




Activities Calendar for Lincoln Glen Memory Care "Sunshine Alley"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
					1	2
					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	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
3	4	5	6	7	8	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 Nature Video	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 Travel Video 6:45 PM Resident's Choice	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	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 Puzzle Time 6:45 PM Movie Night	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Puzzle Time 4:00 PM Steven Gary Music 6:45 PM Viewing Choice	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	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
10	11	12	13	14	15	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 Travel Time	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 in the garden 4:00 PM Travel Video 6:45 PM Resident's Choice	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	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	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Harp Music by Angel 12:30 PM Lunch 3:00 PM Dominoes / Puzzle Time 4:00 PM Marker Art 6:45 PM Viewing Choice	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Treehouses on AP 11:00 AM Tribute to Dad art 12:30 PM Lunch 3:00 PM Games 4:00 PM Balloon Toss 6:45 PM Viewing Choice	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 Father's Day Party 6:45 PM Viewing Choice
17	18	19	20	21	22	23
Happy Father's Day! 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 3:00 PM Summer Watercolors 4:00 PM Travel Video 6:45 PM Resident Choice	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	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 12:30 PM Lunch 2:15 PM David Sesnack Accordion 4:00 PM Trivia Time 6:45 PM Movie Night	1st Day of Summer! 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks 12:30 PM Lunch 3:00 PM Summer Collage Time 4:00 PM Trivia Time 6:45 PM Viewing Choice	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	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
24	25	26	27	28	29	30
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	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim 12:30 PM Lunch 3:00 PM Flower Arranging 4:00 PM Trivia Time 6:45 PM Viewing Choice	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:30 PM Lunch 3:00 PM Basketball 4:00 PM Marker Art 6:45 PM Viewing Choice	8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Jingo 12:30 PM Lunch 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 3:00 PM Summer Fruit Tasting 4:00 PM Trivia Time 6:45 PM Viewing Choice	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	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

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.