

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2019

Vitalia Senior Residences at Strongsville Memory Care Cottages

					10:00 Chair Exercise 1 10:30 Cranium Crunches 11:00 Music & Snack 2:00 Courtyard Walk 3:00 Courtyard Snack 4:00 Easy Does It Trivia 6:00 Take Me to the Fair 7:00 Evening Snack	10:00 Chair Exercise 2 10:30 News Review 11:00 Music & Snack 2:00 Bingo 3:00 Happy Hour 4:00 Sing-A-Long 6:00 Friday Flick 7:00 Evening Snack	10:00 Chair Exercise 3 10:30 News Review 11:00 Watermelon Game 2:00 Garden Club 3:00 Coffee/Tea Social 4:00 Walk & Talk 6:00 Classic TV Sitcoms 7:00 Evening Snack
10:00 Chair Exercise 4 10:30 News Review 11:00 Music & Snack 2:00 Parachute 3:00 Popsicle Social 4:00 Who Am I? 6:00 Classic TV Sitcoms 7:00 Evening Snack	10:00 Chair Exercise 5 10:30 Finish Song Lyric 11:00 Music & Snack 2:00 MC Scenic Drive 3:00 Snack w/Angela 4:00 Walk & Talk 6:00 Monday Night Movie 7:00 Evening Snack	10:00 Chair Exercise 6 10:30 Going Going Gone 11:00 Music & Snack 2:00 Manicures 3:00 Afternoon Snack 4:00 Uno 6:00 Nightly News 7:00 Evening Snack	10:00 Chair Exercise 7 10:30 News Review 11:00 Music & Snack 2:00 Craft Corner 3:00 Afternoon Snack 4:00 Gentle Stretching 6:00 Reminisce w/Me 7:00 Evening Snack	10:00 Chair Exercise 8 10:30 Cranium Crunches 11:00 Music & Snack 2:00 Courtyard Walk 3:00 Courtyard Snack 4:00 Easy Does It Trivia 6:00 New Zealand Tour 7:00 Evening Snack	10:00 Chair Exercise 9 10:30 News Review 11:00 Music & Snack 2:00 Bingo 3:00 Happy Hour 4:00 Sing-A-Long 6:00 Friday Flick 7:00 Evening Snack	10:00 Chair Exercise 10 10:30 News Review 11:00 Music & Snack 2:00 Garden Club 3:00 Coffee/Tea Social 4:00 Walk & Talk 6:00 Classic TV Sitcoms 7:00 Evening Snack	
10:00 Chair Exercise 11 10:30 News Review 11:00 Music & Snack 2:00 Parachute 3:00 Popsicle Social 4:00 What Am I? 6:00 Classic TV Sitcoms 7:00 Evening Snack	10:00 Chair Exercise 12 10:30 Carousel Songs 11:00 Music & Snack 2:00 Trip to Mitchell's 3:00 Snack w/Angela 4:00 Walk & Talk 6:00 Monday Night Movie 7:00 Evening Snack	10:00 Chair Exercise 13 10:30 Remember Summer 11:00 Music & Snack 2:00 Manicures 3:00 Afternoon Snack 4:00 Rummy 6:00 Nightly News 7:00 Evening Snack	10:00 Chair Exercise 14 10:30 News Review 11:00 Music & Snack 2:00 Craft Corner 3:00 Afternoon Snack 4:00 Birthday Bash 6:00 Reminisce w/Me 7:00 Evening Snack	10:00 Chair Exercise 15 10:30 Cranium Crunches 11:00 Music & Snack 2:00 Courtyard Walk 3:00 Courtyard Snack 4:00 Easy Does It Trivia 6:00 Travelogue-Alaska 7:00 Evening Snack	10:00 Chair Exercise 16 10:30 News Review 11:00 Music & Snack 2:00 Bingo 3:00 Happy Hour 4:00 Sing-A-Long 6:00 Friday Flick 7:00 Evening Snack	10:00 Chair Exercise 17 10:30 News Review 11:00 Music & Snack 2:00 Garden Club 3:00 Coffee/Tea Social 4:00 Walk & Talk 6:00 Classic TV Sitcoms 7:00 Evening Snack	
10:00 Chair Exercise 18 10:30 News Review 11:00 Music & Snack 2:00 Parachute 3:00 Popsicle Social 4:00 Who Am I? 6:00 Classic TV Sitcoms 7:00 Evening Snack	10:00 Chair Exercise 19 10:30 Music Trivia 11:00 Music & Snack 2:00 MC Scenic Drive 3:00 Snack w/Angela 4:00 Walk & Talk 6:00 Monday Night Movie 7:00 Evening Snack	10:00 Chair Exercise 20 10:30 Dorothy Parker Poetry 11:00 Music & Snack 2:00 Beach Party 3:00 Lemonade Craft 4:00 Kings in a Corner 6:00 Nightly News 7:00 Evening Snack	10:00 Chair Exercise 21 10:30 News Review 11:00 Music & Snack 2:00 Craft Corner 3:00 Afternoon Snack 4:00 Gentle Stretching 6:00 Reminisce w/Me 7:00 Evening Snack	10:00 Chair Exercise 22 10:30 Cranium Crunches 11:00 Music & Snack 2:00 Courtyard Walk 3:00 Courtyard Snack 4:00 Easy Does It Trivia 6:00 Ohio Travelogue 7:00 Evening Snack	10:00 Chair Exercise 23 10:30 News Review 11:00 Music & Snack 2:00 Bingo 3:00 Happy Hour 4:00 Sing-A-Long 6:00 Friday Flick 7:00 Evening Snack	10:00 Chair Exercise 24 10:30 News Review 11:00 Music & Snack 2:00 Garden Club 3:00 Coffee/Tea Social 4:00 Walk & Talk 6:00 Classic TV Sitcoms 7:00 Evening Snack	
10:00 Chair Exercise 25 10:30 News Review 11:00 Music & Snack 2:00 Parachute 3:00 Popsicle Social 4:00 What Am I? 6:00 Classic TV Sitcoms 7:00 Evening Snack	10:00 Chair Exercise 26 10:30 Music Trivia 11:00 Music & Snack 2:00 Trip to Park 3:00 Snack w/Angela 4:00 MC Scenic Drive 6:00 Monday Night Movie 7:00 Evening Snack	10:00 Chair Exercise 27 10:30 Movies & Stars 11:00 Music & Snack 2:00 Manicures 3:00 Afternoon Snack 4:00 Uno 6:00 Nightly News 7:00 Evening Snack	10:00 Chair Exercise 28 10:30 News Review 11:00 Music & Snack 2:00 Craft Corner 3:00 Afternoon Snack 4:00 Gentle Stretching 6:00 Reminisce w/Me 7:00 Evening Snack	10:00 Chair Exercise 29 10:30 Cranium Crunches 11:00 Music & Snack 2:00 Courtyard Walk 3:00 Courtyard Snack 4:00 Cedar Point Facts 5:00 MC Family Night 7:00 Cedar Point Rides	10:00 Chair Exercise 30 10:30 News Review 11:00 Music & Snack 2:00 Bingo 3:00 Happy Hour 4:00 Sing-A-Long 6:00 Friday Flick 7:00 Evening Snack	31	