



SUN	MON	TUE	WED	THUR	FRI	SAT	
10:00 Morning Exercise 11:00 Nail Art (cc) 2:00 Snack and Chat 3:00 Sunday Vesper Services (Sdr)	30 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	31 ROOM KEY cc - (Cedar Commons) aca - Aspen Commons Activities Room cc - Cedar Commons Activity Room ccd - Cedar Commons Dining Room HW - Heatherwood Common Area hwd - Heatherwood Dining Room Sdr - Sycamore Dining Room cpl - Willow Commons Chapel				1 10:00 HC Bingo 11:30 Weekend Warm-Up 2:00 Movie Matinee	
10:00 Morning Exercise 11:00 Nail Art (cc) 2:00 Snack and Chat 3:00 Sunday Vesper Services (Sdr)	2 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	3 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	4 <i>Independence Day</i> 9:45 Muscle Memory 11:15 Sensory Group 2:30 Patriotic Patio Party (Willow Commons Courtyard) 3:00 Music Makers 4:30 Movie Matinee	5 10:00 Sensory Tables 10:00 HC Bingo 11:00 Devotion Services (cc) 11:30 Memory Tray 2:00 Parkinson's Group (Social Hall) 2:30 Group Game 3:30 Fine Motor Tasks 7:00 HC Bingo	6 10:00 Sensory Tables 11:00 Hope Church (hwd) 11:00 Daily Tasks 2:30 Aromatherapy Hand Massages 3:00 Independence Party (hwd) 3:30 One on One/Room Visits 3:30 Roe Family Band (hwd)	7 9:00 Morning Exercise 11:30 Trivia Group 2:30 Brain Food 3:00 Devotion Services (cc)	8 10:00 HC Bingo 11:30 Weekend Warm-Up 2:00 Movie Matinee
10:00 Morning Exercise 11:00 Nail Art (cc) 2:00 Snack and Chat 3:00 Sunday Vesper Services (Sdr)	9 10:00 Morning Exercise 10:00 Travel Fitness with Alex 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	10 10:00 Morning Exercise 10:00 Travel Fitness with Alex 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	11 9:45 Muscle Memory 10:00 Piano Melodies with Doretta (HW) 11:15 Sensory Group 12:00 Men's Lunch Bunch (Aspen Activities Room) 2:00 Restorative Yoga with Andy (cc) 3:00 Music Makers 4:30 Movie Matinee	12 10:00 Sensory Tables 10:00 HC Bingo 11:00 Devotion Services (cc) 11:30 Memory Tray 2:00 Mary Kay Harp Melodies (HW) 2:00 Parkinson's Group (Social Hall) 2:30 Group Game 3:30 Fine Motor Tasks 7:00 HC Bingo	13 10:00 Sensory Tables 11:00 Hope Church (hwd) 11:00 Daily Tasks 2:30 Aromatherapy Hand Massages 3:30 One on One/Room Visits	14 9:00 Morning Exercise 10:00 Tea with Ironwood Memory Care (ccd) 11:30 Trivia Group 2:30 Brain Food 3:00 Devotion Services (cc)	15 10:00 HC Bingo 11:30 Weekend Warm-Up 2:00 Movie Matinee
10:00 Morning Exercise 11:00 Nail Art (cc) 2:00 Snack and Chat 3:00 Sunday Vesper Services (Sdr)	16 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	17 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	18 9:45 Muscle Memory 11:15 Sensory Group 12:00 Ladies' Lunch Bunch (Aspen Activities Room) 3:00 Music Makers 4:30 Movie Matinee	19 10:00 Sensory Tables 10:00 HC Bingo 11:00 Devotion Services (cc) 11:30 Memory Tray 2:00 Parkinson's Group (Social Hall) 2:30 Group Game 3:00 Men's Social Group (aca) 3:30 Fine Motor Tasks 7:00 HC Bingo	20 10:00 Sensory Tables 11:00 Hope Church (hwd) 11:00 Daily Tasks 2:30 Aromatherapy Hand Massages 2:30 Monthly Birthday Party (hwd) 3:30 One on One/Room Visits 4:00 Music with Dan Robin (Cedar Commons)	21 9:00 Morning Exercise 9:30 St. Simon's Catholic Communion (cpl) 11:30 Trivia Group 2:30 Brain Food 3:00 Devotion Services (cc)	22 10:00 HC Bingo 11:30 Weekend Warm-Up 2:00 Movie Matinee
<i>Parents' Day</i> 10:00 Morning Exercise 11:00 Nail Art (cc) 2:00 Snack and Chat 3:00 Sunday Vesper Services (Sdr)	23 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	24 10:00 Morning Exercise 10:30 Weekly Review 11:00 Nail Art (cc) 11:30 Brain Games 2:30 Creative Arts Group 3:30 Sensory Group	25 9:45 Muscle Memory 11:00 Tai Ji with Chris 11:15 Sensory Group 1:00 Intrepid Petting Zoo 2:00 Restorative Yoga with Andy (cc) 3:00 Music Makers 4:30 Movie Matinee	26 10:00 Sensory Tables 10:00 HC Bingo 11:00 Devotion Services (cc) 11:30 Memory Tray 2:00 Parkinson's Group (Social Hall) 2:30 Group Game 3:30 Fine Motor Tasks 7:00 HC Bingo	27 10:00 Sensory Tables 11:00 Hope Church (hwd) 11:00 Daily Tasks 2:30 Aromatherapy Hand Massages 3:30 One on One/Room Visits	28 9:00 Morning Exercise 10:00 Tea with Ironwood Memory Care (ccd) 11:30 Trivia Group 2:30 Brain Food 3:00 Devotion Services (cc)	29 10:00 HC Bingo 11:30 Weekend Warm-Up 2:00 Movie Matinee

July 2017

Cedar Commons Activity Program

