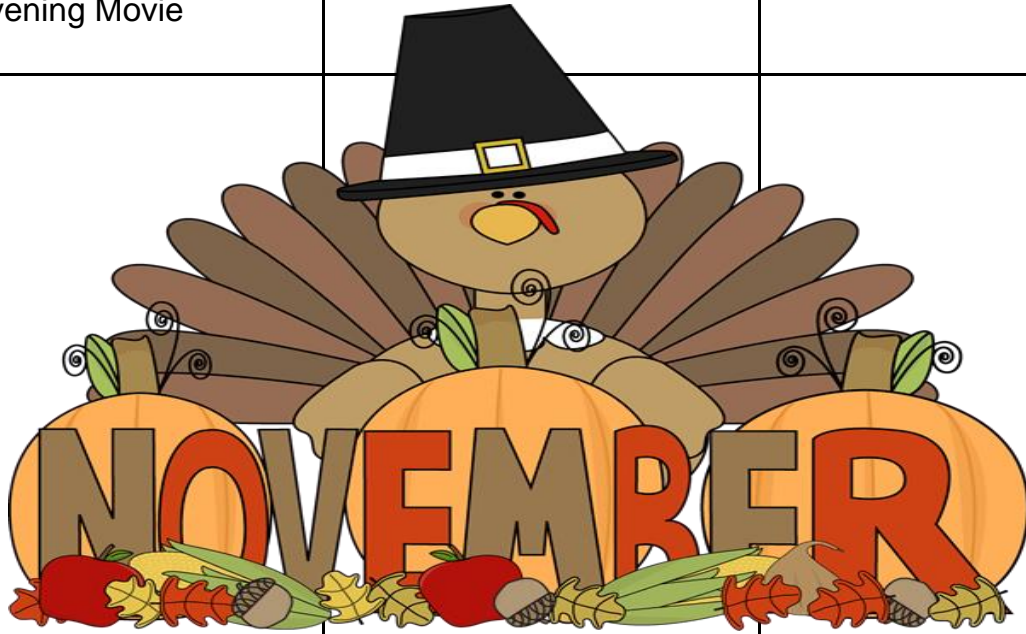







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Memory Care Unit (Clifton) Activities Calendar 2021	1 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks 10:30 Weather/News Currents 11:00 Noodles & Balloons 1:15 Indoor walking(hallway) 1:30 WHO'S Who in the Photo 2:00 Refreshments 2:30 Hand massage/spa 3:30 Choir Rehearsals w/Pervaiz 4:30 Dinner 5:00 Movie Classic	2 9:30 Exercise to music 10:00 Scenic Ride 10:30 Catholic Communion by St. Leo the Great Catholic Church, AF 11:00 Song Titles (fill in) 1:15 Indoor walking(hallway) 1:30 Sensory Box 2:00 Refreshments 2:30 Bible Study w/ Chaplain James Dotson 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie	3 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:30 Piano & Sing A Long w/Roberta Commack-Katleman 11:00 News Currents 1:15 Indoor walking(hallway) 1:30 Finish the Phrase 2:00 Hydration & Refreshments 2:30 Sing-A-Long 3:00 (Math) Money Matters! 3:30 Choir rehearsal 4:30 Dinner 5:00 Evening Movie	4 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks 10:30 News Currents 1:15 Indoor walking(hallway) 1:30 Bingo! 2:00 Refreshments 2:30 Parachute waves 3:30 Choir Rehearsal 4:00 Sorting Colors 4:30 Dinner 5:00 Evening Movie	5 9:30 Morning Chair Exercise 10:00 EZ Does It: Junk Drawer Detective(ac) 11:00 Noodles & Balloons 1:15 Afternoon Exercise/Walking(hallway) 1:30 Chair soccer 2:00 Happy Hour! 2:30 Let's SORT it out! (socks) 3:30 Choir Rehearsal 4:00 Sing-A-Long 4:30 Dinner 5:00 Movie Classic	6 9:30 Morning Chair Exercise 10:00 Travelogue(ac) 10:30 Random Trivia! 1:30 Dance Moves 2:00 Hydration & Refreshments 2:30 Divine Service w/ Chaplain Pervaiz, FR 3:00 Weekend Bingo! 4:00 Sing-A-Long 4:30 Dinner 5:00 Evening Movies	
	7 9:30 Morning Exercise 10:30 Sunday Service by Chaplain James Dotson, FR 11:00 Hymn Singing 1:30 VIRTUAL Catholic Mass EWTN (YouTube) 2:00 Hydration & Refreshments 3:00 Sunday Crafting 4:00 Finish the Phrase 4:30 Dinner 5:00 Movie Classics	8 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks 10:30 Weather/News Currents 1:15 Indoor walking(hallway) 1:30 WHO'S Who in the Photo 2:00 Refreshments 2:30 Hand massage/spa 3:30 Choir Rehearsals w/Pervaiz 4:30 Dinner 5:00 Movie Classic	9 9:30 Exercise to music 10:00 Scenic Ride 10:30 Catholic Communion by St. Leo the Great Catholic Church, AF 11:00 Song Titles (fill in) 1:15 Indoor walking(hallway) 1:30 Sensory Box 2:00 Refreshments 2:30 Bible Study w/ Chaplain James Dotson 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie	10 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:30 News Currents & Weather 1:15 Indoor walking(hallway) 1:30 Finish the Phrase 2:00 Hydration & Refreshments 2:30 Choir Rehearsal 3:30 Piano performance by Yvonne Johnson 4:30 Dinner 5:00 Evening Movie	11 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks/News Currents 11:00 Parachute waves 1:15 Indoor walking(hallway) 1:30 Bingo! 