL Ice Cream Social - 1st floor 3:00 BINGO & Prizes (MSD Office) *prizes kept in 2nd 1:30 **TV** Time 4:30 E Brain Exercises (MSD Office) is a MUST - Darts kept in MSD Office) 3:30 LL Ice Cream Social - 2nd floor 3:30 CE Trivia (MSD Office) flr quiet rm* 4:30 E What Am I? Trivia (MSD Office) 3:00 AE Soda Pop & String Cheese Social 3:00 LL Snow Cone Social - 1st floor 4:30 AE Outside Activities (MC Patio - 1st & 2nd 4:30 E Mind Bogglers (MSD Office) - Junk Drawer Word Puzzles 4:30 PE Afternoon Exercise *to be done by 7:00 **III** Aromatherapy & Massages (hands/shoulders) 3:30 LL Snow Cone Social - 2nd floor floors), if weather permits: Bowling FUN! care staff* 7:00 Aromatherapy & Massages 7:00 **III** Aromatherapy & Massages (hands/shoulders) 7:00 LL Aromatherapy & Sensory Videos 4:30 Resident Music/Dance Hour 4:30 PE Afternoon Exercise *to be done by 7:00 LL Aromatherapy & Massages (hands/ (hands/shoulders) (Appropriate Music - 20's to 50's) care staff* shoulders) 7:00 LL Aromatherapy & Sensory Videos 7:00 LL Aromatherapy & Sensory Videos 10:00 🖭 Chair Yoga *to be done by 10:00 🖭 "Get Moving" Ball Toss **Beauty Shop Day Beauty Shop Day** 10:00 📧 Group Parachute **National Chocolate Milk Day** 10:00 🖭 Chair Yoga *to be done 28 care staff tional Cherries Jubilee Day 10:00 🔃 Hand Therapy Hour *to be done by care **Exerise Activity** 10:00 PE Morning Stretches *to by care staff* I 1:00 SS Sunday Morning Music 0:00 SS Prayer & Hymns w/ Bishop (kinetic sand, molding 11:00 PE Wii Games - 2nd floor 11:00 AE Arts-N-Crafts (MSD be done by care staff* Zampino - NO 120A/B - 1st floor Therapy & Hot Tea Social clay & hand massages) *2nd flr Quiet 1:00 LL Nail Care for, BOTH, Gals & Gents (Integrate Floors for Wii Fun) Office) - Aquapaintings 11:00 💶 Resident/Staff Group Games 10:30 SS Prayer & Hymns w/ Bishop Zampino - 2nd floor 1:30 TV Time 11:00 AE Tranquillity Manager Tuesday - Managers Join MC For A "SURPRISE" Activity (1st & 2nd MC 2:00 AE Memory Music w/ Brian Derek - 1st Floor - ALWAYS keep nails short & 1:30 **III** TV Time (MSD Office) 1:30 **TV** Time 1:00 AE Who Loves Crafts of ALL Kinds?...WE clean! 3:00 LL Country Ride Around w/ Nicole 1:30 **TV** Time 3:00 AE Education Corner: Resident/Staff Floors) - Ashleigh - "Get Moving" Exercise Group DO! (MSD Office) - Soap Making Craft 2:30 AE Memory Music w/ Brian Derek - 2nd Floor 1:30 **TV** Time 1st floor MC Group Discussions (MSD Office) 3:00 LL Chocolate Milk & Wafers Social 1:30 III TV Time 1:30 🞹 TV Time 3:00 Snow Cone Social - 1st floor 3:30 AE Artistic Expressions (MSD Office) 4:30 CE Brain Exercises (MSD Office) -4:30 Resident Music/Dance Hour 3:15 [LI] Weekly Fingernail Trimming/Painting 3:15 AE Monthly Resident & Staff Birthday 2:00 LL Steve Flynn aka "Frank Sinatra" - 1st floor MC 3:30 III Snow Cone Social - 2nd floor Word Puzzles 4:30 PE Afternoon Exercise *to be done (Appropriate Music - 20's to 50's) Celebration (1st & 2nd floors) w/ Ice Socia 2:45 LL Steve Flynn aka "Frank Sinatra" - 2nd floor MC 4:30 PE Afternoon Exercise *to be done 7:00 LL Aromatherapy & Sensory Videos by care staff* 3:45 PE MANly Puzzles (Staff Involvement/MSD 3:15 AE Food For Thought (Activity Book) 2nd floor 7:00 Aromatherapy & Massages by care staff* Cherries Jubile 7:00 LL Aromatherapy & Sensory Videos 4:30 CE Puzzles, puzzles & more PUZZLES! (hands/shoulders) 4:30 E Who Am I? Trivia (MSD Office) 7:00 LL Aromatherapy & Sensory Videos 7:00 Aromatherapy & Massages 7:00 LL Aromatherapy & Massages (hands/ 7:00 LL Aromatherapy & Sensory Videos (hands/shoulders) 10:00 🖭 Chair Yoga *to be done by care National Love People Day: Show Love to EVERYONE! 11:00 AE Resident & Staff Gospel Sing-A 10:00 PE "Get Moving" Ball Toss *to **AE** Artistic Expression Healthy Snacks & Longs via AppleTV (Old be done by care staff* Fashioned/Southern Gospel Hydration offered throughout **CC** Community Connections 1:00 III Nail Care for, BOTH, Gals & Gents -11:00 S Sunday Morning Music Therapy & Hot Tea 6441 Jefferson Pike each day! ALWAYS keep nails short & clean!! **Tranquillity CE** Continuing Education 1:30 **TV** Time Frederick, MD 21703 3:15 Weekly Fingernail Trimming/Painting Social 3:00 I Snow Cone Social - 1st floor LL Lifestyle & Leisure 3:45 PE Gents VS Ladies Dart Games (Staff 3:30 LL Snow Cone Social - 2nd floor Assisted Living & Memory Care 301-668-6030 Involvement is a MUST - Darts kept in MSD

PE Physical Engagement

SS Spiritual Support

Office)

4:30 E What Am I? Trivia (MSD Office)

7:00 LL Aromatherapy & Massages (hands/

4:30 PE Afternoon Exercise *to be done by

7:00 LL Aromatherapy & Sensory Videos

care staff*