

October 2019

SPECIAL HIGHLIGHTS

- Art Therapy: Tues. @ 9am & 10am, Wed. @ 10am & 11am
- Golf Group: Mon. @ 1:30pm & Thurs. @ 10am
- Meet Me at MoMA: Fri. @ 1:30
- Music Therapy: Wed. @ 11:00am, Thurs. @ 2:00 pm.
- Pet Therapy: Wed. @ 3:30-4:30 pm
- Tai Chi: Tues. @ 1:30 pm
- Small Yoga Group: Thurs. @ 1:30

SENIOR SCHOLARS

Specially curated topics from News Currents Senior and Ted Talks, plus guest speakers, including UNC-Charlotte professors and experts from Charlotte Mecklenburg Public Library, are part of the line-up for our expanded weekly Senior Scholars. T-W-Th

HEALTH TOPIC

Genesis Health Topic & Description: This month Genesis will discuss the benefits of every day fitness and will share helpful tips related to optimizing your health.

ICON & LOCATION KEY

- AR = ART & CRAFT ROOM PT = PUTTING GREEN
 CP = COVERED PORCH PB = BAR & LOUNGE
 DR = DINING & GAMING ROOM LB = LIBRARY
 TK = THERAPY KITCHEN TH = THEATRE
 OD = OUTDOORS TR = TRANQUILITY ROOM
 LR = LIVING ROOM

- COGNITIVE ● PHYSICAL ● PSYCHO-SOCIAL

ACTIVITIES ARE SUBJECT TO CHANGE

Each day at The Ivey is intentionally designed with the preferences, interests and needs of each of our members in mind. The schedule is predictable to help with memory retention, but content varies to keep it interesting and stimulating. Everyday living activities are incorporated throughout the day to feel like home.



LIFE ENRICHMENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Member Birthdays</p> <p>10/03 - Cindy B. 10/06 - Trudy D. 10/09 - Beverly B. 10/26 - Jerry B.</p>	<p>1</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● LR 01:30p-02:30p Bean Bag Toss ● DR 02:30p-03:30p Art in Action ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Music Fun</p>	<p>2</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Art Appreciation ● TH 02:30p-03:30p Word Cookies ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather</p>	<p>3</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p iSpy Detective ● LR 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun</p>	<p>4</p> <p>● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ Christine ● TH 02:30p-03:30p Famous Faces ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Fact or Fiction</p>
<p>7</p> <p>● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Family Feud ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge</p>	<p>8</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● LR 01:30p-02:30p Basketball Toss ● TH 02:30p-03:30p Hang Man ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia</p>	<p>9</p> <p>● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a Music w/ Tom ● DR 01:30p-02:30p Café Ivey ● TH 02:30p-03:30p You Be the Judge ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather</p>	<p>10</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● DR 02:30p-03:30p Café Ivey ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Music Fun</p>	<p>11</p> <p>● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Balloon Volleyball ● TH 02:30p-03:30p Spiritual Time ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Reminiscing</p>
<p>14</p> <p>● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Wheel of Fortune ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge</p>	<p>15</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Genesis Health ● LR 02:30p-03:30p Bean Bag Toss ● TH 01:30p-02:30p Travel w/ Willene ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia</p>	<p>16</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Art Appreciation ● DR 02:30p-03:30p Auction ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather</p>	<p>17</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● DR 02:30p-03:30p Entrance Theater Talk ● LR 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun</p>	<p>18</p> <p>● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ Broken Wing Duo ● TH 02:30p-03:30p 100 Words ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Fact or Fiction</p>
<p>21</p> <p>● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Piano w/ Ethan ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line</p>	<p>22</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● LR 01:30p-02:30p Ring Toss ● TH 02:30p-03:30p Musical Hang Man ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Music Fun</p>	<p>23</p> <p>● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a Music w/ Tom ● TH 01:30p-02:30p Sketch Class ● DR 02:30p-03:30p Art in Action ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather</p>	<p>24</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● DR 02:30p-03:30p Art in Action ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Music Fun</p>	<p>25</p> <p>● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ Roy Daye ● TH 02:30p-03:30p Karaoke ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Reminiscing</p>
<p>28</p> <p>● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Wheel of Fortune ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge</p>	<p>29</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● LR 01:30p-02:30p Bean Bag Toss ● TH 02:30p-03:30p Spiritual Time ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia</p>	<p>30</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Art Appreciation ● DR 02:30p-03:30p Café Ivey ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather</p>	<p>31</p> <p>● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● DR 02:30p-03:30p Halloween Social ● TH 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun</p>	<p>Staff Birthdays</p> <p>10/16 - Kelly A. 10/23 - Nicci R. 10/24 - Lisa G. 10/25 - Eileen B.</p>