2:00 Veterans' Day Social! (dancing) 3:30 Choir Rehearsal 4:00 Sorting Colors 4:30 Dinner 5:00 Evening Movie	12 9:30 Morning Chair Exercise 10:00 EZ Does It: Junk Drawer Detective(ac) 11:00 Noodles & Balloons 1:15 Afternoon Exercise/Walking 1:30 Chair soccer 2:00 Happy Hour! 3:30 Choir Rehearsal w/ Pervaiz 4:00 Sing-A-Long 4:30 Dinner 5:00 Movie Classic	13 9:30 Morning Chair Exercise 10:00 Travelogue(ac) 10:30 Random Trivia! 1:30 Dance Moves 2:00 Hydration & Refreshments 2:30 Divine Service w/ Chaplain Pervaiz, FR 3:00 Weekend Bingo! 4:00 Sing-A-Long 4:30 Dinner 5:00 Evening Movies
	14 9:30 Morning Exercise 10:30 Sunday Service by Chaplain James Dotson, FR 11:00 Hymn Singing 1:30 VIRTUAL Catholic Mass EWTN (YouTube) 2:00 Hydration & Refreshments 3:00 Sunday Crafting 4:00 Finish the Phrase 4:30 Dinner 5:00 Movie Classics	15 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks 10:30 Weather/News Currents 1:15 Indoor walking(hallway) 1:30 WHO'S Who in the Photo 2:00 Refreshments 2:30 Hand massage/spa 3:30 Choir Rehearsals w/Pervaiz 4:30 Dinner 5:00 Movie Classic	16 9:30 Exercise to music 10:00 Scenic Ride 10:30 Piano Performance w/Doug, FR 11:00 Song Titles (fill in) 1:15 Indoor walking(hallway) 1:30 Sensory Box 2:00 Refreshments 2:30 Bible Study w/ Chaplain James Dotson 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie	17 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:30 News Currents & Weather 1:15 Indoor walking(hallway) 1:30 Finish the Phrase 2:00 Hydration & Refreshments 2:30 Sing-A-Long 3:00 (Math) Money Matters! 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Memory Care Unit (Clifton) Activities Calendar 2021	Calendar Icons  Outing  Musical Program  Spiritual Program  Outdoor Activity	Location Key 2nd Floor – Living Room AF - All Floors CR - Card Room FP - Front Porch FR - Family Room GP - Gathering Place GB - Greenbriar MIL – Meet in Lobby OP - Outside Patio PDR - Private Dining Room	Any additions or changes to the calendar will be posted on the daily schedule. Each activity runs for a minimum of 30 minutes. *Catholic Eucharist every Tuesday at 10:30AM (AF)	18 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:45 Catholic Mass by St. Leo the Great Catholic Church, GP 1:15 Indoor walking(hallway) 1:30 Bingo! 2:00 Refreshments 2:30 Sorting Colors 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie	19 9:30 Morning Chair Exercise 10:00 EZ Does It: Junk Drawer Detective(ac) 11:45 Men's Luncheon, GP 1:15 Afternoon Exercise/Walking(hallway) 1:30 Chair soccer 2:00 Happy Hour! 3:30 Music performance w/Tender Polman! 4:30 Dinner 5:00 Movie Classic	20 9:30 Morning Chair Exercise 10:00 Travelogue(ac) 10:20 Piano & Sing-A-Long w/Roberta! 1:30 Dance Moves 2:00 Hydration & Refreshments 2:30 Divine Service w/ Chaplain Pervaiz, FR 3:30 Weekend Bingo! 4:30 Dinner 5:00 Evening Movies	
