


September 2020

In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SIENNA AT OTAY RANCH Senior Living</p>	<p>Location Keys Dinning Room DR</p>	<p>9:30 PE Morning Fitness 1 10:00 CE Daily Chronicles 10:15 SS Memories in the Making 11:15 CE Trivia Challenge 1:00 PE Wheelchair & Walking Club 2:30 CC Movie Matinee & Popcorn 3:30 PE Intermission: Leg Stretch 4:30 SS Sensory: Aromatherapy 6:00 CC Winding Down</p>	<p>9:10 PE Chair Zumba 2 9:40 CE Daily Chronicles 10:00 AE Mandala Art Therapy 11:00 CC Move to the Music 1:30 LL Bingo Bonanza 3:00 CC Active Group Play 3:40 PE Sensory: Healing Hands 6:00 SS Netflix Movie Night</p>	<p>9:10 PE Chair Yoga 3 9:40 CE Daily Chronicles 10:00 AE Aqua Painting 11:00 AE Let's get crafty 1:30 CC Scavenger Hunt 3:00 PE Basketball Goal 3:40 SS Head Massage 6:00 CE Meditation Hour</p>	<p>9:10 PE Chair Salsa 4 9:40 CE Daily Chronicles 10:00 LL Aromatherapy 11:00 AE Dance Party 1:00 SS Meditation: Deep Breathing 1:30 CE Prized Loteria 3:00 CC Sing Along Karaoke 3:40 SS Relax: Back Massage 6:00 CC Netflix Movie Night</p>	<p>9:30 PE Morning Stretches 5 10:00 CE Daily Chronicles 10:20 PE Group Activity 1:15 PE Afternoon Stretches 1:30 CC Movement Therapy Games 2:30 SS Reminiscing Group 3:00 CC Bingo Prize Chocolate 4:00 SS Sensory: Aromatherapy 6:00 CC Lawrence Welks Show</p>
<p>9:30 PE Chair Exercise 6 10:15 CE Daily Chronicles 10:30 SS Christian Worship (Live Stream) 11:00 SS Indoor Games 1:15 CC Coupons for Troops 2:30 CC Ice Cream Social 2:30 PE Wheelchair & Walking Club 3:00 CC Prized Bingo 4:00 PE Courtyard Walk/Meditation 6:00 LL Sunday Cinema Classics</p>	<p>Labor Day 7 9:30 PE Morning Fitness 10:15 CE Daily Chronicles 10:30 LL Table Games 11:15 CE Communication Class 1:30 CC Let's make cake pops! [DR] 3:30 SS Outdoor Group Activity 4:00 PE Wheelchair/Walking Club 6:00 SS Meditation Hour: Aromatherapy</p>	<p>9:30 PE Morning Fitness 8 10:00 CE Daily Chronicles 10:15 SS Memories in the Making 1:00 PE Wheelchair & Walking Club 2:30 CC Movie Matinee & Popcorn 3:30 PE Intermission: Leg Stretch 4:30 SS Sensory: Aromatherapy 6:00 CC Winding Down</p>	<p>9:10 PE Chair Zumba 9 9:40 CE Daily Chronicles 10:00 AE Color Art Therapy 11:00 CC Move to the Music 1:30 LL Bingo Bonanza 3:00 CC Active Group Play 3:40 PE Sensory: Hand Manicures 6:00 SS Netflix Movie Night</p>	<p>9:10 PE Chair Yoga 10 9:40 CE Daily Chronicles 10:00 AE Aqua Painting 11:00 AE Let's get crafty 1:30 CC Scavenger Hunt 3:00 PE Basketball Goal 3:40 SS Head Massage 6:00 CE Meditation Hour</p>	<p>9:10 PE Chair Salsa 11 9:40 CE Daily Chronicles 10:00 LL Aromatherapy 11:00 AE Dance Party 1:00 SS Meditation: Deep Breathing 1:30 CE Prized Loteria 3:00 CC Sing Along Karaoke 3:40 SS Relax: Back Massage 6:00 CC Netflix Movie Night</p>	<p>9:30 PE Morning Stretches 12 10:00 CE Daily Chronicles 10:20 PE Group Activity 1:15 PE Afternoon Stretches 1:30 CC Movement Therapy Games 2:30 SS Reminiscing Group 3:00 CE Bingo Prize Chocolate 4:00 SS Sensory: Meditation 6:00 CC Lawrence Welks Show</p>
<p>9:30 PE Chair Exercise 13 10:15 CE Daily Chronicles 10:30 SS Christian Worship (Live Stream) 11:00 SS Indoor Games 1:15 CC Coupons for Troops 2:30 CC Ice Cream Social 2:30 CC Residents Birthday Bash 2:30 PE Wheelchair & Walking Club 3:00 CC Prized Bingo 4:00 PE Courtyard Walk/Meditation 6:00 LL Sunday Cinema Classics</p>	<p>9:30 PE Morning Fitness 14 10:15 CE Daily Chronicles 10:30 LL Parlor Games 11:15 CE Brain Teasers 1:30 CC Group Activity 2:30 CC Taste & Tell with Chef 3:30 SS Outdoor Group Activity 4:00 PE Wheelchair/Walking Club 6:00 SS Meditation Hour: Aromatherapy</p>	<p>9:30 PE Morning Fitness 15 10:00 CE Daily Chronicles 10:15 SS Memories in the Making 1:00 CC Residents' Birthday Bash 2:30 CC Movie Matinee & Popcorn 3:30 PE Intermission: Leg Stretch 4:30 SS Sensory: Aromatherapy 6:00 CC Winding Down</p>	<p>9:10 PE Chair Zumba 16 9:40 CE Daily Chronicles 10:00 AE Watercolor Art Therapy 11:00 CC Let's Dance! 