

# August 2020

## Memory Support Lifestyle and Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August cont'd</b> <b>30</b> 8:30 <b>LL</b> Morning Coffee & Chat (Local Newspaper Reading) [MSCA] 9:30 <b>PE</b> Daily Exercise (Salsa Dancing) [MSAR] 10:00 <b>AE</b> Arts & Music (Continue Painting from Saturday) [MSBP] 12:00 <b>CE</b> Fun & Games (Balloon Toss) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]	<b>31</b> 8:30 <b>LL</b> Morning Coffee & Chat (Making plans for tomorrow) [MSAR] 9:30 <b>PE</b> Daily Exercise (Chair Aerobics) [MSAR] 10:00 <b>AE</b> Arts & Music (Sing Along) [MSCA] 12:00 <b>CE</b> Fun & Games (Famous Faces of Hollywood Golden Age) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]		<b>Location Keys</b> MS Activity Room MSAR MS Back Patio MSBP MS Common Area MSCA MS Dining Room MSDR	<b>AE</b> Artistic Expression <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	<b>1</b> 8:30 <b>LL</b> Morning coffee & chat (Favorite Memory) [MSDR] 9:30 <b>PE</b> Daily Exercise (Dancing Hula) [MSCA] 10:00 <b>AE</b> Arts & Music (Finger Painting) [MSBP] 12:00 <b>CE</b> Fun & Games (Balloon Toss) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]
<b>2</b> 8:30 <b>LL</b> Morning Coffee & Chat (Local Newspaper Reading) [MSCA] 9:30 <b>PE</b> Daily Exercise (Salsa Dancing) [MSAR] 10:00 <b>AE</b> Arts & Music (Continue Painting from Saturday) [MSBP] 12:00 <b>CE</b> Fun & Games (Balloon Toss) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]	<b>3</b> 8:30 <b>LL</b> Morning Coffee & Chat (Making plans for tomorrow) [MSAR] 9:30 <b>PE</b> Daily Exercise (Chair Aerobics) [MSAR] 10:00 <b>AE</b> Arts & Music (Sing Along) [MSCA] 12:00 <b>CE</b> Fun & Games (Famous Faces of Hollywood Golden Age) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]	<b>4</b> 8:30 <b>LL</b> Morning Coffee & Chat [MSCA] 9:30 <b>PE</b> Daily Exercise (Beachball Volley) [MSCA] 10:00 <b>AE</b> Arts & Music (Poetry Reading) [MSCA] 12:00 <b>CE</b> Fun & Games (School Yard Games) [MSBP] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]	<b>5</b> <b>Doctor Day</b> <b>Scenic Drive Between doctor appointments</b>	<b>6</b> 8:30 <b>LL</b> Morning Coffee & Chat (Hot Topics) [MSAR] 9:30 <b>PE</b> Daily Exercise (Chair Stretches) [MSCA] 10:00 <b>AE</b> Arts & Music (Showcasing our resident talent) [MSAR] 12:00 <b>CE</b> Fun & Games - Memory Card Games [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]	<b>7</b> 8:30 <b>LL</b> Morning Coffee & Chat (Current Affairs) [MSDR] 9:30 <b>PE</b> Daily Exercise (Cardio Drumming) [MSCA] 10:00 <b>AE</b> Arts & Music (Sing Along) [MSAR] 12:00 <b>CE</b> Fun & Games (Simon Says) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]	<b>8</b> 8:30 <b>LL</b> Morning coffee & chat (Favorite Memory) [MSDR] 9:30 <b>PE</b> Daily Exercise (Dancing Hula) [MSCA] 10:00 <b>AE</b> Arts & Music (Finger Painting) [MSBP] 12:00 <b>CE</b> Fun & Games (Balloon Toss) [MSAR] 2:00 <b>SS</b> Reflection [MSAR] 4:30 <b>LL</b> Classic Cinema [MSAR]
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