www.highgateseniorliving.com

HIGHGATE		www.riigrigateseriioriivirig.com			Small Group & Individual Activities		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast: 8:00 A.M. Lunch: 12:00 P.M. Dinner: 5:00 P.M. APPOINTMENT DAYS	Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles		*** ADD MONTH *** ADD THEME Add Support Theme	Due to Residents Preference, Activities Are Subject to Change	EXP YOUR P	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo - Gratitude Activities	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo - Gratitude Activities
Tuesdays and Thursdays	- Book, Newspaper or	- Book, Newspaper or	- Book, Newspaper or	- Book, Newspaper or Magazine Reading	- Book, Newspaper or	- Manicures & Spa Treatments - Book, Newspaper or Magazine Pooding	- Manicures & Spa Treatments - Book, Newspaper or - Magazine Pooding
Maralyn J. 4/01 Adeline T. 4/16 Mary D. 4/22	Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Gratitude Activities Manicures & Spa Treatments	Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Gratitude Activities Manicures & Spa Treatments	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo - Gratitude Activities - Manicures & Spa Treatments	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo - Gratitude Activities - Manicures & Spa Treatments	Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Gratitude Activities Manicures & Spa Treatments	Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Gratitude Activities Manicures & Spa Treatments	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo - Gratitude Activities - Manicures & Spa Treatments
TEAM MEMBER BIRTHDAYS Rose D. 4/08 April H. 4/11 Sidney S. 4/18 Savannah 4/21	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo	Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo	Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family - Walking Club - Working on Puzzles - Bingo	Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo	Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo
Dawn R. 4/25 Sheridan 4/26 Tawna W. 4/29 Sierra G. 4/29 John L. 4/29	- Gratitude Activities - Manicures & Spa Treatments - Book, Newspaper or - Magazine Reading - Daily Exercise - Gardening, Flower Arranging, - Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape - Participation - Virtual or Phone Visits w/Friends or Family	Gratitude Activities Manicures & Spa Treatments Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging, Watering Helping Around Highgate Misc. Game Play Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family	- Manicures & Spa Treatments - Playing Dominos - Playing Area Playing Playing Around Highgate - Misc. Game Playing P	- Manicures & Spa Treatments - Sing A Long - Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family	- Manicures & Spa Treatments - Sing A Long - Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family	- Manicures & Spa Treatments - Sing A Long - Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family	- Manicures & Spa Treatments - Sing A Long - Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding - One & One Room Visits w/TM - One Day Video Recordings - TV, Movie, Music or Book on Tape Participation - Virtual or Phone Visits w/Friends or Family
Ask Shelby about	- Walking Club - Working on Puzzles - Bingo - Manicures & Spa Treatments - Sing A Long	- Walking Club - Working on Puzzles - Sing-Along - Manicures & Spa Treatments - Chips n Salsa w Sour Cream	- Walking Club - Working on Puzzles - Cheese n Crackers with Sweet Iced Tea - Fun Times with Boardgames - Sing A Long	- Walking Club - Working on Puzzles - Bingo - Manicures & Spa Treatments - Sing A Long	- Walking Club - Working on Puzzles - Bingo - Manicures & Spa Treatments - Sing A Long	- Walking Club - Working on Puzzles - Bingo - Manicures & Spa Treatments - Sing A Long	- Walking Club - Working on Puzzles - Bingo - Manicures & Spa Treatments - Sing A Long
helping out with an activity or outing.	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play	- Book, Newspaper or Magazine Reading - Daily Exercise - Gardening, Flower Arranging, Watering - Helping Around Highgate - Misc. Game Play
Ask About Our Hydro Spa Experience	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Long	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Long	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Long	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Long	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Long	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Long	Napkin or Clothes Folding One & One Room Visits w/TM One Day Video Recordings TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends or Family Walking Club Working on Puzzles Bingo Manicures & Spa Treatments Sing A Loo Continued at top