www.highgateseniorliving.com

## **Small Group & Individual Áctivities**

HIGHGATE Sunday Wednesday Thursday Friday Monday Tuesday Saturday 12:00 Adult Coloring \*\*\* ADD MONTH \*\*\* 12:00 Adult Coloring May cont'd 12:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items Book, Newspaper or Magazine - Book, Newspaper or Magazine **Due to Residents** 12:00 Adult Coloring 12:00 Sorting Or Folding Items 12:30 Craft Bag 12:30 Craft Bag - Book, Newspaper or Magazine **ADD THEME Preference, Activities** Daily Exercise - Daily Exercise Reading Gardening, Flower Arranging, Water Flowers Gardening, Flower Arranging, Water Flowers 12:30 Craft Bag **Are Subject to Change** Helping Around Highgate Helping Around Highgate - Daily Exercise One & One Room Visits w/TM - One & One Room Visits w/TM - Gardening, Flower Arranging, Water Flowers YOUR PURPOSE One Day Video Recordings - One Day Video Recordings **TRANSPORTATION** - Helping Around Highgate **Add Support Theme** - Pet Care or Pet Visits - Pet Care or Pet Visits One & One Room Visits w/TM - TV, Movie, Music or Book on Tape Participation TV, Movie, Music or Book on Tape Participation - One Day Video Recordings Monday: 2:30 P.M. - Shopping Virtual or Phone Visits w/ Friends or Family Pet Care or Pet Visits Virtual or Phone Visits w/ Friends or Family - TV, Movie, Music or Book on Tape Participation Walking Club Walking Club Tuesday 9 A.M.- 4 P.M. Virtual or Phone Visits w/ Friends or Family Working on Puzzles Working on Puzzles Walking Club Working on Puzzles **Gratitude Activities Appointments Gratitude Activities** - Bingo Sing a Long Sing a Long Gratitude Activities REACH FARTHER | BUILD BRIDGES | FORGE RELATIONSHIPS Wednesday 11 A.M. - Lunch Bunch EXPAND HORIZONS - Sing a Long 12:00 Adult Coloring 12:00 Adult Coloring 12:00 Adult Coloring | 12:00 Adult Coloring 12:00 Adult Coloring 12:00 Adult Coloring 12:00 Sorting Or Folding Items Thursday 9 A.M.- 4 P.M. 12:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items Book, Newspaper or Magazine - Book, Newspaper or Magazine - Book, Newspaper or Magazine **Appointments** Reading Reading Reading Reading Reading Reading Reading 12:30 Craft Bag - Daily Exercise Daily Exercise Daily Exercise Daily Exercise Daily Exercise - Daily Exercise Daily Exercise - Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers Helping Around Highgate - Helping Around Highgate - One & One Room Visits w/TM One & One Room Visits w/TM - One Day Video Recordings One Day Video Recordings - One Day Video Recordings - One Day Video Recordings - One Day Video Recordings One Day Video Recordings One Day Video Recordings - Pet Care or Pet Visits Pet Care or Pet Visits Pet Care or Pet Visits - Pet Care or Pet Visits - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation **COLOR KEY** - Virtual or Phone Visits w/ Friends or Family Walking Club Working on Puzzles - Bingo Bingo - Bingo Bingo Bingo Bingo Bingo **Blue - Holidays** - Gratitude Activities Gratitude Activities Gratitude Activities Gratitude Activities Gratitude Activities **Gratitude Activities** Gratitude Activities Sing a Long Sing a Long Sing a Long - Sing a Long Sing a Long Sing a Long Sing a Long **Red - Special Events** 12:00 Adult Coloring 2:00 Adult Coloring 12:00 Adult Coloring **Green - Men's Activities** 16 12:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items - Book, Newspaper or Magazine **Purple - Women's Activities** 12:30 Craft Bag Daily Exercise Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers - Helping Around Highgate One & One Room Visits w/TM One Day Video Recordings One Day Video Recordings - One Day Video Recordings One Day Video Recordings One Day Video Recordings One Day Video Recordings - One Day Video Recordings - Pet Care or Pet