

# LIFE ENRICHMENT CALENDAR

## July 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.
- Musical Performance by John Lewis: 1, 3, 5, 8, 10, 12, 15, 16, 19, 22, 24, 26, 29 & 31
- 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
- PT = PUTTING GREEN
- CP = COVERED PORCH
- PB = BAR & LOUNGE
- DR = DINING & GAMING ROOM
- LB = LIBRARY
- TK = THERAPY KITCHEN
- OD = OUTDOORS
- TH = THEATRE
- 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> TH 10:00a-11:00a <b>Yoga</b> DR 11:00a-11:45a <b>Music w/ John</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>2</b> DR 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 02:30p-03:30p 100 Words LR 04:00p-05:00p Corn Hole LR 05:00p-05:30p Brain Teasers LR 05:00p-05:30p Music Fun	<b>3</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings DR 01:30p-02:30p <b>Music w/ John</b> TH 02:30p-03:30p 100 Words LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>4</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Patriotic Songs</b> LB 02:30p-03:30p <b>4th of July Carnival</b> LR 04:00p-05:00p Trivia LR 05:00p-05:30p Music Fun	<b>5</b> TH 10:00a-11:00a <b>Genesis Exercise</b> DR 11:00a-11:45a <b>Music w/ John</b> TH 01:30p-02:30p Balloon Volleyball TH 02:30p-03:30p Crosswords DR 04:00p-05:00p Colored Pencil Art LR 05:00p-05:30p Fact or Fiction
<b>8</b> TH 10:00a-11:00a <b>Yoga</b> DR 11:00a-11:45a <b>Music w/ John</b> 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>9</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a <b>Genesis Health</b> TH 01:30p-02:30p <b>Art Appreciation</b> TH 02:30p-03:30p Mad Libs CP 04:00p-05:00p Music on Porch LR 05:00p-05:30p Trivia	<b>10</b> TH 10:00a-11:00a Exercise DR 11:00a-11:45a <b>Music w/ Tom</b> DR 01:30p-02:30p <b>Music w/ John</b> TH 02:30p-03:30p Word Cookies LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>11</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p Crosswords TH 02:30p-03:30p Name That Tune TH 04:00p-05:00p Word Cookies LR 05:00p-05:30p Music Fun	<b>12</b> TH 10:00a-11:00a <b>Genesis Exercise</b> DR 11:00a-11:45a <b>Music w/ John</b> TH 01:30p-02:30p Chair Dancing TH 02:30p-03:30p Sing Along DR 04:00p-05:00p Colored Pencil Art LR 05:00p-05:30p Reminiscing
<b>15</b> TH 10:00a-11:00a <b>Yoga</b> DR 11:00a-11:45a <b>Music w/ John</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>16</b> TH 10:00a-11:00a Exercise DR 11:00a-11:45a <b>Piedmont Piano Trio</b> DR 01:30p-02:30p <b>Music w/ John</b> TH 02:30p-03:30p Who Am I? LR 04:00p-05:00p Brain Teasers LR 05:00p-05:30p Trivia	<b>17</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Sketch Class</b> TH 02:30p-03:30p Hang Man LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>18</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p You Be the Judge LR 02:30p-03:30p Corn Hole LR 04:00p-05:00p Alphabetics LR 05:00p-05:30p Music Fun	<b>19</b> TH 10:00a-11:00a <b>Genesis Exercise</b> DR 11:00a-11:45a <b>Music w/ John</b> 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>22</b> TH 10:00a-11:00a <b>Yoga</b> DR 11:00a-11:45a <b>Music w/ John</b> 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>23</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings LR 01:30p-02:30p Golf TH 02:30p-03:30p Music Appreciation LR 04:00p-05:00p Finish the Line LR 05:00p-05:30p Music Fun	<b>24</b> TH 10:00a-11:00a Exercise DR 11:00a-11:45a <b>Music w/ John</b> TH 01:30p-02:30p <b>Art Appreciation</b> TH 02:30p-03:30p Word Cookies LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>25</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p Cranium Crunches DR 02:30p-03:30p Café Ivey TH 04:00p-05:00p Word Cookies LR 05:00p-05:30p Music Fun	<b>26</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/ John</b> TH 02:30p-03:30p Family Feud DR 04:00p-05:00p Colored Pencil Art LR 05:00p-05:30p Reminiscing
<b>29</b> TH 10:00a-11:00a <b>Yoga</b> DR 11:00a-11:45a <b>Music w/ John</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>30</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings TH 01:30p-02:30p <b>Sketch Class</b> TH 02:30p-03:30p <b>Travel w/ Willene</b> LR 04:00p-05:00p Fact or Fiction LR 05:00p-05:30p Hum or Hour	<b>31</b> TH 10:00a-11:00a Exercise TH 11:00a-11:45a Morning Musings DR 01:30p-02:30p <b>Music w/ John</b> TH 02:30p-03:30p What Am I? LR 04:00p-05:00p <b>Pet Therapy</b> LR 05:00p-05:30p Would You Rather	<b>Member Birthdays</b> 7/02 - Larry R. 7/06 - Charlotte S. 7/09 - Bob A. 7/21 - Willene B. 7/29 - Patricia B. 7/30 - Glynn T.	
		<b>Staff Birthdays</b> 7/22 - Tracey E.		