

Sample Weekly MEADOW WING Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>6:30 CONTINENTAL BREAKFAST</p> <p>7:00 Looks Make Over (<i>Aspen/Willow</i>)</p> <p>7:40 Gentle Exercise and Morning Stretching (<i>Aspen/Willow</i>)</p> <p>8:00 Sing-Along (<i>Aspen/Willow</i>)</p> <p>8:30 BREAKFAST</p> <p>9:10 Sensory Handwashing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>9:30 Morning Stroll (<i>Aspen/Willow</i>)</p> <p>Scarf Exercises (<i>Aspen/Willow</i>)</p> <p>9:50 Walk back to Meadow Wing (<i>Aspen/Willow</i>)</p> <p>Exercise & Stretching (<i>Aspen/Willow</i>)</p> <p>10:00 Morning Snacks (<i>Aspen/Willow</i>)</p> <p>10:20 Current Events Discussion (<i>Aspen</i>)</p> <p>Looking at Photo Albums and Reminiscing (<i>Willow</i>)</p> <p>10:45 Exercise & Stretching (<i>Aspen</i>)</p> <p>Stretching and Range of Motion (<i>Willow</i>)</p> <p>11:00 Spiritual Hymn Sing (<i>Aspen/Willow</i>)</p> <p>11:30 LUNCH</p> <p>12:00 Sensory Hand Washing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>12:30 SING-ALONG (<i>Aspen/Willow</i>)</p> <p>1:00 Scrapbooking (<i>Aspen</i>)</p> <p>Decorating Bookmarks (<i>Willow</i>)</p> <p>1:30 Scrapbooking cont. (<i>Aspen</i>)</p> <p>Coloring Books (<i>Willow</i>)</p> <p>2:00 SNACKS (<i>Aspen/Willow</i>)</p> <p>2:20 Crossword Puzzle (<i>Aspen</i>)</p> <p>Puzzles (<i>Willow</i>)</p> <p>3:00 Trivia Challenge (<i>Aspen</i>)</p> <p>Bean Bag Throw (<i>Willow</i>)</p> <p>3:30 Afternoon Walk (<i>Aspen</i>)</p> <p>Afternoon Stretch (<i>Aspen/Willow</i>)</p> <p>3:45 Walk continued (<i>Aspen</i>)</p> <p>Sing-Along (<i>Aspen/Willow</i>)</p> <p>4:30 DINNER</p> <p>5:00 Sensory Hand-washing (<i>Aspen/Willow</i>)</p> <p>5:30 MOVE (<i>Aspen/Willow</i>)</p> <p>7:00 EVENING SNACKS (<i>Aspen/Willow</i>)</p>	<p>6:30 CONTINENTAL BREAKFAST</p> <p>7:00 Looks Make Over (Grooming) (<i>Aspen/Willow</i>)</p> <p>7:30 Low-Impact Exercises (<i>Aspen/Willow</i>)</p> <p>8:00 Sing-Along (<i>Aspen/Willow</i>)</p> <p>8:30 BREAKFAST</p> <p>9:10 Sensory Handwashing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>9:30 Morning Stroll (<i>Aspen/Willow</i>)</p> <p>Volleyball (<i>Aspen/Willow</i>)</p> <p>9:45 Walk back to Meadow Wing (<i>Aspen/Willow</i>)</p> <p>Exercise & Stretching (<i>Aspen/Willow</i>)</p> <p>10:00 Morning Snacks (<i>Aspen/Willow</i>)</p> <p>10:20 Current Events (<i>Aspen</i>)</p> <p>Puzzles (<i>Willow</i>)</p> <p>10:45 Gentle Stretching (<i>Aspen</i>)</p> <p>“Office Work” (<i>Willow</i>)</p> <p>11:00 Trivia (<i>Aspen</i>)</p> <p>Sing-Along (<i>Willow</i>)</p> <p>11:30 LUNCH</p> <p>12:10 Sensory Hand Washing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>12:30 SING ALONG (<i>Aspen/Willow</i>)</p> <p>1:00 Puzzles (<i>Aspen</i>)</p> <p>Sorting and Polishing Silverware (<i>Willow</i>)</p> <p>1:30 SCRABBLE Word Search Game (<i>Aspen</i>)</p> <p>Sorting Playing Cards (<i>Willow</i>)</p> <p>2:00 Snacks (<i>Aspen/Willow</i>)</p> <p>2:30 Word Challenge (<i>Aspen</i>)</p> <p>Fads and Fashions (<i>Willow</i>)</p> <p>3:00 Round Table Readers (<i>Aspen</i>)</p> <p>Bean Bag Throw (<i>Willow</i>)</p> <p>3:30 Afternoon Walk (<i>Aspen</i>)</p> <p>Afternoon Stretch (<i>Willow/Aspen</i>)</p> <p>3:45 Walk Cont. (<i>Aspen</i>)</p> <p>Sing Along (<i>Willow/Aspen</i>)</p> <p>4:30 DINNER</p> <p>5:00 Sensory