ACTIVITIES CALENDAR September 23-29

MONDAY, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27	SATURDAY, 28	SUNDAY, 29
7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast
Hydration Station	Hydration Station	Hydration Station	Hydration Station	Hydration Station	Drink Water!	Count your
open 9:00-4:30	open 9:00-4:30	opens 9:00-4:30	opens 9:00-4:30	opens 9:00-4:30		Blessings!
9:00	9:00	9:00	Hair Salon 8:30-11:00	9:00	9:00	9:00
"Red Head Day"	"On This Day in	"National Daughters		"American Indian	Residents gather for	Worship
Bring your beverage	History"	Day"	9:00	Day"	conversation	Chapel
to coffee shop for	Chit Chat about	Chit chat & videos	"Shamu the Whale"	Short video & chit	Coffee Shop	<u> </u>
some Lucille Ball	events on this day.	Coffee shop	Short Video to	chat - Coffee Shop	- B. L. B.	
(I Love Lucy)	Coffee Shop		honor this amazing mammal!			
		AAIAI	Coffee Shop		30 2	
10:00	9:45	10:00	10:00	10:00	Visit Activities	Enjoy the
Zumba w/ Kathi	Chair Movement	Zumba w/ Kathi	Chair Yoga w/ Jim	Zumba w/ Kathi	Center	patios
Exercise Room	w/ Margaret	Exercise Room	Exercise Room	Exercise Room		# # E_
	Exercise Room					
10:15 TLC w/ Kay in MCU	10:30 Mentors Visit MC	10:15 TLC w/ Andrea in MCU	10:30 TLC w/ Andrea in MCU	10:30 TLC w/ Margaret in MCU		
11:30 Lunch	Meal of the Month	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
1:30 Ari	12:30 Corn Hole	12:30 Bible Study - Chapel	Trishaw Bike Rides 1:00 Susie & Diane	1:00 Mocha the Therapy	1:00	12:15 Documentaries
Guitar & Singing Sunshine Room	Exercise Room	1:00 Jigsaw Puzzles	1:30 Dale & Jeri L	Dog & Guitar Sunshine Room	Tell corps Th	& Discussions w/ Joan
	1:15 Winston visits	Dining Room		2:00	"But I miss you most of all, my darling, when autumn leaves start to fall."	Coffee Shop
	Sunshine Room			Bus to City Market	- Frank Sinatra, 'Autumn Leaves.'	To the second
2:45	2:30	2:30	2:00	2:30		Rest
Ice Cream Social	Cognitive Games	Ring Toss	BINGO	Banjo/Sing-a-long		
Dining Room	Let's keep our minds	Exercise Room	Dining Room	w/ Duane		
	active! Coffee Shop	188		3:15 Happy Hour Sunshine Room	++	
4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner

Week 2 Regular/NAS

Cornerstone Spring Summer 2024

Week	At A	Glance
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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 DONUTS MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: CINNAMON ROLLS MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY 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	MEAL OF THE MONTH! SWEET & SOUR SHRIMP SAUTEED ZUCCHINI WITH PARMESAN CHEESE ASPARAGUS KEY LIME PIE MILK	SMOKED PORK CHOP GARLIC HERB & CHEESE SCALLOPED POTATOES BUTTERED PEAS BREAD/MARG STRAWBERRY SHORT CAKE MILK	NACHO DORITO BAKE SPANISH RICE CORN CARAMEL CREAM SPONGE CAKE MILK	FISH PO BOY TATER TOTS CREAMY CUCUMBER SALAD 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 STRAWBERRY ICE CREAM MILK	TOMATO BASIL SOUP CRACKERS GRILLED CHEESE SANDWICH FRUITED GELATIN MILK	CHICKEN TENDER PLATTER HONEY MUSTARD CREAMY COLESLAW GARLIC TOAST BANANA BERRY CUP MILK	SLOPPY 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 SALAD 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 September 23-29

MONDAY, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27	SATURDAY, 28	SUNDAY, 29
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, &	Hygiene, hair, &	Hygiene, hair, & Oral	Hair Salon	Hygiene, hair, &	Hygiene, hair, &	Hygiene, hair, &
Oral 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
Gather in fish room	Movement w/	Volunteer, Eric	Coloring Time	Volunteer, Eric	Coffee, Tea, Hot	Welcome to
for exercise	Caregivers	Walking Residents	TV Room	Walking Residents	Cocoa	attend service in
9:30		9:30		10:00	Nature videos	chapel
Movement w/ Kathi		Pastries delivered				
10:15	10:30	10:15	10:30	10:30	10:30	10:30
TLC w/ Margaret	Mentors Visit	TLC w/ Andrea	TLC w/ Andrea	TLC w/ Andrea	Enjoy the patios	Enjoy the patios
	Sing-a-long					
	TV Room					
11:00	11:00	11:00	11:00	11:00	11:00	11:00
Listen to Music	Listen to Music	Listen to Music while	Listen to Music	Listen to Music	Listen to Music	Listen to Music
while toileting and	while toileting and	toileting and washing	while toileting and	while toileting and	while toileting and	while toileting and
washing for lunch	washing 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	12:30	12:30	1:00	12:30	12:30
Down Time	Down Time	Down Time	Down Time	Welcome to join	Down Time	Down Time
1:30	1:30	1:00	Trishaw bike rides:	us for music &		
Welcome to join	Winston Visits	Welcome to join	Suzie 1:00	Therapy Dog,		
music w/ Ari		Sing-a-long	Joyce 1:30	Mocha		
Sunshine Room		Sunshine Room		Sunshine Room		
3:30	2:30	2:30	2:30	2:30	2:30	2:30
Ice Cream Social	Cognitive Activity	Cognitive Activity w/	Cognitive Activity	Welcome to join us	Cognitive	Cognitive Activity
w/ Margaret	w/ caregivers	caregivers	w/ caregivers	in Sunshine Room	Activity w/	w/ caregivers
MC Dining Room				for music	caregivers	
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