



Activities Calendar for Lincoln Glen Memory Care "Sunshine Alley"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2018				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
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	8:00 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	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 Garden Time	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	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	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 Games 4:00 PM Balloon Toss	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
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	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 Songs in the garden 4:00 PM Travel Video	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	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	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 Marker Art	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 Games 4:00 PM Balloon Toss	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
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	8:00 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	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Basketball 4:00 PM Marker Art	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	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 1:30 PM Steven Gary Music 3:00 PM Basketball 4:00 PM Trivia Time	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 Games 4:00 PM Flower Arranging	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 First Day of Fall party
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	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Music with Timo 12:30 PM Lunch 1:30 PM Games with Debra 3:00 PM Fall Art 4:00 PM Trivia Time	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 Marker Art	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 Garden Time 6:45 PM Movie Night	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 The Tastes of Fall 4:00 PM Trivia Time	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 Games 4:00 PM Reminisce Reading	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

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**