Hand-washing (<i>Aspen/Willow</i>)</p> <p>5:30 MOVE (<i>Aspen/Willow</i>)</p> <p>7:00 EVENING SNACKS (<i>Aspen/Willow</i>)</p>	<p>6:30 CONTINENTAL BREAKFAST</p> <p>7:00 Looks Make Over (Grooming) (<i>Aspen/Willow</i>)</p> <p>7:30 Low-Impact Exercises (<i>Aspen/Willow</i>)</p> <p>8:00 Sing-Along (<i>Aspen/Willow</i>)</p> <p>8:30 BREAKFAST</p> <p>9:00 Sensory Handwashing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>9:30 Morning Stroll (<i>Aspen/Willow</i>)</p> <p>Ball Toss (<i>Aspen/Willow</i>)</p> <p>9:45 Walk back to Meadow Wing (<i>Aspen/Willow</i>)</p> <p>Exercise & Stretching (<i>Aspen/Willow</i>)</p> <p>10:00 Morning Snacks (<i>Aspen/Willow</i>)</p> <p>10:20 Current Events Discussion (<i>Aspen</i>)</p> <p>Match Socks and Folding Clothes (<i>Willow</i>)</p> <p>10:45 Exercise and Stretching (<i>Aspen</i>)</p> <p>Sorting Playing Cards (<i>Willow</i>)</p> <p>11:00 Crossword Puzzle (<i>Aspen</i>)</p> <p>Exercise and Stretching (<i>Willow</i>)</p> <p>11:30 LUNCH</p> <p>12:00 Sensory Hand Washing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>12:30 SING ALONG (<i>Aspen/Willow</i>)</p> <p>1:00 JINGO (<i>Aspen</i>)</p> <p>Arts& Crafts (<i>Willow</i>)</p> <p>1:30 CERAMICS (<i>Aspen</i>)</p> <p>Arts & Crafts cont. (<i>Willow</i>)</p> <p>2:00 Snacks (<i>Aspen/Willow</i>)</p> <p>2:30 SCENIC DRIVE (<i>Aspen</i>)</p> <p>Home Work Picture Set/ Discussion (<i>Aspen/Willow</i>)</p> <p>3:00 Scenic Drive cont. (<i>Aspen</i>)</p> <p>Bean Bag Throw (<i>Aspen/Willow</i>)</p> <p>3:30 Scenic Drive residents walk back to Activity Room (<i>Aspen</i>)</p> <p>Afternoon Stretch (<i>Aspen/Willow</i>)</p> <p>3:45 Sing Along (<i>Aspen/Willow</i>)</p> <p>4:30 DINNER</p> <p>5:00 Sensory Hand-washing (<i>Aspen/Willow</i>)</p> <p>5:30 MOVE (<i>Aspen/Willow</i>)</p> <p>7:00 EVENING SNACKS (<i>Aspen/Willow</i>)</p>	<p>6:30 CONTINENTAL BREAKFAST</p> <p>7:00 Looks Make Over (Grooming) (<i>Aspen/Willow</i>)</p> <p>7:30 Low-Impact Exercises (<i>Aspen/Willow</i>)</p> <p>8:00 Sing-Along (<i>Aspen/Willow</i>)</p> <p>8:30 BREAKFAST</p> <p>9:10 Sensory Handwashing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>9:30 Morning Stroll (<i>Aspen/Willow</i>)</p> <p>Scarf Exercises (<i>Aspen/Willow</i>)</p> <p>9:45 Walk back to Meadow Wing (<i>Aspen/Willow</i>)</p> <p>Exercise & Stretching (<i>Aspen/Willow</i>)</p> <p>10:00 Morning Snacks (<i>Aspen/Willow</i>)</p> <p>10:20 Current Events (<i>Aspen</i>)</p> <p>Puzzles (<i>Willow</i>)</p> <p>10:45 Exercise & Stretching (<i>Aspen</i>)</p> <p>Looking through Albums and Discussion (<i>Willow</i>)</p> <p>11:00 Ann Landers/Dear Abby Readings & Discussion (<i>Aspen</i>)</p> <p>Sing Along (<i>Willow</i>)</p> <p>11:30 LUNCH</p> <p>12:00 Sensory Hand Washing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>12:30 SING ALONG (<i>Aspen/Willow</i>)</p> <p>1:00 BINGO (<i>Aspen</i>)</p> <p>BINGO (<i>Willow</i>)</p> <p>2:00 Snacks (<i>Aspen/Willow</i>)</p> <p>2:20 Word Scramble (<i>Aspen</i>)</p> <p>Decorating Bookmarks (<i>Willow</i>)</p> <p>3:00 CONERT- Young at Heart (<i>Aspen/Willow</i>)</p> <p>3:45 Sing Along (<i>Aspen/Willow</i>)</p> <p>4:30 DINNER</p> <p>5:00 Sensory Hand-washing (<i>Aspen/Willow</i>)</p> <p>5:30 MOVE (<i>Aspen/Willow</i>)</p> <p>7:00 EVENING SNACKS (<i>Aspen/Willow</i>)</p>	