


# January 2020

## In The Moment - Memory Support

created with 

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><div>Symphony Square</div><div>Assisted Living &amp; Memory Care</div></div></div>		<div>35 Old Lancaster Road Bala Cynwyd, PA 19004 610-660-6560</div>		<div><div><div>AE</div>Artistic Expression</div><div><div>CC</div>Community Connections</div><div><div>CE</div>Continuing Education</div><div><div>LL</div>Lifestyle &amp; Leisure</div><div><div>PE</div>Physical Engagement</div><div><div>SS</div>Spiritual Support</div></div>		<div><div>New Year's Day</div><div>1</div><div>9:00 <div>PE</div> Chair Fitness</div><div>10:00 <div>LL</div> Golf &amp; Social</div><div>11:00 <div>SS</div> Inspirational Time</div><div>11:30 <div>AE</div> Painting</div><div>2:30 <div>LL</div> Sing-a-Long with AL!</div><div>4:00 Tabletop Bowling</div><div>6:00 <b>Movie Night with Popcorn</b></div></div>		<div><div>2</div><div>9:00 <div>PE</div> Chair Work Out</div><div>10:00 Brain Games</div><div>10:30 <div>CC</div> <b>Scenic Drive</b></div><div>1:00 <div>AE</div> Art</div><div>2:00 Pit-a-pot card games</div><div>3:30 Making Cookies Sandwich</div><div>6:00 Story Time</div></div>		<div><div>3</div><div>9:00 <div>PE</div> Chair Exercise</div><div>11:30 <div>CE</div> Puzzle Time</div><div>1:30 Fun 'n' Games</div><div>3:00 <div>LL</div> Happy Hour</div><div>4:00 Tell Me Some Old Story</div><div>5:00 <div>SS</div> <b>Shabbat Service</b></div></div>		<div><div>4</div><div>9:00 <div>PE</div> Take A Walk With Me</div><div>10:30 Brain Trivia!</div><div>11:00 <div>CE</div> Conversation/ Card Game</div><div>2:30 <div>PE</div> Tabletop Bowling</div><div>4:00 <b>Name That Tune</b></div><div>6:00 <b>TV Night</b></div></div>	
<div><div>5</div><div>9:00 <div>PE</div> Get Fit</div><div>10:30 <div>SS</div> Hymns &amp; Songs</div><div>11:00 <div>SS</div> <b>Sunday Devotion</b></div><div>2:30 <div>CE</div> <b>Follow the Scent</b></div><div>3:30 Sunday Bingo &amp; Cards</div><div>4:00 Sunday Afternoon at the Movies (with popcorn)</div></div>		<div><div>6</div><div>9:00 <div>PE</div> Chair Exercise</div><div>11:00 <div>SS</div> Monday Meditation</div><div>1:30 <div>CE</div> Puzzles &amp; Games</div><div>2:00 <div>PE</div> <b>Hoop It Up!</b></div><div>2:30 <b>Cooking with Thomas the chef</b></div><div>4:00 <div>LL</div> Table Games</div><div>6:00 <div>LL</div> Men's Night( Drink a Beer)</div></div>		<div><div>7</div><div>9:00 <div>PE</div> Yoga Class</div><div>10:30 Table Games</div><div>11:00 <div>SS</div> Yo Yoga!</div><div>1:00 <div>AE</div> <b>Hand Massage At the Spa</b></div><div>2:00 <div>LL</div> Bingo</div><div>4:00 <div>PE</div> <b>Table Tennis</b></div></div>		<div><div>8</div><div>9:00 <div>PE</div> Chair Exercise</div><div>10:00 <div>LL</div> Memory Support</div><div>Family day</div><div>11:00 <div>SS</div> Inspirational Time</div><div>11:30 <div>AE</div> Painting</div><div>2:30 <div>LL</div> Sing-a-Long with AL!</div><div>4:00 Tabletop Bowling</div></div>		<div><div>9</div><div>9:00 <div>PE</div> Chair Fitness</div><div>10:00 Brain Games</div><div>10:30 <div>CC</div> <b>Bus Trip</b></div><div>1:30 <div>AE</div> Art</div><div>4:30 listen to swing music</div></div>		<div><div>10</div><div>9:00 <div>PE</div> let's get fit</div><div>11:30 <div>CE</div> Puzzle Time</div><div>1:30 Fun 'n' Games</div><div>3:00 <div>LL</div> Happy Hour</div><div>4:00 Story Time</div><div>5:00 <div>SS</div> <b>Shabbat Service</b></div></div>		<div><div>11</div><div>9:00 <div>PE</div> Fitness Fun</div><div>10:00 Fun 'n' Games</div><div>11:00 <div>CE</div> Conversation/ Card Game</div><div>2:30 <div>PE</div> Tabletop Bowling</div><div>4:00 <b>Name That Tune</b></div><div>6:00 <b>TV Night</b></div></div>	
