


# Memory Care

## August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:15 Colouring and Coffee (RR-B)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Afternoon Spa (4th Floor Activity Room)</p> <p>3:00 Games and Puzzles (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>10:00 Reading Group (RR-P)</p> <p>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Baking Group (RR-AR)</p> <p>3:00 Social Tea (4th Floor Dining Room)</p> <p>4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Concert with Lary Wright (RR-A)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Montessori Group (4th Floor Activity Room)</p> <p>3:00 Afternoon Movie (4th Floor Activity Room)</p>
4	5	6	7	8	9	10
<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Games and Puzzles (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Balloon Ball (4th Floor Activity Room)</p> <p>3:00 The Crafty Hour (RR-AR)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>4:00 Bingo (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Music with Homa (4th Floor Activity Room)</p> <p>3:00 Balloon Ball (4th Floor Activity Room)</p> <p>3:30 Fit Minds (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Music Therapy with Grace (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Gardening Club (RR-P)</p> <p>3:00 Montessori Group (4th Floor Activity Room)</p> <p>4:00 Musical Game (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:15 Colouring and Coffee (RR-B)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Afternoon Spa (4th Floor Activity Room)</p> <p>3:00 Games and Puzzles (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Concert with Doug Martin (RR-A)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Baking Group (RR-AR)</p> <p>3:00 Social Tea (4th Floor Dining Room)</p> <p>4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Montessori Group (4th Floor Activity Room)</p> <p>3:00 Afternoon Movie (4th Floor Activity Room)</p>
11	12	13	14	15	16	17
<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Games and Puzzles (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Balloon Ball (4th Floor Activity Room)</p> <p>3:00 The Crafty Hour (RR-AR)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Sing-A-Long with Kelly (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 hat flower arranging (4th Floor Activity Room)</p> <p>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>4:00 Bingo (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Music with Homa (4th Floor Activity Room)</p> <p>3:00 Balloon Ball (4th Floor Activity Room)</p> <p>3:30 Fit Minds (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Music Therapy with Grace (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Painting Group (4th Floor Activity Room)</p> <p>3:00 Montessori Group (4th Floor Activity Room)</p> <p>4:00 Musical Game (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:15 Colouring and Coffee (RR-B)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Afternoon Spa (4th Floor Activity Room)</p> <p>3:00 Games and Puzzles (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Concert with Kevin Agnew (RR-A)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Baking Group (RR-AR)</p> <p>3:00 Social Tea (4th Floor Dining Room)</p> <p>4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Montessori Group (4th Floor Activity Room)</p> <p>3:00 Afternoon Movie (4th Floor Activity Room)</p>

<p>18</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Games and Puzzles (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Balloon Ball (4th Floor Activity Room)</p> <p>3:00 The Crafty Hour (RR-AR)</p>	<p>19</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Sing-A-Long with Kelly (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Meet Me at the Movies (4th Floor Activity Room)</p> <p>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>4:00 Bingo (4th Floor Activity Room)</p>	<p>20</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Music with Homa (4th Floor Activity Room)</p> <p>3:00 Balloon Ball (4th Floor Activity Room)</p> <p>3:30 Fit Minds (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>21</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Music Therapy with Grace (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Gardening Club (RR-P)</p> <p>3:00 Montessori Group (4th Floor Activity Room)</p> <p>4:00 Musical Game (4th Floor Activity Room)</p>	<p>22</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:15 Colouring and Coffee (RR-B)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Afternoon Spa (4th Floor Activity Room)</p> <p>3:00 Games and Puzzles (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>23</p> <p>10:00 Gardening Club (RR-P)</p> <p>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Baking Group (RR-AR)</p> <p>3:00 Social Tea (4th Floor Dining Room)</p> <p>4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>24</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Montessori Group (4th Floor Activity Room)</p> <p>3:00 Afternoon Movie (4th Floor Activity Room)</p>
<p>25</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Games and Puzzles (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Balloon Ball (4th Floor Activity Room)</p> <p>3:00 The Crafty Hour (RR-AR)</p>	<p>26</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Sing-A-Long with Kelly (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Meet Me at the Movies (4th Floor Activity Room)</p> <p>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>4:00 Bingo (4th Floor Activity Room)</p>	<p>27</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Music with Homa (4th Floor Activity Room)</p> <p>3:00 Balloon Ball (4th Floor Activity Room)</p> <p>3:30 Fit Minds (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>28</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Painting Group (4th Floor Activity Room)</p> <p>3:00 Montessori Group (4th Floor Activity Room)</p> <p>4:00 Musical Game (4th Floor Activity Room)</p>	<p>29</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>10:15 Colouring and Coffee (RR-B)</p> <p>10:30 Fitness with Andrew (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Afternoon Spa (4th Floor Activity Room)</p> <p>3:00 Games and Puzzles (4th Floor Activity Room)</p> <p>4:00 News and Views (4th Floor Activity Room)</p>	<p>30</p> <p>10:00 Reading Group (RR-P)</p> <p>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>1:30 Baking Group (RR-AR)</p> <p>3:00 Social Tea (4th Floor Dining Room)</p> <p>4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>31</p> <p>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>12:45 1:1 Walks and Visits</p> <p>2:00 Montessori Group (4th Floor Activity Room)</p> <p>3:00 Afternoon Movie (4th Floor Activity Room)</p>