



# Memory Support Weekly Schedule


## Monday July 15th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Crosswords & Conversation  
 10:00 Mindful Moments: Pretty Nails or Hand Massages   
 10:30 ONCARE Music Therapy Group  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions & Gospel Music  
 2:00 Lemonade on the Patio  
 3:00 Artisans: Sip & Paint on Wood  
 5:30 Music to My Ears: Sing-A-Long

## Tuesday July 16th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Jigsaws & Jazz Music on Alexa  
 10:00 Mindful Moments: Hand Massages  
 10:30 Vitality: Balloon Volleyball  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions & Hymn Sing-A-Long  
 2:00 Root Beer Floats with ONCARE and Games in the Game Parlor   
 3:00 Music Bingo  
 5:30 Oldies but, Goodies Movie & Popcorn

## Wednesday July 17th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or This Day in History  
 10:00 Mindful Moments: Book Club  
 10:30 Vitality: Balloon Volleyball in Game Parlor  
 11:00 Inspirational Services: Rosary (T)  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions & Bible Study  
 1:30 Music to My Ears: Live Music by Mary Link (C)  
 2:30 Creative Cooking: Chocolate Pudding Parfaits  
 5:30 Music to My Ears: Worship Wednesday Sing A Long 


## Thursday July 18th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Color Me Calm  
 10:00 Horticulture Club: Water Garden  
 10:30 Vitality: Table Hockey or Just the Guys Mini Golf in Game Parlor  
 11:15 Lutheran Church Service (C)  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions & Hymn Sing-A-Long  
 2:00 Walking Club Outside   
 3:00 Bingo  
 5:30 Western Movie & Popcorn


## Friday July 19th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Trivia and Proverbs  
 10:00 Mindful Moments: Politics, Religion, & Money  
 10:30 Vitality: Darts & Axe Throwing in Game Parlor  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions  
 1:00 Music to My Ears: Live Music by Kevin & Heidi Chang (C)  
 2:00 Artisans: Stencil Door Hanger Craft  
 3:00 Happy Hour: It's 5 O'clock Somewhere with 70's Music/Axe Throwing/Darts in Game Parlor  
 5:30 Movie & Popcorn 

## Saturday July 20th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Jigsaws & Jazz Music on Alexa "Hey, Alexa...Play Jazz Music"  
 10:00 Mindful Moments: Pretty Nails or Hand Massages  
 10:30 Vitality: Balloon Volleyball  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions & Hymn Sing-A-Long  
 2:00 Lemonade on the Patio  
 3:00 Bean Bag Toss in Game Parlor  
 4:30 Alpha & Omega Kids Singing  
 5:30 Comedy Movie & Popcorn 

## Sunday July 21st

9:00 Keeping it Sharp: Daily Chronicles or Games  
 10:00 Horticulture Club: Water Garden  
 10:30 Vitality: Move to 50's Rock-N-Roll "Hey, Alexa...Play 50's Rock-N-Roll"   
 10:30 Catholic Mass CH. #8  
 11:00 Inspirational Services: Cavalry Christian Church (C)  
 11:30 & 4:30 Scrub Before You Grub  
 1:00 Inspirational Services: Daily Devotions & Gospel Music  
 2:00 Sunday Sundaes  
 3:00 Let's Play Golf in Game Parlor  
 5:30 Inspirational Services: Hymn Sing-A-Long

# Heritage Ridge

All Activities & Times  
 Are Subject to Change  
 Activities Are Conducted Dependent  
 Of Residents  
 Needs & Wants  
 (C) Community Room  
 (T) Movie Theatre