## ACTIVITIES CALENDAR September 30 - October 6

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Hydration Station open 9:00-4:30 9:00 9:00 Model T Day Owrolf Farm Animals Day Owrolf Farm Animals Ocoffee shop & learn about this influential writer  10:00 Zumba w/ Kathi Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Uunch 11:30	Monday, 30	TUESDAY, 01	WEDNESDAY, 02	THURSDAY, 03	FRIDAY, 04	SATURDAY, 05	SUNDAY, 06
9:00 9:00 9:00 9:00 9:00 9:00 9:00 9:00	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  Model T Day Come to coffee shop & learn about this influential writer  10:00  Zumba w/ Kathi Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Lunch  11:30 Lunch	Hydration Station	Hydration Station	Hydration Station	Hair Salon 8:30-11:00	Hydration Station	<b>Drink Water!</b>	Count your
Author/Poet Rumi Bring your beverage to coffee shop & watch a short history of Henry learn about this influential writer  10:00  Zumba w/ Kathi Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Lunch  12:30  Domit or offee shop & watch a short history of Henry ford's Model T in MCU  11:30 Lunch  12:30  Domit or offee shop swatch a short history of Henry ford's Model T in MCU  11:30 Lunch  11	open <b>9:00-4:30</b>	open <b>9:00-4:30</b>	opens <b>9:00-4:30</b>		opens <b>9:00-4:30</b>		Blessings!
Author/Poet Rumi Bring your beverage to coffee shop & watch a short history of Henry Ford's Model T influential writer  10:00  Zumba w/ Kathi Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Lunch	9:00				Contract to the second	- 17C-	
Bring your beverage to coffee shop & learn about this influential writer  10:00  Zumba w/ Kathi Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Lunch  12:30 Dominos Room  List Sunshine Room  Bring your beverage to coffee shop for chit chat & rolls  10:00  Zumba w/ Kathi Exercise Room  10:15 TLC w/ Andrea in MCU  11:30 Lunch  10:00  10:00  Chair Woga w/ Jim Exercise Room  Exercise Room  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  10:00 Dame & Marge 1:30 Lurage Cowboy Gathering! Poetry, music & humor! Sunshine Room  W/ Denise Sunshine Room  V/ Denise Sunshine Room  Exercise Room  Activities Center  1:00  Ukulee Sing-a-long w/ Denise Sunshine Room  Come get silly!  Exercise Room  Exercise Room  Exercise Room  Exercise Room  Exercise Room  Exercise Room  Activities Center  1:00  Ukulee Sing-a-long w/ Denise Sunshine Room  Polymanosachow  Exercise Room  Exercise Room  Exercise Room  Exercise Room  Exercise Room  Exercise Room  10:30 TLC w/ Andrea in MCU  10:00 TLC w/ Andrea in MCU		•				J .	•
to coffee shop & learn about this influential writer  10:00  2umba w/ Kathi Exercise Room  10:15 TLC w/ Margaret Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Lunch  11:30 Lunch  12:30  10:00  10:30 Mentors Visit MC In MCU  11:30 Lunch  12:30  10:00  10:30 TLC w/ Andrea in MCU  11:30 Lunch  11:30 L	-	•	-		1 may be a second	•	Chapel
learn about this influential writer  10:00  2umba w/ Kathi Exercise Room  10:15 TLC w/ Margaret in MCU  11:30 Lunch  11:30	- · · · · · · · · · · · · · · · · · · ·		1 000 1	in Secret Garden	_ · ·		<u> </u>
10:00 2 umba w/ Kathi Exercise Room   Sumba w/ Kathi   Exercise Room   Exercis	· '				·	=	
10:00   2umba w/ Kathi   Exercise Room   2umba w/ Camba w/ Lamba w	8	Ford's Model T	Shop		chit chat & rolls	classical music	
Zumba w/ Kathi   Exercise Room   W/ Margaret   Exercise Room	N.						
10:15 TLC w/ Margaret   Exercise Room   Morgaret   Exercise Room   Exercise Room   Exercise Room   Exercise Room   Exercise Room   While you can!							
10:15 TLC w/ Margaret in MCU  11:30 Mentors Visit MC 11:00 Worship - Chapel  11:30 Lunch  12:15  Durango Cowboy  Gathering! Poetry, music & humor! Sunshine Room  1:15  Winston visits Sunshine Room  W/ Denise Sunshine Room  1:15  Winston visits Sunshine Room  1:15  Winston visits Sunshine Room  1:2:30  Charades Come get silly! Exercise Room  1:2:30  Darts & Drinks Come play or watch Exercise Room  1:15  Happy Hour			·		· ·	_	resident
