

# March 9th– March 15th 2020

The Heritage  
at Meridian Gardens

Assisted Living | Memory Support

## Memory Support

### Monday, March 9th

8:00 Breakfast **bake some bread w/ resident**  
9:30 **Manicure Monday**, clipping painting  
11:00 Sittercise walking 2 laps  
11:30 Lunch  
1:30 Rest time/ Table top Portraits  
2:30 Snack and Chat  
**3:30 Tissue clover craft**  
4:30 Supper set up w/residents  
5:00 Supper  
Residents help with dining room clean-up  
Table top portraits 1,5,7,10,11,13,16  
**Movie see February Movie schedule**

### Tuesday, March 10th

8:00 Breakfast  
9:30 **Baking with residents, Table top Portraits**  
10:30 **Stretching and Walking**  
11:00 Yoga  
11:30 Lunch  
1:30 Rest time/1:1 portraits  
**2:00 Music Lev Skechtman-Sounds of Buttons**  
2:30 Snack and Chat  
**3:30 Bingo**  
4:30 Supper set up w/residents  
5:00 Supper  
Residents help w/DRclean-up  
**5:30 High card**

### Wednesday March 11th

8:00 Breakfast  
9:00 **Bread baking– Tabletop Portraits**  
10:30 **Sittercise tape and walking**  
11:30 **Lunch**  
1:30 Rest time  
**2:00 St. Luke's Service (C)**  
2:30 Snack and chat  
**3:00 Mass Fr. Holdren**  
**3:30 Bean bag toss game**  
4:30 Supper Set w/ residents  
5:00 Supper  
**5:30 Movie- check movie schedule**  
**Table top portraits 1,5,7,10,11,13,16**

### Thursday, March 12th

8:00 Breakfast  
8:00 **Hair Salon open Kathy Forney**  
**appt's 402-363-9881**  
**10:00 Van Ride weather permitting**  
1:1 Rest time/Portraits Boxes  
11:30 Lunch  
1:30 Rest time/1:1 portraits  
2:30 Snack and Chat  
**3:30 Hanging Rainbow craft**  
5:00 Supper  
5:30 Residents help clean up  
**Ping pong bounce in a cup**

### Friday, March 13th

8:00 Breakfast  
9:00 **baking with residents or Table top Portraits**  
10:30 StretchTape/Walk 2 Laps  
11:30 Lunch  
**2:00 Rosary**  
**2:30 Happy Hour**  
**3:30 Paper plate ping pong game**  
4:30 Supper set-up w/residents  
5:00 Supper  
Residents help w/ DR clean up  
**5:30 Finish the Phrase-Ipad look up trivia**

### Saturday, March 7th

8:00 Breakfast  
9:00 **Baking wi/residents-Table top Portraits**  
10:30 Sittercise Tape/Walk 2 laps  
11:30 Lunch  
1:30 Rest time/1:1 Portraits Boxes  
2:30 Snack and chat  
**3:30 Leprachaun in a pot craft**  
4:30 Supper set-up  
5:00 Supper  
Residents help w/DR clean up  
**5:30 Puzzle Time in dining room**

### Sunday, March 8th

8:00 Breakfast  
9:00 **Baking with residents-Portraits**  
**10:15 Catholic Communion (C)**  
10:30 Exercise Tape/Walking  
11:30 Lunch  
1:30 Rest time/1:1 portraits  
2:00 Snack and chat/  
**3:30 Sunday Funday Kick ball**  
4:30 Supper set-up  
5:00 Supper  
**5:30 Movie see movie listing**  
Ch. 64 Catholic services all day  
Ch. 1304 for the following:  
6:00 Trinity Lutheran  
7:00 Immanuel Lutheran

