

September 2023

Cedarhurst Memory Care Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS	MEETING PLACES				1	2
<div style="display: flex; flex-wrap: wrap; padding: 5px;"> <div style="margin-right: 10px;"> Physical</div> <div style="margin-right: 10px;"> Emotional</div> <div style="margin-right: 10px;"> Spiritual</div> <div style="margin-right: 10px;"> Environmental</div> <div style="margin-right: 10px;"> Vocational</div> <div style="margin-right: 10px;"> Social</div> <div style="margin-right: 10px;"> Intellectual</div> <div style="margin-right: 10px;"> Health Services</div> <div style="margin-right: 10px;"> Nutritional</div> <div style="margin-right: 10px;"> Purposeful</div> </div>	<p>MC AC - MC Activity Center MC - MC Activity Center AL AC - AL Activity Center MC B - MC Bistro MC CY - MC Courtyard MC - MC Activity Center DR - Dining Room FT - Field Trip AL - AL Courtyard OT - Other</p>				<p>9:00 Morning Trivia, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Rosary, AL AC 10:30 Boost Your Brain Smoothies, MC B 1:30 Therapeutic Nature, MC CY 2:00 Dice Games, MC 3:00 Patio Chat And Popsicles, MC CY 6:00 Puzzles, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Morning Stretch, MC AC 10:00 Sing Along, MC AC 10:30 Morning Devotion, MC 1:30 BINGO!, MC AC 2:30 Saturday Matinee, MC 6:00 Table Games, MC AC</p>
3	4	5	6	7	8	9
<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 Televised Catholic Church Service, MC AC 10:00 Morning Stretch, MC AC 10:30 Finish The Line, MC AC 1:30 Coloring Pages, MC AC 2:30 Ice Cream Social, MC B 6:00 Puzzles, MC AC</p>	<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Morning Devotion, MC AC 10:30 TRUE Neurobics, MC AC 1:30 Remember When, MC AC 2:00 Bean Bag Toss, MC CY 3:00 Aromatherapy Spa, MC AC 6:00 Table Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Chair Exercises, MC AC 10:00 TRUE Neurobics, MC AC 10:30 Pet Therapy, MC 1:30 Art Studio: Apple In Watercolor, MC AC 3:00 Ball Toss, MC AC 3:30 Therapeutic Nature, MC CY 6:00 Table Games, MC AC</p>	<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:15 Jay Brook Performance, DR 11:15 Helping Hands, MC B 1:00 Bus Trip To The Botanical Garden In Valparaiso, FT 3:00 BINGO!, MC AC 6:00 Card Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Baking Group: Baked Apples, MC B 11:00 Time With Empower Me, MC AC 1:30 Crafts: Beaded Bracelets, MC AC 3:00 Lovely Ladies Hands, MC AC 6:00 Puzzles, MC AC</p>	<p>9:00 Morning Trivia, MC AC 9:15 Movements & Mantras, MC 9:30 TRUE Neurobics, MC AC 10:00 Rosary, AL AC 10:30 Boost Your Brain Smoothies, MC B 1:30 Therapeutic Nature, MC CY 2:00 Left. Right. Center., MC 3:00 Horseshoe On The Patio, MC CY 6:00 Dice Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Morning Stretch, MC AC 10:00 Sing Along, MC AC 10:30 Morning Devotion, MC 1:30 BINGO!, MC AC 2:30 Saturday Matinee, MC 6:00 Table Games, MC AC</p>
10	11	12	13	14	15	16
<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 Televised Catholic Church Service, MC AC 10:00 Morning Stretch, MC AC 10:30 September Trivia, MC AC 1:30 Coloring Pages, MC AC 2:30 Popsicles On The Patio, MC CY 6:00 Puzzles, MC AC</p>	<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 TRUE Neurobics, MC AC 10:30 Catholic Mass With St. Maria Goretti Church, AL AC 1:30 UNOI!, MC AC 2:30 Parachute Volleyball, MC AC 3:00 Trivia On The Patio, MC CY 6:00 Table Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Chair Exercises, MC AC 10:00 Morning Devotion, MC AC 10:30 TRUE Neurobics, MC AC 1:30 Therapeutic Nature, MC CY 2:00 Birthday Party With David On Guitar, DR 3:00 Card Games, MC AC 6:00 Coloring Pages, MC AC</p>	<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Cooking Group With Lucy, MC B 1:30 Bus Tour To Plum Creek Meadow, FT 3:00 BINGO!, MC AC 4:00 Helping Hands, MC B 6:00 Card Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Chair Exercise, MC AC 10:00 Morning Devotion, MC AC 10:30 Boost Your Brain Smoothies, MC B 1:30 Art Studio: Sky And Clouds In Watercolor, MC AC 3:00 Lovely Ladies Hands, MC AC 6:00 Puzzles, MC AC</p>	<p>9:00 Morning Trivia, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Rosary, AL AC 10:30 TRUE Neurobics, MC AC 1:30 Therapeutic Nature, MC CY 2:00 Banana Split, MC B 3:00 Patio Chat, MC CY 6:00 Dice Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Morning Stretch, MC AC 10:00 Sing Along, MC AC 10:30 Morning Devotion, MC 1:30 BINGO!, MC AC 2:30 Saturday Matinee, MC 6:00 Table Games, MC AC</p>
17	18	19	20	21	22	23
<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 Televised Catholic Church Service, MC AC 10:00 Morning Stretch, MC AC 10:30 Finish The Line, MC AC 1:30 Weekend TV Classic, MC AC 2:30 Ice Cream Social, MC B 6:00 Puzzles, MC AC</p>	<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Morning Devotion, MC AC 10:30 TRUE Neurobics, MC AC 1:30 Bozo Buckets With VNA Hospice, AL 2:30 Remember When, MC AC 3:00 Aromatherapy Spa, MC AC 6:00 Table Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Chair Exercises, MC AC 10:00 TRUE Neurobics, MC AC 10:30 Pet Therapy, MC 1:30 Art Studio: Autumn Leaves, MC AC 3:00 Balloon Volleyball With Natalie, MC AC 3:30 Therapeutic Nature, MC CY 6:00 Table Games, MC AC</p>	<p>9:00 Daily Chronicle, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Bible Study With Glenn, MC AC 11:00 Helping Hands, MC B 1:30 Bus Trip To Centennial Park, FT 3:00 BINGO!, MC AC 6:00 Card Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Chair Exercise, MC AC 10:00 Baking Group: Apple Pie, MC B 11:00 Time With Empower Me, MC AC 1:30 TRUE Neurobics, MC AC 2:00 Adam Plays Guitar, DR 3:00 Lovely Ladies Hands, MC AC 6:00 Puzzles, MC AC</p>	<p>9:00 Morning Trivia, MC AC 9:15 Movements & Mantras, MC 9:30 MOST Fitness, MC AC 10:00 Rosary, AL AC 10:30 Boost Your Brain Smoothies, MC B 1:30 Therapeutic Nature, MC CY 2:00 Crafts With Titeana: Sponge Painted Owl, MC AC 3:00 Popsicles On The Patio, MC CY 6:00 Dice Games, MC AC</p>	<p>9:00 Current Events, MC AC 9:15 Movements & Mantras, MC 9:30 Morning Stretch, MC AC 10:00 Sing Along, MC AC 10:30 Morning Devotion, MC 1:30 BINGO!, MC AC 2:30 Saturday Matinee, MC 6:00 Table Games, MC AC</p>
24	25	26	27	28	29	30