<div><div>12</div><div>9:00 <div>PE</div> Senior Get Fit</div><div>10:30 <div>SS</div> Hymns &amp; Songs</div><div>11:00 <div>SS</div> <b>Sunday Service with Sharon Baptist Church</b></div><div>2:30 <div>CE</div> <b>Follow the Scent</b></div><div>3:30 Sunday Bingo &amp; Cards</div><div>4:00 Sunday Afternoon at the Movies (with popcorn)</div></div>		<div><div>13</div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:00 <div>SS</div> Music Therapy with the Conservatory</div><div>1:30 <div>CE</div> Puzzles &amp; Games</div><div>2:00 <div>PE</div> <b>My Life In The Past, Let's Talk</b></div><div>4:00 <div>LL</div> Table Games</div><div>6:00 <div>LL</div> Men's Social Club</div></div>		<div><div>14</div><div>9:00 <div>PE</div> Warm Up Exercise</div><div>10:30 Table Games</div><div>11:00 <div>SS</div> Yo Yoga!</div><div>1:00 <div>AE</div> <b>Pit-a-pot card games</b></div><div>2:00 <div>LL</div> Bingo</div><div>3:30 <div>LL</div> Aromatherapy/Warm wash rags</div><div>4:00 <div>PE</div> <b>Busy Hand</b></div></div>		<div><div>15</div><div>9:00 <div>PE</div> Chair Fitness</div><div>10:00 <div>LL</div> Golf &amp; Social</div><div>11:00 <div>SS</div> Inspirational Time</div><div>11:30 <div>AE</div> Painting</div><div>2:30 <div>LL</div> Make Music with AL!</div><div>4:00 Tabletop Bowling</div><div>6:00 <b>Movie Night with Popcorn</b></div></div>		<div><div>16</div><div>9:00 <div>PE</div> Move and Grove</div><div>10:30 <div>CC</div> <b>Scenic Drive</b></div><div>1:30 <div>AE</div> Art</div><div>2:30 Banana Split Social</div><div>4:30 Armchair Travels</div><div>6:00 Story Time</div></div>		<div><div>17</div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:30 <div>CE</div> Puzzle Time</div><div>1:30 Fun 'n' Games</div><div>3:00 <div>LL</div> Happy Hour</div><div>4:00 Lets Discuss</div><div>5:00 <div>SS</div> <b>Shabbat Service</b></div></div>		<div><div>18</div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:00 <div>CE</div> Domino Game</div><div>2:30 <div>PE</div> Tabletop Bowling</div><div>4:00 <b>Name That Tune</b></div><div>6:00 <b>Western Movie with friends</b></div></div>	
<div><div>19</div><div>9:00 <div>PE</div> Chair Fitness</div><div>10:30 <div>SS</div> Hymns &amp; Songs</div><div>11:00 <div>SS</div> <b>Sunday Meditation</b></div><div>2:30 <div>CE</div> <b>Follow the Scent</b></div><div>3:30 Sunday Bingo &amp; Cards</div><div>4:00 Sunday Matinee</div></div>		<div><div>20</div><div><b>Martin Luther King, Jr. Day</b></div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:00 <div>SS</div> Monday Meditation</div><div>1:30 <div>CE</div> Puzzles &amp; Games</div><div>2:00 <div>PE</div> <b>Painting On Canvas</b></div><div>4:00 <div>LL</div> Table Games</div><div>6:00 <div>LL</div> Men's Social Club</div></div>		<div><div>21</div><div>9:00 <div>PE</div> Chair Exercise</div><div>10:30 Table Games</div><div>11:00 <div>SS</div> Yo Yoga!