



# Heritage Pointe



## Monday, September 19th

8:00 Breakfast	1:00 Music & Beauty Parlor
9:30 Daily Chronicle	1:30 Water the Plants
10:15 Exercise	2:00 BINGO
10:45 Refreshments	2:30 Geography Talk:
11:00 Sensory Activity:	Delaware
Sensory	3:15 Balloon Volleyball
12:00 Lunch	4:00 Word Game
	5:00 Dinner
	6:00 Reminisce Magazine



## Friday, September 23rd

8:00 Breakfast	1:00 Beauty Parlor and Music
9:30 Daily Chronicle	1:30 Water the Plants
10:15 Exercise Class	2:00 Hangman
10:45 Refreshments	3:00 Balloon Volleyball
11:00 Bubbles and Chit Chat	4:00 Word Game
on the Patio	5:00 Dinner
12:00 Lunch	6:30 Popcorn & Movie Night



## Tuesday, September 20th

8:00 Breakfast	1:00 Hymn Sing
9:30 Daily Chronicle	1:30 Water the Plants
10:15 Exercise	2:00 Trivia Time
10:45 Refreshments	2:30 Short Stories
11:00 Manicures	3:00 Ball Toss
11:30 Sensory Activity:	4:00 Word Game
Puzzling	5:00 Dinner
12:00 Lunch	6:30 Reading Club:

L A Z B O Y

## Saturday, September 24th

8:00 Breakfast	1:00 Music and Meditation
9:30 Daily Chronicle	On Uptown
10:15 Exercise Class	1:30 Water the Plants
10:30 Moring Snack	2:00 Popsicles on The Patio
11:00 Pick-A- Stick	3:00 Toss and Talk Ball
12:00 Lunch	4:00 Word Game
	5:00 Dinner
	6:30 Hand lotion & Massages

## Wednesday, September 21st

### WORLD ALZHEIMER'S DAY

8:00 Breakfast	1:00 Music & Aroma Therapy
9:30 Daily Chronicle	1:30 Water the Plants
10:15 Exercise	2:00 Alzheimer's Day Celebration
10:45 Refreshments	3:00 Toss and Talk Ball
11:00 Sensory Activity:	3:15 Balloon Volleyball
Music in Motion	4:00 Word Game
11:30 Set the Table	5:00 Dinner
12:00 Lunch	6:30 Treats and talk on the Patio



## Sunday, September 25th

8:00 Breakfast	1:00 Relaxing Music
9:30 Daily Chronicle	1:30 Manicures
10:15 Exercise Class	2:30 Snack
10:30 Mass on TV- Channel 9	3:15 BINGO
11:00 Hymn Sing-A-Long	4:00 Word Game
11:30 Water the Plants	5:00 Dinner
	6:00 Game Night: Residents Choice

## Thursday, September 22nd

### Fall Begins

8:00 Breakfast	1:00 Relax to the Music
9:30 Daily Chronicle	1:30 Water the Plants
10:15 Exercise Class	2:00 Baking Club
10:45 Armchair Travels	3:00 Playing Card BINGO
11:30 Chit Chat with Joy	4:00 Word Game
12:00 Lunch	5:00 Dinner
	6:30 Adult Fall Coloring

