March 2021
Memory Support

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bridgeport Place Assisted Living & Memory Care	1 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 LL Monday Manicures 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	2 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	3 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	4 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 AE Creative Hands 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	5 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	6 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment
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Daylight Saving Time Begins 14 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 1:00 CE Movie Matinee 2:00 LL Tea and Treats 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	15 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 LL Monday Manicures 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	16 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	17 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 PE Pretty Patio- Gardening 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	18 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 AE Creative Hands 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	19 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment	20 8:00 LL Breakfast and Essential Health Hot Towel Service 10:00 LL Snacks and Chats 10:30 PE Morning Movement 12:00 LL Lunch and Essential Health Hot Towel Service 2:00 LL Tea and Treats 3:00 CE Afternoon Documentary 5:00 LL Dinner and Essential Health Hot Towel Service 6:00 SS Meditation Moment
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