

Cognitive Care Weekly Activity Calendar

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	Spiritual Services						
10:00 AM	Morning Chair Warm-Ups	Morning Chair Warm-Ups	Morning Social	Morning Social	Morning Social	Morning Chair Warm-Ups	Morning Chair Warm-Ups
10:30 AM	This Day in History	This Day in History	This Day in History	Short Stories & Poetry	Short Stories & Poetry	Ceramics	Outside Strolls
11:00 AM	Music for Relaxation	Sit & Be Fit	Nature Walk	Guided Meditation	Nature Walk	One-on-Ones	Music for Relaxation
1:30 PM	Sing-a-Long	Music & Movement	Word Search	Sing-a-Long	Baking	Trivia	Music & Movement
2:00 PM	Afternoon Exercise	Music Entertainment	Arts & Crafts	Arts & Crafts	Outside Strolls	Short Stories & Jokes	Music Entertainment
3:30 PM	Hand Massages	Adaptive Sports	Geography & History Trivia	Bunco Dice Game	Music/Dance Social	Happy Hour	Arts & Crafts
6:00 PM	Reminisce	Music Mondays	Evening Stretch	Hand Massages	Evening Stretch	Sensory Activities	Music & Movement

Please note: This is a sample calendar. All activities are representative.

