



# Memory Support Weekly Schedule

## Monday July 29th

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Crosswords & Conversation  
 10:00 Mindful Moments: Pretty Nails or Hand Massages   
 10:30 Vitality: Pool Noodle Exercise in Game Parlor  
 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  
 5:30 Music to My Ears: Elvis Sing-A-Long

## Friday August 2nd

9:00 Keeping it Sharp: Daily Chronicles and Coffee or Trivia and Proverbs  
 10:00 Mindful Moments: Politics, Religion, & Money  
 10:30 Vitality: Social Drumming in Game Parlor  
 11:30 & 4:30 **Scrub Before You Grub**  
 1:00 Inspirational Services: Daily Devotions  
 2:00 Artisans: Clay Art  
 3:00 Happy Hour: It's 5 O'clock Somewhere with 70's Music/Axe Throwing/Darts in Game Parlor  
 5:30 Music to My Ears: 70's Music Sing-A-Long



## Tuesday July 30th

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 in Game Parlor  
 11:30 & 4:30 **Scrub Before You Grub**  
 1:00 Inspirational Services: Daily Devotions & Hymn Sing-A-Long  
 2:00 Soda Pop and Games in the Parlor  
 3:00 Music Bingo  
 5:30 Oldies but, Goodies Movie & Popcorn



## Saturday August 3rd

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  
 5:30 Comedy Movie & Popcorn




## Wednesday July 31st

9:00 Keeping it Sharp: Daily Chronicles and Coffee or This Day in History  
 10:00 Mindful Moments: Book Club  
 10:30 Vitality: Ballroom Chair Dancing 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 Kim Meyer (C)**  
 2:30 Creative Cooking: Chocolate Chip Bars  
 5:30 Inspirational Services: Worship Wednesday Sing A Long



## Sunday August 4th

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

## Thursday August 1st

9:00 Keeping it Sharp: Daily Chronicles and Coffee or My 2 Cents Game  
 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 Karaoke in the Game Parlor  
 3:00 Bingo  
 5:30 Western Movie & Popcorn



# Heritage Ridge

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