

January 2020



Memory Support

SUN

MON

TUE

WED

THU

FRI

SAT

Orchard Pointe at Arrowhead

17200 N. 67th Ave
Glendale AZ 85308

AnaLucia Garza
Life Enrichment Director

Office Phone:
(623) 302-9400

Activities subject to change without notice; please refer to daily schedule, flyers, or digital displays for updates.



Charles Furry.....01/01
Margaret Alexon.....01/10
Maxine Chappell.....01/23

Color Key

Purple: Cooking Club
Blue: Religious/Spiritual
Green: Active
Red: Special Events, Entertainment, Socials, Vendors
Pink: Crafts/Art
Light Blue: Sensory
Orange: Portraits Programs

Location Key

AR1: 1st Floor Activity Room
AR2: 2nd Floor Activity Room
CR: Card Room
CS: Coffee Shop
GR: Game Room
DR: Dining Room
SR1: 1st Floor Sunroom
SR2: 2nd Floor Sunroom
T: Theater
L: Library
CY: Courtyard
SPR: Spa Room
FD: Front Desk

Resident Reminders:

The Lawrence Welk Show is on PBS—Channel 8 every Saturday at 4pm!



Happy New Year 2020

1 Happy New Year! Charles F.'s Birthday

7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Music & Motion Exercise
10:00 Snack & Stories
10:30 Ring Toss
11:30 Lunch
12:30 Tasks
1:00 Coloring
2:30 Snack
3:00 Bingo
5:00 Dinner
6:00 Tasks
7:00 Table Games
7:30 Snack



2 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Sittercise
10:30 Nail Care & Hand Massages
11:30 Lunch
12:30 Tasks
1:00 Entertainment: Billy Jay Benson (Lobby)
2:30 Snack
3:00 Portraits
5:00 Dinner
6:00 Tasks
7:00 Wheel of Fortune on TV
7:30 Snack



3 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Morning Walk
10:00 Snack & Stories
10:30 Crafts
11:30 Lunch
12:30 Tasks
1:00 I've Got It
2:30 Bread Making
5:00 Dinner
6:00 Tasks
7:00 Coloring
7:30 Snack



4 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Morning Stretches
10:00 Snack & Stories
10:30 Wii Games
11:30 Lunch
12:30 Tasks
1:00 Horseshoes
2:30 Snack
3:00 Bingo
4:00 TV Time
5:00 Dinner
6:00 Tasks
7:00 Reminiscing
7:30 Snack



5 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Music & Motion Exercise
10:00 Sunday Matinee Movie & Popcorn
11:30 Lunch
12:30 Tasks
1:00 Coupon Clipping
2:30 Snack
3:00 Portraits
5:00 Dinner
6:00 Tasks
7:00 Table Games
7:30 Snack



6 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Morning Walk
10:00 Snack & Stories
10:30 Reminiscing
11:30 Lunch
12:30 Tasks
1:00 Wii Games
2:30 Snack
3:00 "I've Got It"
5:00 Dinner
6:00 Tasks
7:00 Coloring
7:30 Snack



7 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Sittercise
10:00 Snack & Stories
10:30 Trivia
11:30 Lunch
12:30 Tasks
1:00 Nail Care & Hand Massages
2:30 Snack
3:00 Kerplunk
5:00 Dinner
6:00 Tasks
7:00 Wheel of Fortune on TV
7:30 Snack



8 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Music & Motion Exercise
10:00 Snack & Stories
10:30 Crafts
11:30 Lunch
12:30 Tasks
1:00 Patio Time
2:30 Root Beer Floats
3:00 Bingo
5:00 Dinner
6:00 Tasks
7:00 Table Games
7:30 Snack



9 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Sittercise
10:00 Snack & Stories
10:30 Resident's Choice!
11:30 Lunch
12:30 Tasks
1:00 Dusty Titles (Lobby)
2:30 Snack
3:00 Portraits
5:00 Dinner
6:00 Tasks
7:00 Wheel of Fortune on TV
7:30 Snack



10 Margaret A.'s Birthday 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Morning Walk
10:00 Snack & Stories
10:30 Donut Cupcakes
11:30 Lunch
12:30 Tasks
1:00 Pool
2:30 Noodle Swat
3:00 Bus Outing
5:00 Dinner
6:00 Tasks
7:00 Coloring
7:30 Snack

11 7:30 Breakfast
8:30 Coffee & Daily Chronicles
9:00 Morning Stretches
10:00 Snack & Stories
10:30 Wii Games
11:30 Lunch
12:30 Tasks
1:00 Oversized Bowling
2:30 Snack
3:00 Bingo
4:00 TV Time
5:00 Dinner
6:00 Tasks
7:00 Reminiscing
7:30 Snack



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Assisted Living | Memory Support