</div><div>1:00 <div>AE</div> <b>Making Jewelry</b></div><div>2:00 <div>LL</div> Bingo</div><div>3:30 <div>LL</div> Aromatherapy</div><div>4:00 <div>PE</div> <b>Table Tennis</b></div></div>		<div><div>22</div><div>9:00 <div>PE</div> Chair Fitness</div><div>10:00 <div>LL</div> Golf &amp; Social</div><div>11:30 <div>AE</div> Painting</div><div>1:00 <div>SS</div> Pet Therapy with caring hospice</div><div>2:30 <div>LL</div> Karaoke With AL</div><div>4:00 Tabletop Bowling</div><div>6:00 <b>Movie Night Corner</b></div></div>		<div><div>23</div><div>9:00 <div>PE</div> Chair Exercise</div><div>10:00 Brain Games</div><div>10:30 <div>CC</div> <b>MC Trip to Dollar Tree</b></div><div>1:30 <div>AE</div> Art</div><div>2:00 Root Beer Floots</div><div>6:00 Story Time</div></div>		<div><div>24</div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:30 <div>CE</div> Puzzle Time</div><div>1:00 Pet Therapy with caring hospice</div><div>1:30 Fun 'n' Games</div><div>3:00 <div>LL</div> Happy Hour</div><div>4:00 Story Time</div><div>5:00 <div>SS</div> <b>Shabbat Service</b></div></div>		<div><div>25</div><div>9:00 <div>PE</div> Chair Exercise</div><div>10:00 Spiritual Saturday Moment</div><div>11:00 <div>CE</div> Card games</div><div>2:30 <div>PE</div> Tabletop Bowling</div><div>4:00 <b>Name That Tune</b></div><div>6:00 <b>TV Night</b></div></div>	
<div><div>26</div><div>9:00 <div>PE</div> Chair Exercise</div><div>10:30 <div>SS</div> Hymns &amp; Songs</div><div>1:00 Swing Music Moment</div><div>2:30 <div>CE</div> <b>Follow the Scent</b></div><div>3:30 Sunday Bingo &amp; Cards</div><div>4:00 Sunday Afternoon at the Movies (with popcorn)</div></div>		<div><div>27</div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:00 <div>SS</div> Monday Meditation</div><div>1:30 <div>CE</div> Puzzles &amp; Games</div><div>2:00 <div>PE</div> <b>Table Tennis</b></div><div>4:00 <div>LL</div> Table Games</div><div>6:00 <div>LL</div> Men's Social Club</div></div>		<div><div>28</div><div>9:00 <div>PE</div> Move &amp; Groove</div><div>10:30 Table Games</div><div>11:00 <div>SS</div> Yo Yoga!</div><div>2:00 <div>LL</div> Bingo</div><div>3:30 <div>LL</div> Aromatherapy</div><div>4:00 <div>PE</div> <b>Table Tennis</b></div></div>		<div><div>29</div><div>9:00 <div>PE</div> Chair Exercise</div><div>10:00 <div>LL</div> Golf &amp; Social</div><div>11:00 <div>SS</div> Inspirational Time</div><div>11:30 <div>AE</div> Painting</div><div>2:30 <div>LL</div> Show Time The Entertainer</div><div>4:00 Tabletop Bowling</div><div>6:00 <b>Movie Night Corner</b></div></div>		<div><div>30</div><div>9:00 <div>PE</div> Chair Fitness</div><div>10:00 Brain Games</div><div>10:30 <div>CC</div> <b>Scenic Drive</b></div><div>1:30 <div>AE</div> Art</div><div>2:30 Ice Cream Cone</div><div>6:00 Story Time</div></div>		<div><div>31</div><div>9:00 <div>PE</div> Chair Fitness</div><div>11:30 <div>CE</div> Puzzle Time</div><div>1:30 Fun 'n' Games</div><div>3:00 <div>LL</div> Happy Hour</div><div>4:00 Story Time</div><div>5:00 <div>SS</div> <b>Shabbat Service</b></div></div>		<div>Healthy Snacks &amp; Hydration offered throughout each day!</div>	