Visits - Pet Care or Pet Visits - Pet Care or Pet Visits Pet Care or Pet Visits Pet Care or Pet Visits - Pet Care or Pet Visits - Pet Care or Pet Visits **RESIDENT BIRTHDAYS** - TV, Movie, Music or Book on Tape Participation TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/ Friends or Family Virtual or Phone Visits w/ Friends or Family Virtual or Phone Visits w/ Friends or Family - Virtual or Phone Visits w/ Friends or Family Walking Club - Working on Puzzles Bingo Doreen H. Gratitude Activities Gratitude Activities Gratitude Activities Gratitude Activities **Gratitude Activities Gratitude Activities Gratitude Activities** Sing a Long Dixie C. 4/05 Al H. 4/10 12:00 Adult Coloring 12:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items Phyllis M. - Book, Newspaper or Magazine Reading Reading Reading 12:30 Craft Bag Barb M. 4/11 - Daily Exercise Daily Exercise - Daily Exercise - Daily Exercise Daily Exercise Daily Exercise Daily Exercise - Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers Gardening, Flower Arranging, Water Flowers - Gardening, Flower Arranging, Water Flowers Gardening, Flower Arranging, Water Flowers Gardening, Flower Arranging, Water Flowers 4/20 Don K. Helping Around Highgate - One & One Room Visits w/TM Teri B. 4/25 One Day Video Recordings One Day Video Recordings - One Day Video Recordings - One Day Video Recordings - One Day Video Recordings One Day Video Recordings One Day Video Recordings - Pet Care or Pet Visits - Pet Care or Pet Visits Pet Care or Pet Visits Berdeen C. 4/30 - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/ Friends or Family - Walking Club Working on Puzzles - Bingo Bingo - Bingo Bingo Bingo Bingo Bingo **Gratitude Activities**  Gratitude Activities Gratitude Activities Gratitude Activities Gratitude Activities Gratitude Activities **Gratitude Activities** - Sing a Long 12:00 Adult Coloring 2:00 Adult Coloring 24 12:00 Adult Coloring
12:00 Sorting Or Folding Items
- Book, Newspaper or Maga 2:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items 12:00 Sorting Or Folding Items Due to Resident's preferences, Book, Newspaper or Magazine Book, Newspaper or Magazine Book, Newspaper or Magazine - Book, Newspaper or Magazine Book, Newspaper or Magazine Book, Newspaper or Magazine Book, Newspaper or Magazine Reading Reading Reading Reading Reading Reading 2:30 Craft Bag 2:30 Craft Bag 2:30 Craft Bag 12:30 Craft Bag 12:30 Craft Bag 12:30 Craft Bag 12:30 Craft Bag activity calendars subject to Daily Exercise - Daily Exercise Daily Exercise Daily Exercise Daily Exercise Daily Exercise Daily Exercise Gardening, Flower Arranging, Water Flowers change. Helping Around Highgate One & One Room Visits w/TM - One & One Room Visits w/TM One & One Room Visits w/TM - One & One Room Visits w/TM One Day Video Recordings - One Day Video Recordings Pet Care or Pet Visits TV, Movie, Music or Book on Tape Participation - Pet Care or Pet Visits Pet Care or Pet Visits - Pet Care or Pet Visits Virtual or Phone Visits w/ Friends or Family - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation - TV, Movie, Music or Book on Tape Participation TV, Movie, Music or Book on Tape Participation TV, Movie, Music or Book on Tape Participation Walking Club - Virtual or Phone Visits w/ Friends or Family - Virtual or Phone Visits w/ Friends or Family Working on Puzzles - Walking Club Walking Club Walking Club Walking Club Walking Club Walking Club Working on Puzzles Gratitude Activities

- Bingo

Sing a Long

- Gratitude Activities

Bingo

Gratitude Activities

Sing a Long

Bingo

Sing a Long

Gratitude Activities

Sing a Long

Continued at top

- Bingo

Gratitude Activities

Sing a Long

Bingo

- Sing a Long

Gratitude Activities

- Bingo

Gratitude Activities

Sing a Long