🗣️ 9:00 Daily Chronicle, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
📺 9:30 Televised Catholic Church Service, **MC AC**
🧘 10:00 Morning Stretch, **MC AC**
🗣️ 10:30 Finish The Line, **MC AC**
🕊️ 1:00 First Baptist Church Of Schererville Visits, **AL AC**
❤️ 2:00 Coloring Pages, **MC AC**
🍷 3:00 Popsicles On The Patio, **MC CY**
🧩 6:00 Puzzles, **MC AC**

🗣️ 9:00 Daily Chronicle, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
🧘 9:30 MOST Fitness, **MC AC**
🍷 10:00 Baking Group: Old-Fashioned Apple Crisp, **MC B**
🗣️ 1:30 TRUE Neurobics, **MC AC**
🧘 2:30 Horseshoe On The Patio, **MC CY**
🕊️ 3:00 Aromatherapy Spa, **MC AC**
🧩 6:00 Table Games, **MC AC**

🗣️ 9:00 Current Events, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
🧘 9:30 Chair Exercises, **MC AC**
❤️ 10:00 Morning Devotion, **MC AC**
🗣️ 10:30 TRUE Neurobics, **MC AC**
🧑 1:30 Art Studio: Fall Tree Watercolor, **MC AC**
🧘 3:00 Ball Toss, **MC AC**
🌿 3:30 Therapeutic Nature, **MC CY**
🧩 6:00 Table Games, **MC AC**

🗣️ 9:00 Daily Chronicle, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
🧘 9:30 MOST Fitness, **MC AC**
🗣️ 10:00 Scenic Bus Tour To Cedar Lake, **FT**
🧑 1:30 Helping Hands, **MC B**
❤️ 2:00 Cleo Plays Piano, **OT**
🧑 3:00 BINGO!, **MC AC**
🧩 6:00 Card Games, **MC AC**

🗣️ 9:00 Current Events, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
🧘 9:30 Chair Exercise, **MC AC**
❤️ 10:00 Morning Devotion, **MC AC**
🗣️ 10:30 TRUE Neurobics, **MC AC**
🧑 1:30 Crafts: Autumn Bouquet, **MC AC**
🕊️ 3:00 Lovely Ladies Hands, **MC AC**
🧩 6:00 Puzzles, **MC AC**

🗣️ 9:00 Morning Trivia, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
🧘 9:30 MOST Fitness, **MC AC**
🕊️ 10:00 Rosary, **AL AC**
🍷 10:30 Boost Your Brain Smoothies, **MC B**
🌿 1:30 Therapeutic Nature, **MC CY**
❤️ 2:00 "Carol Burnett Show", **MC**
🗣️ 3:00 Patio Chat, **MC CY**
🧩 6:00 Dice Games, **MC AC**

🗣️ 9:00 Current Events, **MC AC**
🕊️ 9:15 Movements & Mantras, **MC**
🧘 9:30 Morning Stretch, **MC AC**
❤️ 10:00 Sing Along, **MC AC**
🕊️ 10:30 Morning Devotion, **MC**
🧑 1:30 BINGO!, **MC AC**
🧑 2:30 Saturday Matinee, **MC**
🧩 6:00 Table Games, **MC AC**