

2020

Memory Care Calendar

October



Province Place of Maryview
1 Bon Secours Way, Portsmouth, VA 23703

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All activities are 30 minutes in length unless stated otherwise.</p> <p>1-2 PM Daily Quiet Time Restful music in the Living Room (sy)</p>	<p>Activity Codes p: Physical pr: Productive n: Nature sp: Spiritual o: Outside r: Reflective c: Cognitive sy: Sensory s: Social</p> <p>* Off unit in the Activity Room + Weather Permitting/ Sign up</p>		<p>Thursdays are Popcorn Days!</p>	<p>1 9:30 AM Devotions (sp,r,s) 10:00 AM Current Events (n,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 2:00 PM Armchair Traveler (sy,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>2 9:30 AM Devotions (sp,r,s) 10:30 AM Fitness Fun! (p,s,c) *10- 11 AM Outdoor Music w/ "The Lyrics" (s,r,sy,o) 11:15 AM Coloring (sy,p) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) 3:00 PM Chinese Checkers (s,sy,c)</p>	<p>3 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)</p>
<p>4 10-11 AM Worship Service Video (sp,r,s) 2 PM Reminiscing (c,s,r) 3 PM Walking Group (p,s,c,o)</p>	<p>5 9:30 AM Devotions (sp,r,s) 10:00 AM Current News (p,r) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Match Game (c,s,pr) 2:00 PM Music Memories (p,c,s) *2-3 PM Tea Time & Trivia (c,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>6 9:30 AM Devotions (sp,r,s) 10:00 AM Puzzles (sy,c,s) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Nail Care (pr,sy) 1:00 PM Hymns (s,r,sp) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Service Video (sp,r,s)</p>	<p>7 9:30 AM Devotions (sp,r,s) 10:00 AM Reminiscing (c,s,r) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) 2:00- 3:00 PM Movie (r,s,sy) 3:00 PM Hot Cocoa Social (s,r,sy)</p>	<p>8 9:30 AM Devotions (sp,r,s) 10:00 AM Current Events (n,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 2:00 PM Armchair Traveler (sy,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>9 9:30 AM Devotions (sp,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:15 AM Coloring (sy,p) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) 3:00 PM Chinese Checkers (s,sy,c) *3 - 4 PM Outdoor Music w/ Carl Olson (s,r,sy,o)</p>	<p>10 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)</p>
<p>11 10-11 AM Worship Service Video (sp,r,s) 2 PM Reminiscing (c,s,r) 3 PM Walking Group (p,s,c,o)</p>	<p>12 9:30 AM Devotions (sp,r,s) 10:00 AM Current News (p,r) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Match Game (c,s,pr) 2:00 PM Music Memories (p,c,s) *2-3 PM Tea Time & Trivia (c,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>13 9:30 AM Devotions (sp,r,s) 10:00 AM Puzzles (sy,c,s) *10:30 AM FIT Lecture "Parkinson's" (p,s,c) 11:00 AM Nail Care (pr,sy) 1:00 PM Hymns (s,r,sp) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Service Video (sp,r,s)</p>	<p>14 9:30 AM Devotions (sp,r,s) 10:00 AM Reminiscing (c,s,r) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) 2:00- 3:00 PM Movie (r,s,sy) 3:00 PM Birthday Cake Served (s,r,sy)</p>	<p>15 9:30 AM Devotions (sp,r,s) 10:00 AM Current Events (n,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 2:00 PM Armchair Traveler (sy,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>16 9:30 AM Devotions (sp,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:15 AM Coloring (sy,p) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) 3:00 PM Chinese Checkers (s,sy,c) *3 - 4 PM Outdoor Music w/ "Jessica Julius" (s,r,sy,o)</p>	<p>17 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)</p>
<p>18 10-11 AM Worship Service Video (sp,r,s) 2 PM Reminiscing (c,s,r) 3 PM Walking Group (p,s,c,o)</p>	<p>19 9:30 AM Devotions (sp,r,s) 10:00 AM Current News (p,r) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Match Game (c,s,pr) 2:00 PM Music Memories (p,c,s) *2-3 PM Tea Time & Trivia (c,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>20 9:30 AM Devotions (sp,r,s) 10:00 AM Puzzles (sy,c,s) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Nail Care (pr,sy) +1:30 PM Afternoon Drive MC Unit Residents 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Service Video (sp,r,s)</p>	<p>21 9:30 AM Devotions (sp,r,s) 10:00 AM Reminiscing (c,s,r) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) *1:30 PM Resident Council (pr,s,c) 2:00- 3:00 PM Movie (r,s,sy) 3:00 PM Root Beer Floats Served (r,sy)</p>	<p>22 9:30 AM Devotions (sp,r,s) 10:00 AM Current Events (n,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) 2:00 PM Armchair Traveler (sy,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>23 9:30 AM Devotions (sp,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:15 AM Coloring (sy,p) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) 3:00 PM Chinese Checkers (s,sy,c)</p>	<p>24 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)</p>
<p>25 10-11 AM Worship Service Video (sp,r,s) 2 PM Reminiscing (c,s,r) 3 PM Walking Group (p,s,c,o)</p>	<p>26 9:30 AM Devotions (sp,r,s) 10:00 AM Current News (p,r) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Match Game (c,s,pr) 2:00 PM Music Memories (p,c,s) *2-3 PM Tea Time & Trivia (c,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>27 9:30 AM Devotions (sp,r,s) 10:00 AM Puzzles (sy,c,s) 10:30 AM Fitness Fun! (p,s,c) 11:00 AM Nail Care (pr,sy) 1:00 PM Hymns (s,r,sp) 3:00 PM Snack & Chat (sy,r,s) 6:30 PM Worship Service Video (sp,r,s)</p>	<p>28 9:30 AM Devotions (sp,r,s) 10:00 AM Reminiscing (c,s,r) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Music Memories (p,c,s) *2:00 PM Resident Council (pr,s,c) 2:00- 3:00 PM Movie (r,s,sy) 3:00 PM Cookie Social (s,r,sy)</p>	<p>29 9:30 AM Devotions (sp,r,s) 10:00 AM Current Events (n,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:30 AM Rhythm Band (sy,p,c) *1:30 PM Food Committee Mtg. (p,r,s) 2:00 PM Armchair Traveler (sy,r) 3:00 PM Snack & Chat (sy,r,s) 3:30- 4:30 PM Movie (r,s,sy)</p>	<p>30 9:30 AM Devotions (sp,r,s) 10:30 AM Fitness Fun! (p,s,c) 11:15 AM Coloring (sy,p) 11:30 AM One on One Visits (r,s) 1:00 PM Record Music (s,r,sy) 3:00 PM Chinese Checkers (s,sy,c) 3 - 4 PM Outdoor Music w/ "Jon Durfee" (s,r,sy,o)</p>	<p>31 Halloween 9:30 AM Devotions (sp,r,s) 10 AM Sewing cards (p,sy,c) 10:30 AM Exercise (p,s,c) 2:00 PM Music & Dance (p,c,s) 3:00 PM Snack & Chat (sy,r,s) 7- 8 PM Lawrence Welk (c,sy)</p>