		ACTIVITIES CALI	ENDAR Octobe	er 21-27		
Monday, 21 TUESDAY, 22		WEDNESDAY, 23	THURSDAY, 24	FRIDAY, 25	SATURDAY, 26	SUNDAY, 27
7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast
9:00	9:00	9:00	8:30-11:00 - SALON!	9:00	If your finger nails	8:30
"Frog Day"	"This Day in History"	Residents gather to	9:00 "World	"Random Trivia"	or toe nails are in	Worship
A Comment	Recap JFK's address	converse, watch	Kangaroo Day"	Bring your	need of attention,	Chapel
Bring your beverage	on Cuban Missile	funny animal videos,	Bring your beverage to	beverage to coffee	you will need to	<u> </u>
to Coffee Shop for chit	Crisis-Coffee Shop	& eat pastries	coffee shop for chit	shop & exercise	make an	
chat & short	The state of the s	22	chat & short video on	your mind.	appointment with	
educational video on	U.S. Acv		the unique animal, the		a manicurist	
frogs		Coffee Shop	kangaroo	S. C. S.	and/or a pediatrist	
10:00	10:00	10:00	10:00	10:00	"You're never too	Visit Activities
<b>Zumba</b> w/ Kathi	Balloon Batting	<b>Zumba</b> w/ Kathi	Chair Yoga w/ Jim	<b>Zumba</b> w/ Kathi	old to dance!"	Center
Exercise Room	Exercise Room	Exercise Room	Exercise Room	Exercise Room		
10:30 TLC w/ Andrea						
in MCU	10:30 Mentors Visit MC	<b>10:30</b> TLC w/ Andrea in MCU	1 <b>0:30</b> TLC w/ Andrea in MCU	10:30 TLC w/ Andrea in MCU		
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
12:30	1:00	12:30	12:30	1:00	Stay busy with the	12:15
Ice Cream Social	Musical Ball"	"Presidential Elections"	Jigsaw Puzzles	Mocha the Therapy	books, puzzles, &	Documentary
Dining Room	Pass the ball. If	PBS & KET programs	Dining Room		other activities in	& Discussion
	you're caught with	present "News Quiz"		Sunshine Room	the "Activities	w/ Joan
	the ball, you answer	the process of electing	Trishaw Bike Rides	2:30	Center"	Coffee Shop
T	a funny question	a US President	1:30 Dorothy & Linda	Banjo/Sing-a-long		63
	Exercise Room	Coffee Shop	2:00 Shirley S & Gerry	w/ Duane	e e	
2:00-3:30	2:30	1:00-4:00	2:45	2:00 – Bus to City		
BINGO	Movie (cont.)	County Clerk's office	Darts	Market	000	Rest
Dining Room	"Judy"	coming to help you	12 12 4	3:15	2.5	
	Captivating Story about the last year of Judy	with <b>voting</b> . If you	14	Happy Hour	77	(-/
	Garland's life	can, come to Sunshine	10	Consider		3
	Sandra Sinc	Room. Otherwise,	16 7 15	Come down for a	# "	
	Coffee Shop	they will come to your	Exercise Room	drink & chit chat		
1.20 Dinner	MINUTE NICHT	room. 4:30 Dinner		Sunshine Room	4:30 Dinner	1.20 Dinner
4:30 Dinner	4:30 Dinner	4.50 Dinner	4:30 Dinner	4:30 Dinner	4.50 Dinner	4:30 Dinner

