## September 2020

Golden Pond Retirement Community (Memory Care)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<ul> <li>■ 8:00 Breakfast Time, MC-DR</li> <li>№ 9:00 Morning Stretch, MC-AC</li> <li>№ 9:30 Spa Day, MC-AC</li> <li>№ 10:30 Autumn Activities Outside, MC-P</li> <li>№ 11:30 Hygiene &amp; Hydration, MC-H</li> <li>№ 12:00 Lunch Time, MC-DR</li> <li>№ 1:30 Daily Chronicle, MC-AC</li> <li>№ 4:00 Balloon Volleyball, MC-AC</li> <li>№ 4:30 Meal Preparation, MC-DR</li> <li>№ 6:00 Stretching &amp; Singing, MC-GR</li> <li>— 6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	8:00 Breakfast Time, MC-DR  9:00 Morning Stretch, MC-AC  10:30 Autumn Activities Outside, MC-P  11:30 Hygiene & Hydration, MC-H  12:00 Lunch Time, MC-DR  1:30 Daily Chronicle, MC-AC  4:00 Balloon Volleyball, MC-AC  4:30 Meal Preparation, MC-DR  6:00 Stretching & Singing, MC-GR  6:30 Evening Snack, MC-DR	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>
6	7	8	9	10	11	12
<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>9:30 Spa Day, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>■ 8:00 Breakfast Time, MC-DR</li> <li>⋑ 9:00 Morning Stretch, MC-AC</li> <li>⋑ 10:00 Drum Circle w/ Tandy, MC-P</li> <li>■ 10:00 Resident Council, F&amp;F</li> <li>▼ 11:30 Hygiene &amp; Hydration, MC-H</li> <li>№ 1:30 Daily Chronicle, MC-AC</li> <li>№ 4:00 Balloon Volleyball, MC-AC</li> <li>■ 4:30 Meal Preparation, MC-DR</li> <li>Ø 6:00 Stretching &amp; Singing, MC-GR</li> <li>● 6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>
13	14	15	16	17	18	19
8:00 Breakfast Time, MC-DR 9:00 Morning Stretch, MC-AC 10:30 Autumn Activities Outside, MC-P 11:30 Hygiene & Hydration, MC-H 12:00 Lunch Time, MC-DR 1:30 Daily Chronicle, MC-AC 8 4:00 Balloon Volleyball, MC-AC 9 4:30 Meal Preparation, MC-DR 9 6:00 Stretching & Singing, MC-GR 9 6:30 Evening Snack, MC-DR	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>■ 8:00 Breakfast Time, MC-DR</li> <li>№ 9:00 Morning Stretch, MC-AC</li> <li>№ 9:30 Spa Day, MC-AC</li> <li>№ 10:30 Autumn Activities Outside, MC-P</li> <li>№ 11:30 Hygiene &amp; Hydration, MC-H</li> <li>№ 1:30 Daily Chronicle, MC-AC</li> <li>№ 4:00 Balloon Volleyball, MC-AC</li> <li>№ 4:30 Meal Preparation, MC-DR</li> <li>№ 6:00 Stretching &amp; Singing, MC-GR</li> <li>— 6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:00 Chris' Magnificent Marionette's, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>
20	21	22	23	24	25	26

8:00 Breakfast Time, MC-DR 9:00 Morning Stretch, MC-AC 10:30 Autumn Activities Outside, MC-P 11:30 Hygiene & Hydration, MC-H 12:00 Lunch Time, MC-DR 1:30 Daily Chronicle, MC-AC 4:00 Balloon Volleyball, MC-AC 130 Meal Preparation, MC-DR 6:00 Stretching & Singing, MC-GR 6:30 Evening Snack, MC-DR	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>№ 9:00 Morning Stretch, MC-AC</li> <li>№ 10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>№ 4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>9:30 Spa Day, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	8:00 Breakfast Time, MC-DR  9:00 Morning Stretch, MC-AC  10:00 Drum Circle w/ Tandy, MC-P  10:00 Resident Council, F&F  11:30 Hygiene & Hydration, MC-H  12:00 Lunch Time, MC-DR  1:30 Daily Chronicle, MC-AC  4:00 Balloon Volleyball, MC-AC  4:30 Meal Preparation, MC-DR  6:00 Stretching & Singing, MC-GR  6:30 Evening Snack, MC-DR	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	8:00 Breakfast Time, MC-DR  9:00 Morning Stretch, MC-AC  10:30 Autumn Activities Outside, MC-P  11:30 Hygiene & Hydration, MC-H  12:00 Lunch Time, MC-DR  1:30 Daily Chronicle, MC-AC  4:00 Balloon Volleyball, MC-AC  4:30 Meal Preparation, MC-DR  6:00 Stretching & Singing, MC-GR  Evening Snack, MC-DR	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>
27	28	29	30		MEETING PLACES	DIMENSIONS OF WELLNESS
<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>9:30 Spa Day, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>	<ul> <li>8:00 Breakfast Time, MC-DR</li> <li>9:00 Morning Stretch, MC-AC</li> <li>10:30 Autumn Activities Outside, MC-P</li> <li>11:30 Hygiene &amp; Hydration, MC-H</li> <li>12:00 Lunch Time, MC-DR</li> <li>1:30 Daily Chronicle, MC-AC</li> <li>4:00 Balloon Volleyball, MC-AC</li> <li>4:30 Meal Preparation, MC-DR</li> <li>6:00 Stretching &amp; Singing, MC-GR</li> <li>6:30 Evening Snack, MC-DR</li> </ul>		MC-DR - MC Dining Room MC-AC - MC Activity Room MC-P - MC Patio MC-H - MC Hallway MC-GR - MC Green Room F&F - Friends and Family	Physical Emotional Spiritual Environmental Vocational Social Intellectual Health Services Nutritional Purposeful