21 9:30 Morning Exercise 10:30 Sunday Service by Chaplain James Dotson, FR 11:00 Hymn Singing 1:30 VIRTUAL Catholic Mass EWTN (YouTube) 2:00 Hydration & Refreshments 3:00 Sunday Crafting 4:00 Finish the Phrase 4:30 Dinner 5:00 Movie Classics	22 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks 10:30 Weather/News Currents 1:15 Indoor walking(hallway) 1:30 WHO'S Who in the Photo 2:00 Refreshments 2:30 Hand massage/spa 3:30 Choir Rehearsal w/Pervaiz 4:30 Dinner 5:00 Movie Classic	23 9:30 Exercise to music 10:00 Scenic Ride 10:30 Catholic Communion by St. Leo the Great Catholic Church, AF 11:00 Song Titles (fill in) 1:15 Indoor walking(hallway) 1:30 Sensory Box 2:00 Refreshments 2:30 Bible Study w/ Chaplain James Dotson 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie	24 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:30 News Currents & Weather 1:15 Indoor walking(hallway) 1:30 Finish the Phrase 2:00 Hydration & Refreshments 2:30 Sing-A-Long 3:00 (Math) Money Matters! 3:30 THANKSGIVING PRESENTATION, FR 4:30 Dinner 5:00 Evening Movie	25 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks/News Currents 11:00 Parachute waves 1:15 Indoor walking(hallway) 1:30 Bingo! 2:00 "Thanksgiving Day" Social (dancing) 	26 9:30 Morning Chair Exercise 10:00 EZ Does It: Junk Drawer Detective(ac) 11:00 Noodles & Balloons 1:15 Afternoon Exercise/Walking(hallway) 1:30 Chair soccer 2:00 Happy Hour! 3:00 Music Performance by Charlie! 4:00 Music Relaxation 4:30 Dinner 5:00 Movie Classic	27 9:30 Morning Chair Exercise 10:00 Travelogue(ac) 10:30 Random Trivia! 1:30 Dance Moves 2:00 Hydration & Refreshments 2:30 Divine Service w/ Chaplain Pervaiz, FR 3:00 Weekend Bingo! 4:00 Sing-A-Long 4:30 Dinner 5:00 Evening Movies	
28 9:30 Morning Exercise 10:30 Sunday Service by Chaplain James Dotson, FR 11:00 Hymn Singing 1:30 VIRTUAL Catholic Mass EWTN (YouTube) 2:00 Hydration & Refreshments 3:00 Sunday Crafting 4:00 Finish the Phrase 4:30 Dinner 5:00 Movie Classics	29 9:30 Morning Chair Exercise 10:00 Scenic Ride 10:00 Snacks 10:30 Weather/News Currents 1:15 Indoor walking(hallway) 1:30 WHO'S Who in the Photo 2:00 Refreshments 2:30 Hand massage/spa 3:30 Choir Rehearsal 4:30 Dinner 5:00 Movie Classic	30 9:30 Exercise to music 10:00 Scenic Ride 10:30 Residents' Council Meeting, GP 11:00 Song Titles (fill in) 1:15 Discuss & Recall 1:15 Indoor walking(hallway) 1:30 Sensory Box 2:00 Refreshments 2:30 Bible Study w/ Chaplain James Dotson 3:30 Choir Rehearsal 4:30 Dinner 5:00 Evening Movie	