| NATIONAL ASSISTED LIVING WEEK September 9-15 | | | | | | |
|---|--|---|--|---|--|-----------------------------------|
| Monday, 09 | TUESDAY, 10 | WEDNESDAY, 11 | THURSDAY, 12 | FRIDAY, 13 | SATURDAY, 14 | SUNDAY, 15 |
| 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast |
| Hydration Station open 9:00-4:30 | Hydration Station open 9:00-4:30 | Hydration Station opens 9:00-4:30 | Hair Salon 8:30-11:00 | Hydration Station opens 9:00-4:30 | Drink Water! | Count your Blessings! |
| 9:00 "Western Day" | 9:00 "Born to be Wild Day" | 9:00 "Day of Gratitude" | 9:00 "Life is Colorful Day" | 9:00 "Our Legacy" | 9:00 Bring your | 9:00 Worship |
| Bring your beverage to coffee shop | Wear your crazy socks &/or hat | Writing notes of thanks to our | Adult Coloring Coffee Shop | Words of wisdom to be put on the | beverage to coffee shop | Chapel ‡ |
| Western Trivia 9:00 | Solving Riddles * Coffee Shop | wonderful staff Coffee Shop | Trishaw Bike Rides 9:30 Dorothy & Inge 10:00 Shirley A & Carolyn | Legacy Tree Dining Room | where residents gather & listen to classical music | |
| 10:00 | 9:45 | 10:00 | 10:00 | 10:00 | | Enjoy the |
| Zumba w/ Kathi <i>Exercise Room</i> | Basic Tap Dance w/ Michelle | Zumba w/ Kathi <i>Exercise Room</i> | Chair Yoga w/ Jim <i>Exercise Room</i> | Zumba w/ Kathi <i>Exercise Room</i> | Make sure you are signed up to | patios |
| MAN | Exercise Room | | | | walk or make a donation to the "Walk to End Alzheimer's " | |
| 10:15 TLC w/ Margaret in MCU | 10:30 Mentors Visit MC | 10:15 TLC w/ Andrea in MCU | 1 0:30 TLC w/ Andrea in MCU | 10:30 TLC w/ Margaret in MCU | (table in Sunshine Room) | |
| 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch |
| 12:30 Western Themed Photo Shoot | 1:00 Rhythm Drumming w/ Andrew Ecker | 12:30 Ice Cream Social Dining Room | 12:30 September Birthday Celebration | 1:00 Mocha the Therapy Dog & Guitar | "Keep Movin'. Your body, mind, & spirit will thank | 12:15 Documentaries & Discussions |
| w/ friends - <i>Dining</i> <i>Rm</i> | Dining Room | | Dining Room Sandy, Lagia, Hugh, | Sunshine Room | you." | w/ Joan Coffee Shop |
| | | | Chuck, Dorothy, Joan | Banjo/Sing-a-long w/ Duane | | |
| 2:00 | 3:00 | 2:30 | 2:30 | 3:15 | | Rest |
| Rag Time Pianist, Adam Swanson Sunshine Room | Balloon Batting, Bubbles, & Lollipops Exercise Room | Gratitude BINGO Dining Room | Paint the Sea Project Dining Room | Happy Hour Come down for a drink & gift Sunshine Room | | |
| Cowboy Grub | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner |

| | The state of the s | | | | | | | |
|------------------|--|---|---|---|--|---|---|--|
| M | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| B F S T | CHOICE OF JUICE CHOICE OF CEREAL EGG: SWEET ROLL MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG: BANANA BREAD MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY WAFFLES MAPLE SYRUP MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG: BACON TOAST MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE LINK FRENCH TOAST / SYRUP MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG: DONUT HOLES MILK | |
| N O O N | FRIED CHICKEN MASHED POTATOES CHICKEN GRAVY CASCADE BLEND VEGETABLES ROLL/MARG PIE MILK | CHICKEN ALFREDO CARROTS GARLIC TOAST DESSERT IS ICE CREAM SOCIAL! MILK | BRUNCH ENTREE FEATURE SEASONED BREAKFAST POTATOES FRUIT APRICOT CRUMB BAR MILK | TURKEY PASTA SALAD TOMATO SLICES BREADSTICK CHEESECAKE MILK | SMOTHERED CUBE STEAK MASHED POTATOES BUTTERED PEAS BREAD/MARG FLUFFY STRAWBERRY DESSERT MILK | SHRIMP & CHIPS BROCCOLI W/ CHEESE CORNBREAD/MARG SEASONAL FRESH FRUIT MILK | SHEPHERDS PIE GREEN BEANS BREAD/MARG SHERBET MILK | |
| E V E | COWBOY GRUB! TO BE DECIDED! MILK | OPEN FACE HOT BEEF SANDWICH MASHED POTATOES CREAMY COLESLAW MANDARIN ORANGES MILK | SUMMER CHICKEN TORTELLINI SOUP CRACKERS CHOPPED SALAD/DRESSING BREADSTICK BANANA BERRY CUP MILK | BRATWURST ON BUN TATER TOTS CORN MIXED FRUIT MILK | FRIED CHICKEN DRUMSTICK PASTA SALAD CUCUMBER SALAD GARLIC TOAST PEARS MILK | BEEF ENCHILADA SEASONAL VEGETABLE BREAD/MARG BUTTERSCOTCH BROWNIE MILK | DELI SANDWICH POTATO CHIPS PEACHES CAKE ROLL 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:



05/05/24, 06/09/24, 07/14/24, 08/18/24, 09/22/24

Notes:

MC ACTIVITIES CALENDAR September 9-15

| MONDAY, 09 | TUESDAY, 10 | WEDNESDAY, 11 | THURSDAY, 12 | FRIDAY, 13 | SATURDAY, 14 | SUNDAY, 15 |
|---------------------|----------------------|-----------------------|---------------------|--------------------------|---------------------|---------------------|
| 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 |
| | 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 |
| 1:15 | 1:00 | 1:30 | 12:30 | 1:00 | 12:30 | 12:30 |
| Western Themed | Drumming with | Ice Cream Social | September | Welcome to join | Down Time | Down Time |
| Photo Shoot | Andrew | MC Dining Room | Birthday | us for music & | | |
| AL Dining Room | AL Dining Room | | Celebrations | Therapy Dog, | | |
| (Costumes | | | AL Dining Room | Mocha | | |
| Provided) | | | | Sunshine Room | | |
| 2:00 | 3:00 | 2:30 | 2:30 | 2:30 | 2:30 | 2:30 |
| Adam Swanson | Balloon Batting, | Cognitive Activity w/ | Cognitive Activity | Welcome to join us | Cognitive | Cognitive Activity |
| Pianist | Bubbles, & | caregivers | w/ caregivers | in Sunshine Room | Activity w/ | w/ caregivers |
| Sunshine Room | Lollipops | | | for music | caregivers | |
| | AL Exercise Room | | | | | |
| 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 | Gifts brought in by | Wash & prep for | Wash & prep for |
| dinner | dinner | dinner | dinner | Margaret & Andrea | 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 |
| 1 | Aitci 5.50 | Aitel 3.30 | Aitel 5.50 | 711161 3130 | Aitel 3.30 | Aitel 3.30 |