

SEPTEMBER 2022

CHESAPEAKE PLACE SENIOR LIVING

(757) 900-9887
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CHESAPEAKE PLACE SENIOR LIVING Assisted Living • Memory Care	P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities R Reminiscing	Activities Director Madhavi Vaghela Activities Assistant Lovely Myers * Activities are 30 minutes or longer and subject to change based on the needs of the residents. Any changes will be posted.	Activity Areas R-R— Room to Room AR—Activity Room FP— Front Porch C—Courtyard FH—Front Hall O—Outdoors *- Weather Permitting	1 R 9:30—Morning Visit (R-R) S 10:00—Resident Update Meeting L 10:30—Travel Thursday- US(AR) C 2:00— Bingo (AR) M 3:00—Sing Along (AR)	2 R 9:30—Morning Visit (R-R) P 10:00—Explosion w/ Genesis (FH) C 10:30—Word In Word (AR) S 2:00—Friday Slush R 3:30—Connect Four w/ Friends	3 L Independent Activities Like: Free-hand Drawing, Free Writing, Coloring, Reading, Puzzle, Chatting w/ Friends C 6:15— Bingo (DR)
4 S 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) L Independent Activities—Give your self some TLC or have some ME time		6 R 9:30—Morning Visit (R-R) P 10:00—Tai Chi (AR) S 10:30—Tech Tuesday (AR) C 2:00—Bingo (AR) L 3:30—Nails Care (AR)	7 R 9:30—Morning Visit (R-R) P 10:00—Get Fit w/ Madhavi (FH) C 10:30—Cars Trivia (AR) S 1:00— Cimená Café Movie R 3:30— Namaste Care 1:1 (O)	8 R 9:30—Morning Visit (R-R) S 10:00—ED & Tea Meeting L 10:30—Travel Thursday-UK (AR) C 2:00— Bingo (AR) M 3:00—Sing Along (AR)	9 R 9:30—Morning Visit (R-R) P 10:00—Explosion w/ Genesis (FH) C 10:30—Group Crossword (AR) S 1:00—Dinning Form w/ Gregory S 2:00— National Grandparent Day/ Live Music w/Jack G (FH) R 3:30—Patio Chat (O)	10 R 9:00—Morning Visit L 9:30— Spa day C 2:00—Bingo
Happy Grandparents Day 11 S 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) M 1:00—Live Music w/ Julian	12 R 9:30—Morning Visit (R-R) O 10:15—Shopping to Walmart (O) S 11:30—Burger King (O) P 1:00—Meditation Mode (AR) C 2:00—Memory Madness(AR) P 3:30—Namaste Care 1:1 Walking	13 R 9:30—Morning Visit (R-R) P 10:00—Tai Chi (AR) S 10:30—Tech Tuesday (AR) C 2:00—Bingo (AR) L 3:30—Nails Care (AR)	14 R 9:30—Morning Visit (R-R) P 10:00— Get Fit w/ Madhavi (FH) C 10:30—Logos Trivia (AR) S 1:30—Movie Matinee (AR) R 3:30— Namaste Care 1:1(O)	15 R 9:30—Morning Visit (R-R) P 10:00—Environmental Form L 10:30—Peace Craft Club (AR) C 2:00— Bingo (AR) M 3:00—Sing Along	16 R 9:30—Morning Visit (R-R) P 10:00—Explosion w/ Genesis (FH) O 10:30— Pig Picking (Chesapeake City) S 2:00—Red Hat Tea Party (FH) R 3:30—Patio Chat (O)	17 S 2:00—New Jerusalem Ministries Church Service (AL) C 6:15— Bingo (DR)
18 S 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) L Independent Activities—Give your self some TLC or have some ME time	19 R 9:30—Morning Visit (R-R) O 10:15—Shopping to Mall (O) M 11:30— Mall Food Curt (O) P 1:00—Meditation Mode (AR) C 2:00—Memory Madness(AR) P 3:30—Namaste Care 1:1 Walking	20 R 9:30—Morning Visit (R-R) P 10:00—Tai Chi (AR) S 10:30—Tech Tuesday (AR) C 2:00—Bingo (AR) L 3:30—Nails Care (AR)	21 R 9:30—Morning Visit (R-R) P 10:00— Get Fit w/ Alaina (FH) C 10:30—Peace Day Trivia (AR) S 2:00— Baking Social (AR) R 3:30— Namaste Care 1:1 (O) S 4:00—6:00—Tailgate Peace Party International Day of Peace	22 R 9:30—Morning Visit (R-R) P 10:00—Nursing Form L 10:30—Fall Craft Club (AR) C 2:00— Bingo (AR) M 3:00—Sing Along (AR) First Day of Fall	23 R 9:30—Morning Visit (R-R) P 10:00—Explosion w/ Genesis (FH) C 10:30—Trivia (AR) S 2:00—Fall into leave Party (FH) R 3:30—Patio Chat (O)	24 L 9:00—Morning Visit P 9:30— Spa day S 2:00—Coffee Tea & Me
25 S 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) C 2:00—Bingo	26 R 9:30—Morning Visit (R-R) O 10:15—Shopping to Food Lion S 11:30—IHOP Restaurant P 1:00—Meditation Mode (AR) C 2:00—Memory Madness(AR) P 3:30—Namaste Care 1:1 Walking	27 R 9:30—Morning Visit (R-R) P 10:00—Tai Chi (AR) S 10:30—Tech Tuesday (AR) C 2:00—Resident Council (AR) L 3:30—Nails Care (AR)	28 R 9:30—Morning Visit (R-R) P 10:00— Get Fit w/ Madhavi (FH) C 10:30— Trivia (AR) S 2:00— Bingo Shop (AR) R 3:30— Namaste Care 1:1 (O)	29 R 9:30—Morning Visit (R-R) P 10:00—Yoga (AR) L 10:30—Cards Craft Club (AR) C 2:00— Bingo (AR) M 3:00—Sing Along (AR)	30 R 9:30—Morning Visit (R-R) P 10:00—Explosion w/ Genesis (FH) C 10:30—Trivia (AR) S 2:00—Birthday Celebration (AR) R 3:30—Patio Chat (O)	Helping Hand Do you know someone who loves to volunteer? Send them to our way! Chesapeake Place always appreciates a new set of helping hands. Further Info, Email Ad.chesapeake@pacificseniorliving.com

ALL ACTIVITIES SUBJECT TO CHANGE