

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
8:30 Breakfast 9:30 Morning Music Circle 10:30 St. Anne Live Stream/ Communion (Hamilton Library) 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Painting 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch	8:30 Breakfast 9:30 1970's Music + Movement Follow Along TD 10:30 Balloon Badminton 11:00 Sensory Laundry Folding 12:00 Lunch 1:00 Beachball Golf 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Let's Make Jello! 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Peace & Love Poster Making TD 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Beach Ball Golf 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Circle Soccer 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Pass The Memory Ball 11:00 Nail Painting 12:00 Lunch 1:00 Disco Freeze Dance TD 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Beach Ball Golf 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Courtyard Social with Bubbles 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour
8:30 Breakfast 9:30 Morning Music Circle 10:30 St. Anne Live Stream/ Communion (Hamilton Library) 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Card Sorting 2:00 Snack & Chat 2:30 Church at the Hive w/ Mark Blaxton (Emory Theater) 5:00 Dinner 6:00 Evening Stroll or Chair Stretch	8:30 Breakfast 9:30 Disco Dance Party TD 10:30 Chair Yoga 11:00 Sensory Laundry Folding 12:00 Lunch 1:00 Coney Island Toss 2:00 Golf Cart or Bus Ride 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Candied Grapes! TD 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Courtyard Social with Bubbles 2:00 New Resident Event: Welcome To Boogy TD 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Seated Cardio 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Circle Soccer 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Parachute Ball 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Pass The Memory Ball 11:00 Nail Painting 12:00 Lunch 1:00 Balloon Badminton (Disco Ball Edition) TD 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Circle Soccer 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Courtyard Social 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour
8:30 Breakfast 9:30 Morning Music Circle 10:30 St. Anne Live Stream/ Communion (Hamilton Library) 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Circle Soccer 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Sensory Laundry Folding 12:00 Lunch 1:00 Golden Oldies Music Hour Social TD 3:00 Musical Performance by Mark Blaxton (ET) 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Chocolate Covered Bananas! 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Afternoon Walk 2:00 Groovy Gathering a 1970's Social! TD 3:00 Movie Matinee 5:00 Dinner 6:00 Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Beach Ball Golf 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Seated Cardio 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Balloon Badminton 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Pass The Memory Ball 11:00 Nail Painting 12:00 Lunch 1:00 Disco Fever Dance Party TD 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Parachute Ball 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Parachute Ball 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour
8:30 Breakfast 9:30 Morning Music Circle 10:30 St. Anne Live Stream/ Communion (Hamilton Library) 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Beach Ball Golf 2:00 Snack & Chat 2:30 Church at the Hive w/ Mark Blaxton (Emory Theater) 5:00 Dinner 6:00 Evening Stroll or Chair Stretch	8:30 Breakfast 9:30 Morning Music Circle 10:30 Chair Yoga 11:00 Sensory Laundry Folding 12:00 Lunch 1:00 Retro DIY Photo Collage Poster Board TD 2:00 Golf Cart or Bus Trip 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 No Bake Cookies! 11:00 Busy Bingo 12:00 Lunch 1:00 Popsicle Social! TD 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Beach Ball Golf 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Circle Soccer 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Balloon Volleyball 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Pass The Memory Ball 11:00 Nail Painting 12:00 Lunch 1:00 Peace Sign Wall Hanger Painting TD 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Volleyball 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Painting2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour
8:30 Breakfast 9:30 Morning Music Circle 10:30 St. Anne Live Stream/ Communion (Hamilton Library) 11:00 Quiet Time & Wind Down Time 12:00 Lunch 1:00 Card Sorting 2:00 Snack & Chat 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	8:30 Breakfast 9:30 Morning Music Circle 10:30 Balloon Badminton 11:00 Sensory Laundry Folding 12:00 Lunch 1:00 Lemonade Social 2:00 Movie Afternoon: Willy Wonka & The Chocolate Factory TD 3:00 Movie Matinee 5:00 Dinner 6:00 Evening Stroll or Chair Stretch 7:00 Relaxation Hour	ET - Emory Theatre M - McCullers HL - Hamilton Library BB - Bernard's Bar 2R - 2nd Floor Assisted Living 3R - 3rd Floor Assisted Living CA - Cultural Arts P - Pool (Aquatics Center) TD - Through The Decades Activity (August's theme is The 1970's)				

Legacy Reserve at Old Town Memory Care Spirit Calendar