



# Activities Calendar for Lincoln Glen Memory Care "Sunshine Alley"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 8:00 AM Breakfast 9:00 AM Catholic Service on TV 11:00 AM Inspirational TV 12:30 PM Lunch 3:00 PM Dominoes 4:00 PM Balloon Toss 6:45 PM Nature Video	2 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim 12:00 PM Lunch 3:00 PM Spring Marker Art 4:00 PM Travel Video 6:45 PM Resident's Choice	3 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Jingo 12:30 PM Lunch 3:00 PM Balloon Toss 4:00 PM Residents' Choice 6:45 PM Viewing Choice	4 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Games/Walks 12:30 PM Lunch 3:00 PM Music and Movement 4:00 PM Balloon Toss 6:45 PM Movie Night	5 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Songs in the garden 12:30 PM Lunch 3:00 PM Dominoes 4:00 PM Music by Steven Gary 6:45 PM Viewing Choice	6 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo (AS) 12:30 PM Lunch 3:00 PM Balloon Toss (AS) 4:00 PM Movie Time 6:45 PM Viewing Choice	7 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Games 4:00 PM Residents' Choice 6:45 PM Viewing Choice	
8 8:00 AM Breakfast 9:15 AM Catholic Service on TV 11:00 AM Inspirational TV 12:30 PM Lunch 3:00 PM Puzzle Time 4:00 PM Balloon Toss 6:45 PM Nature Video	9 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim (AS) 12:00 PM Lunch 3:00 PM Sing along with Debra 4:00 PM Resident's choice 6:45 PM Resident's Choice	10 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Jingo (AS) 12:30 PM Lunch 3:00 PM Balloon Toss 4:00 PM Garden Time 6:45 PM Viewing Choice	11 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks (AS) 12:30 PM Lunch 3:00 PM Music and Movement 4:00 PM Puzzle Time 6:45 PM Movie Night	12 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Harp music by Angel 12:30 PM Lunch 3:00 PM Puzzle Time 4:00 PM Trivia Time 6:45 PM Viewing Choice	13 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo (AS) 12:30 PM Lunch 2:30 PM Games 4:00 PM Balloon Toss 6:45 PM Viewing Choice	14 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Games 4:00 PM Residents' Choice 6:45 PM Viewing Choice	
15 8:00 AM Breakfast 9:15 AM Catholic Service on TV 11:00 AM Inspirational TV 12:30 PM Lunch 3:00 PM Puzzle Time 4:00 PM Balloon Toss 6:45 PM Travel Time	16 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim 12:00 PM Lunch 3:00 PM Basketball 4:00 PM Travel Video 6:45 PM Resident's Choice	17 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM 12:30 PM Lunch 3:00 PM Basketball 4:00 PM Sing along time 6:45 PM Viewing Choice	18 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Games/Walks (AS) 12:30 PM Lunch 2:15 PM Accordion Music by David 3:00 PM Music and Movement 6:45 PM Movie Night	19 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Balloon Toss 12:30 PM Lunch 3:00 PM Dominoes / Puzzle Time 4:00 PM Marker Art 6:45 PM Viewing Choice	20 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo (AS) 12:30 PM Lunch 3:00 PM Games 4:00 PM Balloon Toss 6:45 PM Viewing Choice	21 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Games 4:00 PM Residents' Choice 6:45 PM Viewing Choice	
22 8:00 AM Breakfast 9:15 AM Catholic Service on TV 11:00 AM Inspirational TV 12:30 PM Lunch 3:00 PM Puzzle Time 4:00 PM Balloon Toss 6:45 PM Nature Video	23 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim 12:00 PM Lunch 3:00 PM Bowling 4:00 PM Spring Watercolors 6:45 PM Resident Choice	24 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM 12:30 PM Lunch 3:00 PM Basketball 4:00 PM Marker Art 6:45 PM Viewing Choice	25 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 12:30 PM Lunch 3:00 PM Music and Movement 4:00 PM Trivia Time 6:45 PM Movie Night	26 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks (AS) 12:30 PM Lunch 3:00 PM Dominoes/Puzzle Time 4:00 PM Trivia Time 6:45 PM Viewing Choice	27 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo (AS) 12:30 PM Lunch 3:00 PM Games 4:00 PM Movie Time 6:45 PM Viewing Choice	28 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Games 4:00 PM Residents' Choice 6:45 PM Viewing Choice	
29 8:00 AM Breakfast 9:00 AM Catholic Service on TV 11:00 AM Inspirational TV 12:30 PM Lunch 3:00 PM Dominoes 4:00 PM Balloon Toss 6:45 PM Travel Time	30 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim 12:30 PM Lunch 3:00 PM Puzzle Time 4:00 PM Trivia Time 6:45 PM Viewing Choice					<div style="border: 2px solid green; padding: 10px; text-align: center;"> <h2 style="color: blue; margin: 0;">April 2018</h2> <h1 style="color: blue; margin: 0;">Sunshine Alley at the Manor</h1> </div>	

Activities are subject to change but any changes will be announced to residents ahead of time. Animal Planet, Food Network or HGTV are on the schedule but residents can choose other options if they wish.