## Week 2 Regular/NAS

## Cornerstone Spring Summer 2024

Week At	Α	Glan	CE
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M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL EGG: DANISH MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: WAFFLES WITH SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG BITE TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY FUNFETTI PANCAKE W/ SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: APRICOT COFFEE CAKE MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: BACON TOAST MARGARINE/JELLY MILK
N O O N	CHICKEN FRIED STEAK BAKED POTATO/MARG STEAMED ASPARAGUS ROLL/MARG PIE MILK	HOMESTYLE MEATLOAF MASHED POTATOES GRAVY CARROTS BREAD/MARG DESSERT IS ICE CREAM SOCIAL! MILK	BLT DEVILED EGG HALVES CREAMY CHEDDAR MACARONI SALAD SEASONAL FRESH FRUIT MILK	SMOKED PORK CHOP GARLIC HERB & CHEESE SCALLOPED POTATOES BUTTERED PEAS BREAD/MARG STRAWBERRY RHUBARB COBBLER MILK	NACHO DORITO BAKE SPANISH RICE CORN CARAMEL CREAM SPONGE CAKE MILK	FISH PO BOY TATER TOTS CREAMY CUCUMBER SALAD TROPICAL PUMPKIN PIE W/ TOPPING MILK	CHICKEN STROGANOFF NOODLES CASCADE BLEND VEGETABLES BREAD/MARG CAKE ROLL MILK
E V E	BEEF FAJITA SALAD SOUTHWEST RANCH DRESSING CHEDDAR CORNBREAD MIXED FRUIT ICE CREAM NOVELTY MILK	TOMATO BASIL SOUP CRACKERS GRILLED CHEESE SANDWICH TOSS SALAD/ DRESSING FRUITED GELATIN MILK	CHICKEN TENDER PLATTER HONEY MUSTARD CREAMY COLESLAW GARLIC TOAST BANANA BERRY CUP MILK	TSLOPPY JOE ON BUN POTATO CHIPS CHOCOLATE PUDDING MILK	OPEN FACE HOT TURKEY SANDWICH MASHED POTATOES GRAVY GREEN BEANS MANDARIN ORANGES MILK	CHEESY POTATO VEGETABLE SOUP CRACKERS HAM SALAD CROISSANT SLIDER TOSS SALAD/ DRESSING PEARS MILK	COBB SLALD WITH DICED CHICKEN, hb EGG, TOMATO, LETTUCE, ONION, CHEESE SLICES MIXED FRUIT MILK
H S	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK

Menus Approved By:



04/21/24, 05/26/24, 06/30/24, 08/04/24, 09/08/24, 10/13/24

Notes:

## **MC ACTIVITIES CALENDAR October 21-27**

MONDAY, 21	TUESDAY, 22	WEDNESDAY, 23	THURSDAY, 24	FRIDAY, 25	SATURDAY, 26	SUNDAY, 27
7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST	7:30 BREAKFAST
8:30	8:30	8:30	8:30	8:30	8:30	8:30
Hygiene, hair, & Oral	Hygiene, hair, &	Hygiene, hair, & Oral	Hair Salon	Hygiene, hair, &	Hygiene, hair, &	Hygiene, hair, &
Care	Oral Care	Care	8:30-11:00	Oral Care	Oral Care	Oral Care
9:20	9:30	9:00	9:30	9:00	9:30	8:30
Caregivers gather	Movement w/	Volunteer, Eric	Coloring Time	Volunteer, Eric	Coffee, Tea, Hot	Welcome to
residents into fish	Caregivers	<b>Walking Residents</b>	TV Room	<b>Walking Residents</b>	Cocoa	attend service in
room for exercise		9:30		10:00	Nature videos	chapel
9:30		Pastries brought in				
Movement w/ Kathi		_				
10:15	10:30	10:15	10:30	10:30	10:30	10:30
TLC w/ Andrea	<b>Mentors Visit</b>	TLC w/ Andrea	TLC w/ Andrea	TLC w/ Andrea	Hand out	Help with Jigsaw
	Sing-a-long	•			Magazines/Books	Puzzles
	TV Room					
11:00	11:00	11:00	11:00	11:00	11:00	11:00
Listen to Music while	Listen to Music while	Listen to Music while	Listen to Music	Listen to Music	Listen to Music	Listen to Music
toileting and washing	toileting and washing	toileting and washing	while toileting and	while toileting and	while toileting and	while toileting and
for lunch	for lunch	for lunch	washing for lunch	washing for lunch	washing for lunch	washing for lunch
11:30 LUNCH	11:30 LUNCH	11:30 LUNCH	11:30 LUNCH	11:30 LUNCH	11:30 LUNCH	11:30 LUNCH
12:30	12:30	1:15	12:30	1:00	12:30	12:30
Down Time	Down Time	Welcome to join	Down Time	Welcome to join	Down Time	Down Time
		hymns – Sunshine		us for music &		
		Room		Therapy Dog,		
				Mocha		
				Sunshine Room		
1:30	2:30	2:30	2:30	2:30	2:30	2:30
Ice Cream Social w/	Cognitive Activity	Cognitive Activity w/	Cognitive Activity	Welcome to join us	Cognitive Activity	Cognitive Activity
Andrea	w/ caregivers	caregivers	w/ caregivers	in Sunshine Room	w/ caregivers	w/ caregivers
MC Dining Room				for music		
4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	4:00	4:00-4:30	4:00-4:30
Wash & prep for	Wash & prep for	Wash & prep for	Wash & prep for	Wash & prep for	Wash & prep for	Wash & prep for
dinner	dinner	dinner	dinner	dinner	dinner	dinner
4:30 DINNER	4:30 DINNER	4:30 DINNER	4:30 DINNER	4:30 DINNER	4:30 DINNER	4:30 DINNER
After 5:30	After 5:30	After 5:30	After 5:30	After 5:30	After 5:30	After 5:30
Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed	Dress for Bed