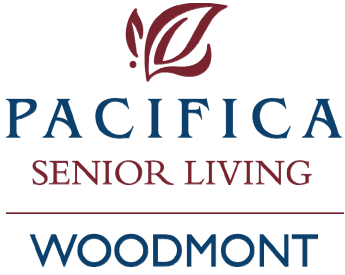


September 2022

PACIFICA SENIOR LIVING WOODMONT

(850) 562-4123

Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities			R 9:00 Personal Reflection 1 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) M 1:30 Sing-A-Long (LR) C 2:30 ART & Craft (DR) S 4:00 Dinner (DR) 5:00 Evening News (LR)	R 9:00 Personal Reflection 2 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 1:00 BINGO (DR) O 2:00 Feeling Breezy (CY) S 3:00 Movie Time (LR) 4:00 Dinner (DR) L 5:00 TV/Hollywood (LR)	R 9:00 Personal Reflection 3 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 12:30 Read & Relaxation (LR) S 3:00 Pamper- Me- Nail (LR) 4:00 Dinner (DR) L 5:00 Activities Stations (DR)
R 9:00 Personal Reflection 4 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L Read & Relaxation M 2:00 Church Service (SR) S 3:30 Bible Trivia (LR) 4:00 Dinner (DR) C 5:00 Dean Martin Show (SR)	R 9:00 Personal Reflection 5 M 10:00 Music Time (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) O 1:45 Garden (CY) C 3:30 Mocktails (LR) 4:00 Dinner (DR) S 5:00 Evening News (SR)	R 9:00 Personal Reflection 6 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) C 1:30 Card Games (DR) O 3:00 Feeling Breezy (CY) 4:00 Dinner (DR) S 5:00 Andy Griffith (LR)	R 9:00 Personal Reflection 7 M 10:00 Name that Tune (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) S 1:30 BINGO (DR) C 2:00 Mocktails (LR) 4:00 Dinner (DR) O 5:00 Sitting outside (CY)	R 9:00 Personal Reflection 8 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) M 1:30 Sing-A-Long (LR) C 2:30 ART & Craft Time (DR) 4:00 Dinner (DR) S 5:00 Evening News (LR)	R 9:00 Personal Reflection 9 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 1:00 BINGO (DR) O 2:00 Feeling Breezy (CY) S 3:00 Movie Time (LR) 4:00 Dinner (DR) L 5:00 TV/Hollywood (LR)	R 9:00 Personal Reflection 10 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 2:00 Puzzle Time (DR) L 3:00 Pamper- Me- Nail (LR) 4:00 Dinner (DR) S 5:00 Activities Stations (DR)
R 9:00 Personal Reflection 11 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L Read & Relaxation M 2:00 Church Service (SR) S 3:30 Bible Trivia (LR) 4:00 Dinner (DR) C 5:00 Dean Martin Show (SR)	S 9:00 Personal Reflection 12 M 10:00 Music Time (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) O 1:45 Gardening (CY) C 3:30 Mocktails (LR) 4:00 Dinner (DR) S 5:00 Evening News (SR)	R 9:00 Personal Reflection 13 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) C 1:30 Card Games (DR) O 3:00 Feeling Breezy (CY) 4:00 Dinner (DR) S 5:00 Andy Griffith (LR)	R 9:00 Personal Reflection 14 M 10:00 Name that Tune (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) S 1:30 BINGO (DR) C 2:00 Mocktails (LR) 4:00 Dinner (DR) O 5:00 Sitting outside (CY)	R 9:00 Personal Reflection 15 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) M 1:30 Sing-A-Long (LR) C 2:30 ART & Craft Time (DR) 4:00 Dinner (DR) S 5:00 Evening News (LR)	R 9:00 Personal Reflection 16 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 1:00 BINGO (DR) O 2:00 Feeling Breezy (CY) 4:00 Dinner (DR) TV/Hollywood (LR) L	R 9:00 Personal Reflection 17 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 2:00 Puzzle Time (DR) S 3:00 Pamper- Me- Nail (LR) 4:00 Dinner (DR) L 5:00 Activities Stations (DR)
R 9:00 Personal Reflection 18 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L Read & Relaxation M 2:00 Church Service (SR) S 3:30 Bible Trivia (LR) 4:00 Dinner (DR) C 5:00 Dean Martin Show (SR)	R 9:00 Personal Reflection 19 M 10:00 Music Time (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) O 1:45 Gardening (CY) C 3:30 Mocktails (LR) 4:00 Dinner (DR) S 5:00 Evening News (SR)	R 9:00 Personal Reflection 20 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) C 1:30 Card Games (DR) O 3:00 Feeling Breezy (CY) 4:00 Dinner (DR) S 5:00 Andy Griffith (LR)	R 9:00 Personal Reflection 21 M 10:00 Name that Tune (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) S 1:30 BINGO (DR) C 2:00 Mocktails (LR) 4:00 Dinner (DR) O 5:00 Sitting Outside (CY)	R 9:00 Personal Reflection 22 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) M 1:30 Sing-A-Long (LR) C 2:30 ART & Craft Time (DR) 4:00 Dinner (DR) S 5:00 Evening News (LR)	R 9:00 Personal Reflection 23 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 1:00 BINGO (DR) O 2:00 Feeling Breezy (C) 4:00 Dinner (DR) L 5:00/Hollywood (LR)	R 9:00 Personal Reflection 24 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) C 2:00 Puzzle Time (DR) S 3:00 Pamper- Me- Nail (LR) 4:00 Dinner (DR) L 5:00 Activities Stations (DR)
R 9:00 Personal Reflection 25 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L Read & Relaxation M 2:00 Church Service (SR) S 3:30 Bible Trivia (LR) 4:00 Dinner (DR) C 5:00 Dean Martin Show (SR)	R 9:00 Personal Reflection 26 M 10:00 Music Time (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) O 1:45 Gardening (CY) C 3:30 Mocktails (LR) 4:00 Dinner (DR) S 5:00 Evening News (SR)	R 9:00 Personal Reflection 27 P 10:00 Morning Movement (TR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) C 1:30 Card Games (DR) O 3:00 Feeling Breezy (CY) 4:00 Dinner (DR) S 5:00 Andy Griffith (LR)	R 9:00 Personal Reflection 28 M 10:00 Name that Tune (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) S 1:30 BINGO (DR) C 2:00 Mocktails (LR) 4:00 Dinner (DR) O 5:00 Sitting outside (CY)	R 9:00 Personal Reflection 29 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) L 12:30 Read & Relaxation (LR) M 1:30 Sing-A-Long (LR) C 2:30 ART & Craft Time (DR) 4:00 Dinner (DR) S 5:00 Evening News (LR)	R 9:00 Personal Reflection 30 P 10:00 Morning Movement (LR) 11:00 Lunch (DR) C 1:00 BINGO (DR) O 2:00 Feeling Breezy (CY) 4:00 Dinner (DR) L 5:00/Hollywood (LR)	