10:15 TLC w/ Margaret in MCU  11:30 Lunch  12:15  Documentaries  & Discussions  w/ Joans  Coffee Shop  10:30 TLC w/ Andrea in MCU  11:30 Lunch  12:15  Documentaries  & Discussions  w/ Joans  Coffee Shop  2:00  Bus to City  Market  2:00  Bus to City  Market  2:30  Coffee Shop  2:30  Darts & Drinks  Come play or watch  Exercise Room  Exercise Room  Exercise Room  Exercise Room  10:30 TLC w/ Andrea in MCU  11:30 Lunch  12:15  Documentaries  & Discussions  W/ Joans  Coffee Shop  10:30 TLC w/ Andrea in MCU  11:30 Lunch  12:15  Documentaries  & Discussions  W/ Joans  Coffee Shop  10:30 TLC w/ Andrea in MCU  11:30 Lunch  11:30 Lunch  11:30 Lunch  11:30 Lunch  12:30  Done Harge  The was a beautiful, bright autumn day, was blue you could all was blue you could all was blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you could all you main the edder and a sky so blue you co	Exercise Room		Exercise Room	Exercise Room	Exercise Room	wniie you can!	の意思を
Margaret in MCU   11:00 Worship - Chapel in MCU   11:30 Lunch   11:30		Exercise Room	4 D by		4 D b		AND THE STATE OF T
Margaret in MCU   11:00 Worship - Chapel in MCU   11:30 Lunch   11:30						William VIII	
Margaret in MCU   11:00 Worship - Chapel in MCU   11:30 Lunch   11:30	10:15 TLC w/	10:30 Mentors Visit MC		<b>10:30</b> TI C w/ Δndrea		No.	Real Party
11:30 Lunch 12:15 Documentarie & Discussions w/ Joan Coffee Shop  2:00 Bus to City Market  2:00-3:30 Bingo Bingo Bingo Charades Come get silly! Exercise Room  2:30 Banjo/Sing-a-long w/ Duane 3:15 Happy Hour			-	•	•		
12:30   Comparison   Comparison							
Dominos   Dominos   Activities Center   Bible Study - Chapel			11:30 Lunch			11:30 Lunch	
Bible Study - Chapel  1:15 Winston visits Sunshine Room  2:00-3:30 BINGO Dining Room Dining Room Dining Room  2:00-3:30 Bing Toss Dining Room Dining R			12:30			"It was a beautiful.	
1:15 Winston visits Sunshine Room  1:00 Ukulele Sing-a-long w/ Denise Sunshine Room  2:00-3:30 BINGO Dining Room  2:30 Charades Come get silly! Exercise Room  1:00 Ukulele Sing-a-long W/ Denise Sunshine Room  2:30 Charades Come get silly! Exercise Room  1:30 Lucy & Joyce  Sathering: Poetry, music & humor! Sunshine Room  2:00 Bus to City Market  2:30 Banjo/Sing-a-long W/ Duane W/ Duane W/ Duane 3:15 Happy Hour			•>	•		bright autumn day,	
1:15 Winston visits Sunshine Room Vkulele Sing-a-long w/ Denise Sunshine Room Vpenise Sunshine Room  2:00 Bus to City Market  2:30 BINGO Ring Toss Exercise Room Come get silly! Exercise Room Exercise Room  Sunshine Room  2:00 Bus to City Market  Darts & Drinks Come play or watch Exercise Room Sunshine Room  2:00 Bus to City Market  Phane ABALOON Coffee Shop  W/ Duane W/	Dining Room	Activities Center	, , , , , , , , , , , , , , , , , , , ,	1:30 Lucy & Joyce	•	sky so blue you could	
Winston visits Sunshine Room  2:00-3:30 BINGO Dining Room Dining Room Dining Room  Winston visits Sunshine Room  Ukulele Sing-a-long w/ Denise Sunshine Room  2:30 Charades Come get silly! Exercise Room Come get silly! Exercise Room  Ukulele Sing-a-long W/ Denise Sunshine Room  Darts & Drinks Come play or watch Exercise Room  Sils Happy Hour		1.15	1:00				•
Sunshine Room  2:00-3:30  BINGO  Dining Room  Exercise Room  W/ Denise Sunshine Room  2:30  Charades Come get silly! Exercise Room  Exercise Room  Sunshine Room  2:30  Charades Come get silly! Exercise Room  Exercise Room  Sunshine Room  2:30  Banjo/Sing-a-long W/ Duane W/ Duane  3:15  Happy Hour			Ukulele Sing-a-long		<b>à</b>		Сојјее Ѕпор
2:00-3:30 BINGO Dining Room Dining Room  Sunshine Room  2:30 Charades Come get silly! Exercise Room  Sunshine Room  A 2:30 Darts & Drinks Come play or watch Exercise Room  Sunshine Room  Market  2:30 Banjo/Sing-a-long W/ Duane 3:15 Happy Hour			THE STATE OF THE S				
2:00-3:30 BINGO Dining Room  Exercise Room  2:30 Charades Come get silly! Exercise Room  2:30 Darts & Drinks Come play or watch Exercise Room  Come play or watch Exercise Room  3:15 Happy Hour		Sunstille Room	Sunshine Room			To the Contract of the Contrac	
BINGO Dining Room  Charades Come get silly! Exercise Room  Charades Come get silly! Exercise Room  Darts & Drinks Come play or watch Exercise Room  Significantly Exercise Room  Banjo/Sing-a-long W/ Duane 3:15 Happy Hour							P1 11
Dining Room  Exercise Room  Come get silly!  Exercise Room  Come play or watch  Exercise Room  Happy Hour							Kest
Exercise Room Exercise Room Happy Hour		_					-72
Happy Hour Happy Hour	Diffility Kooffi	EXEICISE KOOITI	= :				2222
		1	EXELCISE ROUIII	EXELCISE KUUIII	~ 2		00
Sunshine Room		LOS CO					Co Excy
		0			Sunstitute Nooth		
4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner

