

# LIFE ENRICHMENT CALENDAR

## October 2018

### 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. @ 1:30pm, Wed. @ 11 am, Thurs. @ 11am.
- Musical Performance by John Lewis: 1, 3, 5, 8, 10, 11, 15, 16, 19, 22, 24, 26, 29, 31
- Pet Therapy: Wed. @ 3:30-4:30
- Small Yoga Group: Thurs. @ 1:30

### 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
- 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>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 Wheel of Fortune ● DR 02:30p-03:30p Bingo ● TH 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	<b>2</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 Corn Hole ● TH 04:00p-05:00p Chat Pack ● 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> ● LR 02:30p-03:30p Basketball Toss ● TH 04:00p-05:00p Word Cookies ● 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 Famous Faces ● LR 02:30p-03:30p Ring Toss ● TH 04:00p-05:00p News Currents ● LR 05:00p-05:30p Music Fun	<b>5</b> ● DR 10:00a-11:00a <b>Genesis Exercise</b> ● DR 11:00a-11:45a <b>Music w/ John</b> ● TH 01:30p-02:30p Crosswords ● LR 02:30p-03:30p Corn Hole ● 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 Family Feud ● DR 02:30p-03:30p Bingo ● TH 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 Morning Musings ● TH 01:30p-02:30p <b>Art Appreciation</b> ● TH 02:30p-03:30p 100 Words ● TH 04:00p-05:00p News Currents ● 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 Finish the Line ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Would You Rather	<b>11</b> ● TH 10:00a-11:00a Exercise ● LR 11:00a-11:45a <b>Music w/ John</b> ● TH 01:30p-02:30p Categories ● DR 02:30p-03:30p Art in Action ● 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> ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Balloon Volleyball ● TH 02:30p-03:30p Trivia ● 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 Wheel of Fortune ● DR 02:30p-03:30p Bingo ● TH 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	<b>16</b> ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a <b>Genesis Health</b> ● DR 01:30p-02:30p <b>Music w/ John</b> ● LR 02:30p-03:30p Corn Hole ● TH 04:00p-05:00p Chat Pack ● 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 Music Appreciation ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Would You Rather	<b>18</b> ● 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 You Be the Judge ● TH 04:00p-05:00p News Currents ● LR 05:00p-05:30p Music Fun	<b>19</b> ● DR 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 Family Feud ● DR 02:30p-03:30p Bingo ● TH 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 ● TH 01:30p-02:30p Jeopardy ● LR 02:30p-03:30p Corn Hole ● TH 04:00p-05:00p News Currents ● LR 05:00p-05:30p Music Fun	<b>24</b> ● DR 10:00a-11:00a Exercise ● DR 11:00a-11:45a <b>Music w/ John</b> ● TH 01:30p-02:30p <b>Art Appreciation</b> ● DR 02:30p-03:30p Café Ivey ● TH 04:00p-05:00p Word Cookies ● 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 Mad Libs ● TH 02:30p-03:30p Chair Dancing ● 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 Crosswords ● 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 Wheel of Fortune ● DR 02:30p-03:30p Bingo ● TH 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 ● LR 01:30p-02:30p Corn Hole ● TH 02:30p-03:30p <b>Travel w/ Willene</b> ● TH 04:00p-05:00p Chat Pack ● LR 05:00p-05:30p Music Fun	<b>31</b> ● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a <b>Music w/ John</b> ● TH 01:30p-02:30p Who Am I? ● DR 02:30p-03:30p <b>Halloween Social</b> ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Would You Rather	<b>Member Birthdays</b> 10/05 - Marion P. 10/06 - Trudy D. 10/09 - Beverly B. 10/13 - Mary H. 10/14 - Karen T. 10/27 - Pauline R.	
			<b>Staff Birthdays</b> 10/01 - Nicole W. 10/16 - Kelly A. 10/23 - Nicci R. 10/24 - Lisa G. 10/25 - Eileen B.	