

Memory Support Weekly Schedule

Monday September 16th

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:00 Mindful Moments: Pretty Nails
 10:30 Vitality: Balloon Volleyball in Game Parlor
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Lifelong Learning: Travel Club on YouTube
 2:30 **Music to My Ears: Piano Music by Jane Moore (C)**
 3:30 Artisans: Sip & Paint
 4:30 **Scrub Before You Grub**
 5:30 Music to My Ears: Elvis Sing-A-Long

Tuesday September 17th

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:00 Mindful Moments: Book Club
 10:30 Vitality: Pool Noodle Exercise W/Friends
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Mindful Moments: Jigsaws & Jazz W/Orlene
 2:00 Vitality: Soda Pop and Games in the Parlor
 3:30 Keeping it Sharp: Music Bingo
 4:30 **Scrub Before You Grub**
 5:30 Oldies but, Goodies Movie & Popcorn



Wednesday September 18th

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:00 Mindful Moments: This Day in History
 10:30 Vitality: Ballroom Chair Dancing in Game Parlor
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Mindful Moments: Creative Coloring
 1:30 **Music to My Ears: Live Music by Jerry Stingley (C)**
 3:30 Artisans: Creating Coasters
 4:30 **Scrub Before You Grub**
 5:30 Inspirational Services: Worship Wednesday Hymn Sing A Long



Thursday September 19th

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:00 Horticulture Club: Mix & Mingle in the Courtyard & Water Garden
 10:30 Vitality: Table Hockey or Just the Guys Mini Golf in Game Parlor
 11:15 **Inspirational Services: Lutheran (C)**
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Lifelong Learning: Tasting History
 2:00 Creative Cooking: Apple Cider Muffins
 3:30 Keeping it Sharp: Bingo
 5:30 Western Movie & Popcorn



Friday September 20th

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:00 Keeping it Sharp: Proverbs
 10:00 Out and About: Picking up Apples
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Lifelong Learning: Learning French
 2:00 Artisans: Stamping Fall Cards
 3:30 Happy Hour: It's 5 O'clock Somewhere with 50's & 60's Music
 4:30 **Scrub Before You Grub**
 5:30 Music to My Ears: 70's Sing-A-Long
 7:00 Nebraska Football Game



Saturday September 21st

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:00 Mindful Moments: Pretty Nails or Hand Massages
 10:30 Vitality: Balloon Volleyball
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Lifelong Learning: American Sign Language on YouTube
 2:00 Mindful Moments: Lemonade on the Patio
 3:30 Vitality: Bean Bag Toss in Game Parlor
 4:30 **Scrub Before You Grub**
 5:30 Comedy Movie & Popcorn Night



Sunday September 22nd

9:00 Keeping it Sharp: Resident Led Daily Chronicles and 2nd Cup of Joe Club
 9:30 Fold Towel Warmer Washcloths/Help Tidy
 10:30 Inspirational Services: Catholic Mass CH. #8
 10:30 Vitality: Balloon Volleyball
 11:00 **Inspirational Services: Cavalry Christian Church (C)**
 11:30 **Scrub Before You Grub**
 12:00 Inspirational Services: Daily Devotions
 1:00 Mindful Moments: Jigsaws & Jazz
 2:00 Mindful Moments: Sunday Sundaes
 3:00 Vitality: Bowling in Game Parlor
 4:30 **Scrub Before You Grub**
 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