

LIFE ENRICHMENT CALENDAR

August 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: Mon. @ 10:30am, Tue. @ 10:30 am.
- Pet Therapy: Wed. @ 3:30-4:30
- Tai Chi: Fri. @ 2:30
- 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 ways to boost mental health. Some of the ways include spending time outdoors, writing, trying new things, and disconnecting from technology.

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
<p>Member Birthdays</p> <p>8/02 - Joyce M.</p> <p>8/06 - Helen K.</p> <p>8/08 - Brenda W.</p> <p>8/19 - Stan E.</p>	<p>Staff Birthdays</p> <p>8/08 - Andrea C.</p>	<p>Don't miss out on the end of summer fun! Join us for The Ivey Summer Carnival, August 21st!</p>	<p>1</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Famous Faces</p> <p>TH 02:30p-03:30p Name That Tune</p> <p>LR 04:00p-05:00p Trivia</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>2</p> <p>TH 10:00a-11:00a Genesis Exercise</p> <p>TH 11:00a-11:45a Mind Your Mind</p> <p>TH 01:30p-02:30p Music w/ Christine</p> <p>TH 02:30p-03:30p Crosswords</p> <p>DR 04:00p-05:00p Colored Pencil Art</p> <p>LR 05:00p-05:30p Fact or Fiction</p>
<p>5</p> <p>TH 10:00a-11:00a Yoga</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Wheel of Fortune</p> <p>DR 02:30p-03:30p Bingo</p> <p>LR 04:00p-05:00p Sing Along</p> <p>LR 05:00p-05:30p Finish the Line</p>	<p>6</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>LR 01:30p-02:30p Corn Hole</p> <p>DR 02:30p-03:30p Chair Dancing</p> <p>LR 04:00p-05:00p Brain Teasers</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>7</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Art Appreciation</p> <p>DR 02:30p-03:30p Café Ivey</p> <p>LR 04:00p-05:00p Pet Therapy</p> <p>LR 05:00p-05:30p Would You Rather</p>	<p>8</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Word Cookies</p> <p>DR 02:30p-03:30p Art in Action</p> <p>LR 04:00p-05:00p Trivia</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>9</p> <p>TH 10:00a-11:00a Genesis Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Balloon Soccer</p> <p>DR 02:30p-03:30p Bingo</p> <p>DR 04:00p-05:00p Colored Pencil Art</p> <p>LR 05:00p-05:30p Reminiscing</p>
<p>12</p> <p>TH 10:00a-11:00a Yoga</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Family Feud</p> <p>DR 02:30p-03:30p Bingo</p> <p>LR 04:00p-05:00p Sing Along</p> <p>LR 05:00p-05:30p You Be the Judge</p>	<p>13</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Hang Man</p> <p>DR 02:30p-03:30p Chair Dancing</p> <p>LR 04:00p-05:00p Alphabetics</p> <p>LR 05:00p-05:30p Trivia</p>	<p>14</p> <p>TH 10:00a-11:00a Exercise</p> <p>DR 11:00a-11:45a Music w/ Tom</p> <p>TH 01:30p-02:30p Sketch Class</p> <p>DR 02:30p-03:30p Café Ivey</p> <p>LR 04:00p-05:00p Pet Therapy</p> <p>LR 05:00p-05:30p Would You Rather</p>	<p>15</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Music Appreciation</p> <p>DR 02:30p-03:30p Art in Action</p> <p>LR 04:00p-05:00p Trivia</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>16</p> <p>TH 10:00a-11:00a Genesis Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Balloon Volleyball</p> <p>TH 02:30p-03:30p Spiritual Time</p> <p>DR 04:00p-05:00p Colored Pencil Art</p> <p>LR 05:00p-05:30p Fact or Fiction</p>
<p>19</p> <p>TH 10:00a-11:00a Yoga</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Wheel of Fortune</p> <p>DR 02:30p-03:30p Bingo</p> <p>LR 04:00p-05:00p Sing Along</p> <p>LR 05:00p-05:30p Finish the Line</p>	<p>20</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Genesis Health</p> <p>LR 01:30p-02:30p Ring Toss</p> <p>DR 02:30p-03:30p Chair Dancing</p> <p>LR 04:00p-05:00p Brain Teasers</p> <p>LR 05:00p-05:30p Trivia</p>	<p>21</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Art Appreciation</p> <p>DR 02:30p-03:30p Ivey Summer Carnival</p> <p>LR 04:00p-05:00p Pet Therapy</p> <p>LR 05:00p-05:30p Would You Rather</p>	<p>22</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Musical Hang Man</p> <p>DR 02:30p-03:30p Art in Action</p> <p>TH 04:00p-05:00p Word Cookies</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>23</p> <p>TH 10:00a-11:00a Genesis Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p 100 Words</p> <p>DR 02:30p-03:30p Bingo</p> <p>DR 04:00p-05:00p Colored Pencil Art</p> <p>LR 05:00p-05:30p Reminiscing</p>
<p>26</p> <p>TH 10:00a-11:00a Yoga</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Family Feud</p> <p>DR 02:30p-03:30p Bingo</p> <p>LR 04:00p-05:00p Sing Along</p> <p>LR 05:00p-05:30p You Be the Judge</p>	<p>27</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>LR 01:30p-02:30p Corn Hole</p> <p>DR 02:30p-03:30p Chair Dancing</p> <p>LR 04:00p-05:00p Alphabetics</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>28</p> <p>TH 10:00a-11:00a Exercise</p> <p>DR 11:00a-11:45a Music w/ Tom</p> <p>TH 01:30p-02:30p Sketch Class</p> <p>DR 02:30p-03:30p Café Ivey</p> <p>LR 04:00p-05:00p Pet Therapy</p> <p>LR 05:00p-05:30p Would You Rather</p>	<p>29</p> <p>TH 10:00a-11:00a Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Travel w/ Willene</p> <p>DR 02:30p-03:30p Art in Action</p> <p>LR 04:00p-05:00p Trivia</p> <p>LR 05:00p-05:30p Music Fun</p>	<p>30</p> <p>TH 10:00a-11:00a Genesis Exercise</p> <p>TH 11:00a-11:45a Morning Musings</p> <p>TH 01:30p-02:30p Balloon Volleyball</p> <p>TH 02:30p-03:30p Alphabetics</p> <p>DR 04:00p-05:00p Colored Pencil Art</p> <p>LR 05:00p-05:30p Fact or Fiction</p>