


April 2020  
In The Moment - Memory Support

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>Sierra Ridge Memory Care</p>	<p>3265 Blue Oaks Drive Auburn, CA 95602 530-887-8600</p>	<p><b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle &amp; Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support</p>	<p>9:30 Art Therapy <b>1</b> 11:15 <b>PE</b> Exercise 12:00 <b>Family Council</b> 2:00 <b>Hand massages</b> 3:30 Let's Sing 6:00 Aromatherapy</p>	<p>9:00 Coffee and Crossword <b>2</b> 10:15 <b>SS</b> <b>Spiritual Moments</b> 11:15 Tap your Toes 2:30 <b>Artistic Moments</b> 4:15 Sittercise 6:00 Games</p>	<p>9:00 Mind Joggers <b>3</b> 10:00 Snacks and Chats 11:15 Tap your Toes 1:30 <b>Baking Fun</b> 4:00 Stretch and strengthen 6:00 Reminisce</p>	<p>9:30 <b>AE</b> Creative corner <b>4</b> 10:15 <b>Patio Time</b> 1:00 Spa Time 2:30 Busy Hands 3:30 Sing-a-Long 6:30 <b>CE</b> Trivia</p>
<p>9:30 Busy Hands <b>5</b> 11:15 Light and Lively 1:00 Matinee/Art Fun 2:30 <b>AE</b> Artistic Moments 6:00 Evening Stroll</p>	<p>10:30 <b>Art Therapy</b> <b>6</b> 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 <b>LL</b> Whistle while you work. 3:45 Sittercise 6:00 Reminisce</p>	<p>9:30 <b>LL</b> Famous Quotes <b>7</b> 10:30 Service Project 11:30 <b>PE</b> Fitness Fun 1:00 Kitchen crafts 2:30 <b>LL</b> <b>Sing-a-Long</b> 6:00 Finish the Phrase</p>	<p>9:00 Folding <b>8</b> 9:45 <b>CE</b> <b>Taste and Tell</b> 11:15 Sittercise 1:00 <b>LL</b> <b>Sewing Circle</b> 3:30 Rhythms &amp; Motion 6:00 <b>LL</b> Movie Time</p>	<p>9:00 Puzzles <b>9</b> 10:15 <b>SS</b> <b>Spiritual Moments</b> 11:30 Let's move it! 2:30 <b>Sing A Long</b> 3:00 Ice Cream Sandwiches 6:00 Mind Joggers</p>	<p>9:00 Quotes <b>10</b> 10:00 Snacks and Chats 11:15 <b>PE</b> Let's move it! 1:00 Puzzles/Spa Time 2:30 <b>Artistic Moments</b> 4:15 <b>AE</b> Sing-a-Long 6:30 <b>LL</b> Spa Time</p>	<p>9:30 <b>AE</b> Art fun <b>11</b> 10:15 <b>Patio time</b> 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Rhythm &amp; Motion 6:00 Evening Stroll 6:30 Games</p>
<p><b>Easter</b> <b>12</b> 9:30 Art fun 10:30 <b>SS</b> <b>Spiritual Moments</b> 1:00 Matinee/Art Fun 3:00 Snacks and Chats 6:00 Games</p>	<p>9:30 Folding <b>13</b> 10:30 <b>CC</b> <b>Art Therapy</b> 1:00 Spa Time 3:00 Snacks and Chats 4:15 Stretch and Flex 6:00 <b>CE</b> Arm Chair Travels</p>	<p>9:30 <b>CE</b> Current Events <b>14</b> 10:00 Snacks and Chats 10:30 Busy Hands 1:00 Desert Making [DR] 3:30 <b>AE</b> Sing-a-Long 6:00 Ball Toss</p>	<p>9:00 Artistic Moments <b>15</b> 9:45 <b>Taste and Tell</b> 11:15 <b>PE</b> Flexible Stretch 2:00 <b>LL</b> <b>Busy Hands</b> 3:30 Musical