

# LIFE ENRICHMENT CALENDAR

## December 2019

### SPECIAL HIGHLIGHTS

- Art Therapy: Tues. @ 9am & 10am, Wed. @ 10am & 11am
- Bridge Group: Mon. & Wed. @ 1:30pm
- 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

### 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 how the "Daily 4" may improve dental health!

### ICON & LOCATION KEY

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> TH 10:00a-11:00a <b>Yoga</b> 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 Finish the Line	<b>3</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p Scattogories TH 02:30p-03:30p Chair Dancing LR 04:00p-05:00p Name That Tune LR 05:00p-05:30p Music Fun	<b>4</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Sketch Class</b> LR 02:30p-03:30p Bean Bag Toss LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>5</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Yoga</b> DR 02:30p-03:30p Art in Action TH 04:00p-05:00p Word Cookies LR 05:00p-05:30p Music Fun	<b>6</b> TH 10:00a-11:00a <b>Genesis Exercise</b> TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Music w/ Christine</b> TH 02:30p-03:30p Famous Faces DR 04:00p-05:00p Colored Pencil Art LR 05:00p-05:30p Fact or Fiction	
<b>9</b> TH 10:00a-11:00a <b>Yoga</b> 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	<b>10</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p Musical Hang Man TH 02:30p-03:30p Chair Dancing LR 04:00p-05:00p Name That Tune LR 05:00p-05:30p Trivia	<b>11</b> TH 10:00a-11:00a Exercise DR 11:00a-11:45a <b>Music w/ Tom</b> TH 01:30p-02:30p <b>Art Appreciation</b> DR 02:30p-03:30p <b>Music w/ Emily &amp; Christine</b> LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>12</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Yoga</b> DR 02:30p-03:30p Café Ivey TH 04:00p-05:00p Alphabetics LR 05:00p-05:30p Music Fun	<b>13</b> TH 10:00a-11:00a <b>Genesis Exercise</b> TH 11:00a-11:45a Morning Musings DR 01:30p-02:30p <b>Music w/ Roy</b> TH 02:30p-03:30p Crosswords DR 04:00p-05:00p Colored Pencil Art LR 05:00p-05:30p Reminiscing	
<b>16</b> TH 10:00a-11:00a <b>Yoga</b> DR 11:00a-11:45a <b>Jazz w/ Nicci</b> 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 Finish the Line	<b>17</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a <b>Genesis Health</b> TH 01:30p-02:30p 100 Words DR 02:30p-03:30p Art in Action LR 04:00p-05:00p Name That Tune LR 05:00p-05:30p Trivia	<b>18</b> TH 10:00a-11:00a Exercise DR 11:00a-11:45a <b>Music w/ Tom</b> TH 01:30p-02:30p <b>Sketch Class</b> LR 02:30p-03:30p Bean Bag Toss LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>19</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Yoga</b> TH 02:30p-03:30p <b>Travel w/ Willene</b> TH 04:00p-05:00p Word Cookies LR 05:00p-05:30p Music Fun	<b>20</b> TH 10:00a-11:00a <b>Genesis Exercise</b> 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 Fact or Fiction	
<b>23</b> TH 10:00a-11:00a <b>Yoga</b> TH 11:00a-11:45a Morning Musings DR 01:30p-02:30p <i>Ivey Christmas Program</i> DR 02:30p-03:30p Bingo LR 04:00p-05:00p Sing Along LR 05:00p-05:30p You Be the Judge	<b>24</b> Winter Holiday  The Ivey will be  <b>CLOSED</b>		<b>25</b> Winter Holiday  The Ivey will be  <b>CLOSED</b>		<b>26</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Yoga</b> TH 02:30p-03:30p Hang Man TH 04:00p-05:00p Alphabetics LR 05:00p-05:30p Music Fun
<b>30</b> TH 10:00a-11:00a <b>Yoga</b> 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 Finish the Line	<b>31</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p Musical Hang Man DR 02:30p-03:30p New Year's Celebration LR 04:00p-05:00p Name That Tune LR 05:00p-05:30p Trivia	<b>Member Birthdays</b> 12/01 - Boyd C. 12/17 - Ann H. 12/18 - Tom C. 12/21 - Cheryl D.		<b>Staff Birthdays</b> 12/28 - Gaston W. 12/28 - Tom S.	