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SUN	MON	TUE	WED	THU	FRI	SAT
12 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Music & Motion Exercise 10:00 Sunday Matinee Movie & Popcorn 11:30 Lunch 12:30 Tasks 1:00 Horseshoes 2:30 Snack 3:00 Portraits 5:00 Dinner 6:00 Tasks 7:00 Table Games 7:30 Snack	13 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Walk 10:00 Snack & Stories 10:30 Crafts 11:30 Lunch 12:30 Tasks 1:00 Wii Games 2:00 Bread Making 2:30 Snack 3:00 YouTube Karaoke 5:00 Dinner 6:00 Tasks 7:00 Coloring 7:30 Snack	14 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Sittercise 10:00 Snack & Stories 10:30 Black or Red Card Game 11:30 Lunch 12:30 Tasks 1:00 Corn Hole 2:30 Snack 3:00 Brain Games 5:00 Dinner 6:00 Tasks 7:00 Wheel of Fortune on TV 7:30 Snack	15 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Music & Motion Exercise 10:00 Snack & Stories 10:30 Crafts & Coloring 11:30 Lunch 12:30 Tasks 1:00 Patio Time 2:30 Snack 3:00 Bus Outing 5:00 Dinner 6:00 Tasks 7:00 Table Games 7:30 Snack	16 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Sittercise 10:00 Snack & Stories 10:30 Nail Care 11:30 Lunch 12:30 Tasks 1:00 Entertainment: Ed Panopio (Lobby) 2:30 Snack 3:00 Portraits 5:00 Dinner 6:00 Tasks 7:00 Wheel of Fortune on TV 7:30 Snack	17 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Walk 10:00 Snack & Stories 10:30 Color UNO 11:30 Lunch 12:30 Tasks 1:00 Ring Toss 2:30 Snack 3:00 Resident's Choice! 5:00 Dinner 6:00 Tasks 7:00 Adult Coloring 7:30 Snack	18 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Stretches 10:00 Snack & Stories 10:30 Wii Games 11:30 Lunch 12:30 Tasks 1:00 Sing-a-longs 2:30 Snack 3:00 Craft 4:00 TV Time 5:00 Dinner 6:00 Tasks 7:00 Reminiscing 7:30 Snack
19 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Music & Motion Exercise 10:00 Sunday Matinee Movie & Popcorn 11:30 Lunch 12:30 Tasks 1:00 Kerplunk 2:30 Snack 3:00 Portraits 5:00 Dinner 6:00 Tasks 7:00 Table Games 7:30 Snack	20 Martin Luther King Jr Day 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Walk 10:00 Snack & Stories 10:30 Coupon Clipping 11:30 Lunch 12:30 Tasks 1:00 Black or Red Card Game 2:30 Snack 3:00 Finishing Lines Trivia 5:00 Dinner 6:00 Tasks 7:00 Coloring	21 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Sittercise 10:00 Snack & Stories 10:30 Parachute Volley 11:30 Lunch 12:30 Tasks 1:00 Sensory Bins 2:30 Snack 3:00 Craft 5:00 Dinner 6:00 Tasks 7:00 Wheel of Fortune on TV 7:30 Snack	22 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Music & Motion Exercise 10:00 Snack & Stories 10:30 YouTube Karaoke 11:30 Lunch 12:30 Tasks 1:00 Patio Time 2:30 Microwave S'mores 3:00 Bingo 5:00 Dinner 6:00 Tasks 7:00 Table Games 7:30 Snack	23 Maxine C's Birthday 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Sittercise 10:00 Snack & Stories 10:30 Portraits 11:30 Lunch 12:30 Tasks 1:00 Reminiscing 2:00 Snack 2:15 Entertainment: Jennifer Linul 4:00 "I've Got It" 5:00 Dinner 6:00 Tasks 7:00 Wheel of Fortune on TV 7:30 Snack	24 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Walk 10:00 Snack & Stories 10:30 Bread Making 11:30 Lunch 12:30 Tasks 1:00 Outside Golfing 2:30 Snack 3:00 Bus Outing 5:00 Dinner 6:00 Tasks 7:00 Adult Coloring 7:30 Snack	25 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Stretches 10:00 Snack & Stories 10:30 Wii Games 11:30 Lunch 12:30 Tasks 1:00 Pool Noodle Swat 2:30 Snack 3:00 Bingo 4:00 TV Time 5:00 Dinner 6:00 Tasks 7:00 Reminiscing 7:30 Snack
26 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Music & Motion Exercise 10:00 Sunday Matinee Movie & Popcorn 11:30 Lunch 12:30 Tasks 1:00 Corn Hole 2:30 Snack 3:00 Portraits 5:00 Dinner 6:00 Tasks 7:00 Table Games 7:30 Snack	27 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Walk 10:00 Snack & Stories 10:30 Valentine Craft 11:30 Lunch 12:30 Tasks 1:00 Parachute Volley 2:30 Snack 3:00 Color UNO 5:00 Dinner 6:00 Tasks 7:00 Coloring 7:30 Snack	28 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Sittercise 10:00 Snack & Stories 10:30 Felt Board 11:30 Lunch 12:30 Tasks 1:00 Magazine Scavenger Hunt 2:30 Snack 3:00 Wii Games 5:00 Dinner 6:00 Tasks 7:00 Wheel of Fortune 7:30 Snack	29 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Music & Motion Exercise 10:00 Snack & Stories 10:30 Ring Toss 11:30 Lunch 12:30 Tasks 1:00 Bread Making 2:30 Snack 3:00 Bingo 5:00 Dinner 6:00 Tasks 7:00 Table Games 7:30 Snack	30 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Sittercise 10:30 Nail Care 11:30 Lunch 12:30 Tasks 1:00 Entertainment: Dick & Diane (Lobby) 2:30 Snack 3:00 Portraits 5:00 Dinner 6:00 Tasks 7:00 Wheel of Fortune on TV 7:30 Snack	31 7:30 Breakfast 8:30 Coffee & Daily Chronicles 9:00 Morning Walk 10:00 Snack & Stories 10:30 Puzzles 11:30 Lunch 12:30 Tasks 1:00 I've Got It 2:00 Birthday Bash (AR1) 5:00 Dinner 6:00 Tasks 7:00 Coloring 7:30 Snack	Resident Reminders: The Lawrence Welk Show is on PBS—Channel 8 every Saturday at 4pm!