Moments 6:00 <b>CE</b> Finish the Phrase</p>	<p>9:00 Word games <b>16</b> 10:15 <b>SS</b> <b>Spiritual Support</b> 1:30 Busy Hands 2:30 <b>Artistic Moments</b> 6:00 Tall Tales</p>	<p>9:00 Folding <b>17</b> 10:00 Snacks and Chats 1:00 Cooking Fun 2:30 <b>Sing-a-Long</b> 3:30 <b>PE</b> Rhythms &amp; Motion 6:00 Reminisce</p>	<p>9:30 <b>LL</b> Busy Hands <b>18</b> 10:15 <b>Patio Time</b> 11:15 Silver Sneakers 1:00 Magazines 3:00 Snacks and Chats 4:00 Singing 6:30 Games</p>
<p>9:30 Busy Hands <b>19</b> 10:00 Folding 11:00 <b>PE</b> Move and Groove 1:00 Matinee/Art Fun 3:00 <b>LL</b> Lemonade Time 4:00 Singing 6:00 Catch that Ball</p>	<p>9:00 Reading Roundtable <b>20</b> 9:30 <b>AE</b> Artistic Moments 10:30 <b>Music Therapy</b> 1:00 Watercolors 3:30 <b>LL</b> Sing-a-Long 7:00 Snacks and Chats</p>	<p>9:30 <b>LL</b> Busy Hands <b>21</b> 10:00 Tea Time 10:30 Service Project 1:30 Spa Time 4:15 <b>PE</b> Tap your Toes 6:00 Hand Massages</p>	<p>9:00 Busy Hands <b>22</b> 9:45 <b>CE</b> <b>Taste and Tell</b> 10:30 Artistic Moments 1:00 <b>AE</b> <b>Craft Fun</b> 3:00 <b>LL</b> <b>Birthday Bash</b> 4:15 Sit and be Fit 7:00 Snacks and Chats</p>	<p>9:00 Puzzles <b>23</b> 10:15 <b>SS</b> <b>Spiritual Support</b> 1:00 <b>LL</b> Kitchen crafts 2:30 <b>Sing A Long</b> 3:30 Games 7:00 Conversations</p>	<p>9:30 <b>LL</b> Busy Hands <b>24</b> 10:00 Snacks and Chats 11:15 Fitness fun 1:00 <b>CE</b> Puzzle Perfect 2:30 <b>Artistic Moments</b> 3:30 <b>AE</b> Sing-a-Long 6:00 Ring Toss</p>	<p>9:30 Art fun <b>25</b> 10:00 Snacks and Chats 11:15 <b>PE</b> Stretch and Flex 1:00 <b>LL</b> Spa Time 3:30 Music Time 6:00 Matinee 6:30 Games</p>
<p>9:30 Art fun <b>26</b> 10:00 Coffee time 11:15 <b>PE</b> Stretch and Flex 1:00 Matinee/Art Fun 2:00 Puzzle Perfect 3:00 Snacks and Chats 6:00 <b>CE</b> Finish the Phrase</p>	<p>9:00 Folding <b>27</b> 10:30 <b>Music Therapy</b> 11:15 Stretch and Flex 1:00 Craft Fun 2:30 <b>LL</b> Whistle while you work 3:30 Music Time 6:00 Evening Stroll</p>	<p>9:00 Artistic Moments <b>28</b> 9:30 Puzzle Perfect 10:30 Busy Hands 11:15 Silver Sneakers 11:30 Tap your Toes 3:30 <b>AE</b> Musical Moments 6:00 Ball Toss</p>	<p>9:00 <b>CE</b> Word Games <b>29</b> 11:15 Light and Lively 1:00 <b>Baking/Busy Hands</b> 1:00 <b>AE</b> Crafty Corner 3:30 Sing-a-Long 6:30 <b>LL</b> Busy boxes 6:30 <b>LL</b> Reminisce</p>	<p>9:30 Busy Hands <b>30</b> 10:15 <b>SS</b> <b>Spiritual Support</b> 2:30 <b>Puzzle Perfect</b> 3:30 Artistic Moments 4:15 Simple Stretches 7:00 Tall Tales</p>	<p>Healthy Snacks &amp; Hydration offered throughout each day!</p> <p style="text-align: right;"><b>Location Keys</b> Dining Room DR</p>	