



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim 12:00 PM Lunch 3:00 PM Bingo 4:00 PM Fall Art 6:45 PM Resident's Choice	2 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 Watercolor 6:45 PM Viewing Choice	3 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	4 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Jingo 12:30 PM Lunch 3:00 PM Dominoes 4:00 PM Music by Steven Gary 6:45 PM Viewing Choice	5 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Balloon Toss 4:00 PM Movie Time 6:45 PM Viewing Choice	6 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 Travel Video 6:45 PM Viewing Choice
7 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	8 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim 12:00 PM Lunch 3:00 PM Sing along with Debra 4:00 PM Resident's choice 6:45 PM Resident's Choice	9 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Jingo 12:30 PM Lunch 3:00 PM Balloon Toss 4:00 PM Garden Time 6:45 PM Viewing Choice	10 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 3:00 PM Music and Movement 4:00 PM Relaxation Coloring 6:45 PM Movie Night	11 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 Marker Art 4:00 PM Trivia Time 6:45 PM Viewing Choice	12 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo 12:30 PM Lunch 2:30 PM Games 4:00 PM Balloon Toss 6:45 PM Viewing Choice	13 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 Nature Video 6:45 PM Viewing Choice
14 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	15 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim 12:00 PM Lunch 3:00 PM Songs with Debra 4:00 PM Travel Video 6:45 PM Resident's Choice	16 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Basketball 4:00 PM Sing along time with CD 6:45 PM Viewing Choice	17 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	18 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	19 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Music by Timo Steel Drum and Song 12:30 PM Lunch 3:00 PM Games 4:00 PM Balloon Toss 6:45 PM Viewing Choice	20 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 Travel Video 6:45 PM Viewing Choice
21 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	22 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	23 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Do You Know the way to San Jose- bean bag game 12:30 PM Lunch 3:00 PM Basketball 4:00 PM Marker Art 6:45 PM Viewing Choice	24 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Music and Movement 4:00 PM Trivia Time 6:45 PM Movie Night	25 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 3:00 PM Nature Collage Time 4:00 PM Trivia Time 6:45 PM Viewing Choice	26 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Games 4:00 PM Movie Time 6:45 PM Viewing Choice	27 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 Nature Video 6:45 PM Viewing Choice
28 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	29 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Stamping Fun! 4:00 PM Trivia Time 6:45 PM Viewing Choice	30 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Music with Timo 12:30 PM Lunch 3:00 PM Basketball 4:00 PM Marker Art 6:45 PM Viewing Choice	31 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Music and Movement 4:00 PM Trivia Time 6:45 PM Movie Night		<div style="border: 2px solid green; padding: 10px;"> <h2 style="margin: 0;">October 2018</h2> <h1 style="margin: 0;">Sunshine Alley</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.