<p>6:30 CONTINENTAL BREAKFAST</p> <p>7:00 Looks Make Over (Grooming) (<i>Aspen/Willow</i>)</p> <p>7:30 Low-Impact Exercises (<i>Aspen/Willow</i>)</p> <p>8:00 Sing-Along (<i>Aspen/Willow</i>)</p> <p>8:30 BREAKFAST</p> <p>9:10 Sensory Handwashing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>9:30 Morning Stroll (<i>Aspen/Willow</i>)</p> <p>Soccer and Kicking Exercises (<i>Aspen/Willow</i>)</p> <p>9:45 Walk Back to Meadow Wing (<i>Aspen/Willow</i>)</p> <p>Exercise & Stretching (<i>Aspen/Willow</i>)</p> <p>10:00 Morning Snacks (<i>Aspen/Willow</i>)</p> <p>10:20 Current Events (<i>Aspen</i>)</p> <p>Cutting Coupons (<i>Willow</i>)</p> <p>10:45 Exercise & Stretching (<i>Aspen</i>)</p> <p>Coloring Books (<i>Willow</i>)</p> <p>11:00 TRIVIA (<i>Aspen</i>)</p> <p>Sing-Along (<i>Willow</i>)</p> <p>11:30 LUNCH</p> <p>12:00 Sensory Hand Washing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>12:30 SING ALONG (<i>Aspen/Willow</i>)</p> <p>1:00 COOKING CLASS (<i>Aspen/Willow</i>)</p> <p>2:00 ROOT BEER FLOAT SOCIAL (<i>Aspen/Willow</i>)</p> <p>3:00 Reading from Ann Landers Book in alcove (<i>Aspen walk group</i>)</p> <p>Ring Toss (<i>Aspen/Willow</i>)</p> <p>3:30 Afternoon Walk (<i>Aspen</i>)</p> <p>Afternoon Stretch (<i>Aspen/Willow</i>)</p> <p>3:45 Walk continues (<i>Aspen</i>)</p> <p>Sing Along (<i>Aspen/Willow</i>)</p> <p>4:30 DINNER</p> <p>5:00 Sensory Hand-washing (<i>Aspen/Willow</i>)</p> <p>5:30 MOVE (<i>Aspen/Willow</i>)</p> <p>7:00 EVENING SNACKS (<i>Aspen/Willow</i>)</p>	<p>6:30 CONTINENTAL BREAKFAST</p> <p>7:00 Looks Make Over (Grooming) (<i>Aspen/Willow</i>)</p> <p>7:30 Gentle Exercise and Stretching (<i>Aspen/Willow</i>)</p> <p>8:00 Sing-Along (<i>Aspen/Willow</i>)</p> <p>8:30 BREAKFAST</p> <p>9:00 Sensory Handwashing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>9:30 Morning Stroll (<i>Aspen/Willow</i>)</p> <p>Soccer/Kicking (<i>Aspen/Willow</i>)</p> <p>9:45 Walk back to Meadow Wing (<i>Aspen/Willow</i>)</p> <p>Exercise & Stretching (<i>Aspen/Willow</i>)</p> <p>10:00 Morning Snacks (<i>Aspen/Willow</i>)</p> <p>10:20 Current Events (<i>Aspen</i>)</p> <p>Color Sorting Tasks (<i>Willow</i>)</p> <p>10:45 Exercise & Stretching (<i>Aspen</i>)</p> <p>Sorting Socks and Folding Baby Clothes (<i>Willow</i>)</p> <p>11:00 Bowling (<i>Aspen</i>)</p> <p>Exercise and Stretching (<i>Willow</i>)</p> <p>11:30 LUNCH</p> <p>12:00 Sensory Hand Washing and Looks Re-do (<i>Aspen/Willow</i>)</p> <p>12:30 Sing Along (<i>Aspen/Willow</i>)</p> <p>1:00 Scenic Drive 1 (<i>Aspen/Willow</i>)</p> <p>A-Z Game (<i>Aspen/Willow</i>)</p> <p>1:30 Scenic Drive cont. (<i>Aspen/Willow</i>)</p> <p>Reminiscing (<i>Aspen/Willow</i>)</p> <p>2:00 Snacks (<i>Aspen/Willow</i>)</p> <p>2:30 SCENIC DRIVE 2 (<i>Aspen</i>)</p> <p>Hand Exercises/Massages (<i>Aspen/Willow</i>)</p> <p>3:00 Scenic Drive 2 cont. (<i>Aspen</i>)</p> <p>Ring Toss (<i>Aspen/Willow</i>)</p> <p>3:30 Scenic Drive walks back to activity room (<i>Aspen</i>)</p> <p>Afternoon Stretch (<i>Aspen/Willow</i>)</p> <p>3:45 Sing-a-long (<i>Aspen/Willow</i>)</p> <p>4:30 DINNER</p> <p>5:00 Sensory Hand-washing (<i>Aspen/Willow- Act 2</i>)</p> <p>5:30 MOVE (<i>Aspen/Willow</i>)</p> <p>7:00 EVENING SNACKS (<i>Aspen/Willow</i>)</p>
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