



Activities Calendar for Lincoln Glen Memory Care "Sunshine Alley"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DECEMBER	2018	Activities at 1:30 are a variety of games and experiences chosen by Debra.	Sunshine Alley		
2 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	3 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim 12:00 PM Lunch 1:30 PM Games with Debra 3:00 PM Sing along with Debra 4:00 PM Travel Video	4 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Jingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Balloon Toss 4:00 PM Christmas Movie	5 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Music and Movement 4:00 PM Puzzle Time	6 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra 2:30 PM Marker Art 4:00 PM Steven Gary Music	7 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra 2:30 PM Bingo 4:00 PM Balloon Toss	8 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
9 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	10 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim 12:00 PM Lunch 1:30 PM Games with Debra 3:00 PM Song along time with CD 4:00 PM Travel Video	11 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Basketball 4:00 PM Sing along time with CD	12 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Games/Walks (AS) 12:30 PM Lunch 1:30 PM Games with Debra 2:15 PM Accordion Music by David 3:00 PM Music and Movement 4:00 PM Resident's Choice	13 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Angel the Harpist 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Dominoes / Puzzle Time 4:00 PM Christmas Marker Art	14 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Collage Time 12:30 PM Lunch 1:30 PM Games with Debra 2:30 PM Bingo 4:00 PM Balloon Toss	15 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 Resident's Choice
16 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	17 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim 12:00 PM Lunch 1:30 PM Games with Debra 3:00 PM Watercolors 4:00 PM Travel Video	18 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Merry Christmas Jingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Basketball 4:00 PM Marker Art	19 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Music and Movement 4:00 PM Trivia Time 6:45 PM Movie Night	20 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Basketball 4:00 PM Trivia Time	21 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Christmas Jingo and party 4:00 PM Trivia Time	22 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 Resident's Choice
23 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 Puzzle Time 6:45 PM Travel Time	24 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra	25 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Collage Art 4:00 PM Basketball	26 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Jingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Music and Movement 4:00 PM Marker Art 6:45 PM Movie Night	27 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Basketball 4:00 PM Trivia Time	28 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Jingo 4:00 PM Reminisce Reading	29 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 Resident's Choice
30 Sunday routine will be the same as usual.	31 11:00 AM New Year's Eve Party with Wiley Rankin Music! The rest of the day will be regular routine.					

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. Games with Debra will be either stamping fun, art activities or balloon toss