## Week 3 Regular/NAS

## Cornerstone Spring Summer 2024

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL BREAKFAST PASTRY EGG: MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: BLUEBERRY MUFFIN BACON MARGARINE/ JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL BREAKFAST SANDWICH MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: STRAWBERRY FRENCH TOAST MILK	CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG WITH CHEESE TORTILLA MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST MARGARINE/JELLY MILK
N O O N	CREAMY GARLIC HERB PORK CHOP SEASONED MINI BAKERS BUTTERED PEAS ROLL/MARG PIE MILK	REUBEN SWEET PEPPER SLAW SEASONAL FRESH FRUIT DESSERT IS ICE CREAM SOCIAL! MILK	ORANGE CHICKEN FRIED RICE VEGETABLES EGG ROLL SHERBET MILK	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BREAD/MARG CANDIED CARROTS VANILLA CHEESECAKE W/ CHERRY SAUCE MILK	SAUCY RIBS MACARONI & CHEESE GREEN BEANS W/ BACON BREAD/MARG GOOEY BUTTER CAKE MILK	PANKO CRUSTED COD LEMON KISSED ASPARAGUS CHEESY POTATO TOT BAKE BREAD/MARG SEASONAL FRESH FRUIT MILK	MEATBALLS WITH MARINARA SAUCE NOODLES TOSS SALAD/ DRESSING GARLIC TOAST PUDDING SUNDAE MILK
E V E	VEGETABLE SOUP CRACKERS 1/2 EGG SALAD SANDWICH TOSS SALAD/ DRESSING BANANA BERRY CUP MILK	SMOKED SAUSAGE FLATBREAD PIZZA PARMESAN CORN LEMON BAR MILK	COOK'S CHOICE MILK	CHICKEN PARMESAN SOUP CRACKERS TOSS SALAD/ DRESSING GARLIC TOAST FRUIT MILK	TURKEY BLT WRAP POTATO SALAD PICKLED BEETS SEASONAL FRESH FRUIT MILK	CHICKEN CAPRESE SALAD BREADSTICK PEACH CRISP MILK	BBQ PORK ON BUN TATER TOTS SEASONAL VEGETABLE MANDARIN ORANGES BROWNIE 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:

Notes:



04/28/24, 06/02/24, 07/07/24, 08/11/24, 09/15/24

## MC ACTIVITIES CALENDAR September 30-October 6

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	<b>Walking Residents</b>	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	<b>Mentors Visit</b>	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	1:00	Trishaw bike rides:	us for music &		
	Winston Visits	Welcome to join	Suzie 1:00	Therapy Dog,		
		Sing-a-long	Joyce 1:30	Mocha		
		Sunshine Room		Sunshine Room		
1:30	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