1:30 LL Bingo Bonanza 3:00 CC Active Group Play 3:40 PE Sensory: Healing Hands 6:00 SS Netflix Movie Night</p>	<p>9:10 PE Chair Yoga 17 9:40 CE Daily Chronicles 10:00 AE Aqua Painting 11:00 AE Let's get crafty 1:30 CC Scavenger Hunt 3:00 PE Basketball Goal 3:40 SS Head Massage 6:00 CE Meditation Hour</p>	<p>9:10 PE Chair Salsa 18 9:40 CE Daily Chronicles 10:00 LL Aromatherapy 11:00 AE Dance Party 1:00 SS Meditation: Deep Breathing 1:30 CE Prized Loteria 3:00 CC Sing Along Karaoke 3:40 SS Relax: Back Massage 6:00 CC Netflix Movie Night</p>	<p>9:30 PE Morning Stretches 19 10:00 CE Daily Chronicles 10:20 PE Group Activity 1:15 PE Afternoon Stretches 1:30 CC Movement Therapy Games 2:30 SS Reminiscing Group 3:00 CE Bingo Prize Chocolate 4:00 SS Sensory: Aromatherapy 6:00 CC Lawrence Welks Show</p>
<p>9:30 PE Chair Exercise 20 10:15 CE Daily Chronicles 10:30 SS Christian Worship (Live Stream) 11:00 SS Indoor Games 1:15 CC Coupons for Troops 2:30 CC Ice Cream Social 2:30 PE Wheelchair & Walking Club 3:00 CC Prized Bingo 4:00 PE Courtyard Walk/Meditation 6:00 LL Sunday Cinema Classics</p>	<p>9:30 PE Morning Fitness 21 10:15 CE Daily Chronicles 10:30 LL Table Games 11:15 CE Trivia Challenge 1:30 CC Old Time Favorite Sing Along 2:30 CC Let's make smoothies! 3:30 SS Outdoor Group Activity 4:00 PE Wheelchair/Walking Club 6:00 SS Meditation Hour: Aromatherapy</p>	<p>9:30 PE Morning Fitness 22 10:00 CE Daily Chronicles 10:15 SS Memories in the Making 1:00 PE Wheelchair & Walking Club 2:30 CC Movie Matinee & Popcorn 3:30 PE Intermission: Leg Stretch 4:30 SS Sensory: Aromatherapy 6:00 CC Winding Down</p>	<p>9:10 PE Chair Zumba 23 9:40 CE Daily Chronicles 10:00 AE Mandala Art Therapy 11:00 CC Let's Move & Groove 1:30 LL Bingo Bonanza 3:00 CC Active Group Play 3:40 PE Sensory: Healing Hands 6:00 SS Netflix Movie Night</p>	<p>9:10 PE Chair Yoga 24 9:40 CE Daily Chronicles 10:00 AE Aqua Painting 11:00 AE Let's get crafty 1:30 CC Scavenger Hunt 3:00 PE Basketball Goal 3:40 SS Head Massage 6:00 CE Meditation Hour</p>	<p>9:10 PE Chair Salsa 25 9:40 CE Daily Chronicles 10:00 LL Aromatherapy 11:00 AE Dance Party 1:00 SS Meditation: Deep Breathing 1:30 CE Prized Loteria 3:00 CC Sing Along Karaoke 3:40 SS Relax: Back Massage 6:00 CC Netflix Movie Night</p>	<p>9:30 PE Morning Stretches 26 10:00 CE Daily Chronicles 10:20 PE Group Activity 1:15 PE Afternoon Stretches 1:30 CC Movement Therapy Games 2:30 SS Reminiscing Group 3:00 CE Bingo Prize Chocolate 4:00 SS Sensory: Meditation 6:00 CC Lawrence Welks Show</p>
<p>9:30 PE Chair Exercise 27 10:15 CE Daily Chronicles 10:30 SS Christian Worship (Live Stream) 11:00 SS Indoor Games 1:15 CC Coupons for Troops 2:30 PE Wheelchair & Walking Club 3:00 CC Prized Bingo 4:00 PE Courtyard Walk/Meditation 6:00 LL Sunday Cinema Classics</p>	<p>9:30 PE Morning Fitness 28 10:15 CE Daily Chronicles 10:30 LL Parlor Games 11:15 SS Let's Reminisce 3:30 SS Outdoor Group Activity 4:00 PE Wheelchair/Walking Club 6:00 SS Meditation Hour: Aromatherapy</p>	<p>9:30 PE Morning Fitness 29 10:00 CE Daily Chronicles 10:15 SS Memories in the Making 1:00 PE Wheelchair & Walking Club 2:30 CC Movie Matinee & Popcorn 3:30 PE Intermission: Leg Stretch 4:30 SS Sensory: Aromatherapy 6:00 CC Winding Down</p>	<p>9:10 PE Chair Zumba 30 9:40 CE Daily Chronicles 10:00 AE Mandala Art Therapy 11:00 CC Let's Groove! 1:30 LL Bingo Bonanza 3:00 CC Active Group Play 3:40 PE Sensory: Healing Hands 6:00 SS Netflix Movie Night</p>	<p>Healthy Snacks & Hydration offered throughout each day!</p> <p>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>		