calendar & activities

CONNECT

FEEL

MOVE

REFLECT

The Hampton at Meadow's Place - Reflect

MAR 2020

	SUNDAY		MONDAY
9:30		9:30	Monday Morning
10:30	[AR] Quiet Meditation	10:00	Makeovers Thymeless
10.00	[BLA]	10.00	Smoothies [ARK]
11:00	Garden Stroll and Water the	10:30	Yoga & Meditation
	Plants [OD]	1:00	Reminiscing Romance
1:00	Table Top Games	1:30	Ice Cream Social
1:30 2:00	Ice Cream Social Bingo Hour and Snacks [ARK]	3:30 4:30	Bingo Hour and Snacks [OD] Dinner [DR]
3:00	Colour Our World ART [AR]	5:30	CREATIVE DIFFERENCES [AR]
3:00	TV Time [ARK]	6:30	Snack Time
4:30	Dinner [DR]		
7:00	WHAT'S NEWS? [FLA]		
	Saving Time	9:30	Monday O
Begins 9:30			Morning 9
9.30	[AR]		Makeovers
10:30	Quiet Meditation [BLA]	10:00	Thymeless Smoothies
11:00	Garden Stroll and Water the	40.00	[ARK]
	Plants [OD]	10:30	Stretch Workout
1:00	Table Top Games Ice Cream Social	1:00	Reminiscing Romance
1:30 2:00	TV Time [ARK]	1:30	Ice Cream Social
3:00	Colour Our World ART [AR]	3:30	Garden Stroll [OD]
4:30	Dinner [DR]	4:30	Dinner [DR]
7:00	WHAT'S NEWS? [FLA]		
9:30	Church Services [AR] 15	9:30	Monday 16
10:30	Quiet Meditation [BLA]		Morning O Makeovers
11:00	Garden Stroll and Water the	10:00	Thymeless Smoothies
	Plants [OD]		[ARK]
1:00	Table Top Games	10:30	Stretch Workouts
1:30	Ice Cream Social	MLK L	Lunch
2:00 3:00	TV Time [ARK] Colour Our World ART [AR]	1:00	Reminiscing Romance
4:30	Dinner [DR]	1:30	Ice Cream Social
7:00	WHAT'S NEWS? [FLA]	3:30	Garden Stroll [OD]
		4:30	Dinner [DR]
	Church Services [AR] Quiet Meditation	9:30	Monday 23
10.30	[BLA]		Morning 2 0
11:00	Garden Stroll and		Makeovers
1:00	Water the Plants [OD] Table Top Games	MLK L	Lunch
1:30	Ice Cream Social		
2:00	TV Time [ARK]	1:00	Reminiscing
2:00	Thymeless Cooking Club:HOT CROSS BUNS [ARK]		Romance
3:00	Colour Our World ART [AR]	1:30	Ice Cream Social
4:30	Dinner [DR]	3:30	Garden Stroll [OD]
7:00	WHAT'S NEWS? [FLA]	4:30	Dinner [DR]
9:30	Church Services	9:30	Monday Morning

LOCATIONS Activity Room- AR Back Living Area-BLA Front Living Area-FLA Outdoors- OD Outing- O

4:30 7:00	Dinner [DR] WHAT'S NEWS? [FLA]	3:30 4:30	Garden Stroll [OD] Dinner [DR]
9:30	• Church Services [AR]	9:30	Monday Morning Makeovers 30
10:30	Quiet Meditation [BLA]	10:00	Thymeless Smoothies [ARK]
11:00	Garden Stroll and Water the Plants [OD]	10:30 MLK L	Yoga & Meditation Lunch
1:00	Table Top Games	1:00	Reminiscing Romance
1:30	Ice Cream Social	1:30	Ice Cream Social
2:00	TV Time [ARK]	3:30	Garden Stroll [OD]
3:00	Colour Our World ART [AR]	4:30	Dinner [DR]
4:30	Dinner [DR]	5:30	CREATIVE DIFFERENCES [AR]
6:00	Bible Story Trivia		
7:00	WHAT'S NEWS? [FLA]		

0.00		min mano parq
4:30		Dinner [DR]
9:30		Exercising to 1
		Motown [ARK]
10:00		Morning Glam
		Time [0]
10:00		Morning Glam Time [AR]
10:00	•	Thymeless Smoothies
		[ARK]
10:30		Bible study
1:30		Ice Cream Social
3:30		Mini Manis [AR]
4:30		Dinner [DR]

TUESDAY

Thymeless Smoothies

Exercising to Motown [ARK]

10:00 • Morning Glam

Time [0]

Bible study

Dinner [DR]

Bingo Hour

Snack Time

Exercising to

10:00 Morning Glam

[ARK]

Time [0]

Bible study

Dinner [DR]

Bingo Hour

Snack Time

Exercising to

[ARK]

Bible study

Dinner [DR]

Exercising to

10:00 Morning Glam

Time [0]

[ARK]

Motown [ARK]

10:00 • Morning Glam Time [AR]

Ice Cream Social

Mini Manis [AR]

10:00 • Thymeless Smoothies

Bible study

Ice Cream Social

Motown [ARK]

Morning Glam Time [0]

Thymeless Smoothies

St Patrick's Celebration

Ice Cream Social

Mini Manis [AR]

Motown [ARK]

Thymeless Smoothies

Ice Cream Social

Mini Manis [AR]

[ARK]

9:30

10:00

10:30

1:30

3:30

4:30

5:30

7:00

9:30

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7:00

9:30

10:00

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1:30

1:30

4:30

9:30

10:30

1:30

3:30

St. Patrick's Day



Snack & Chat



	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 • Scented Hands [AR] 10:30 Leg Day~ Exercising to the Oldies [ARK] 10:30 Outing With The Residents. The Call of the Wild 11:00 • Bingo [AR] 1:30 Ice Cream Social 2:00 Out & About [O] 2:00 • Sing Alone 3:00 Reflection & Reminiscing 4:30 Dinner [DR] 5:30 Laughter Is The Best Medicine [FLA] 6:00 • WHAT'S NEW? [FLA]	9:30 • Morning Facials [AR] 10:00 • Leg Excercise [AR] 10:30 • Thymeless Cooking Club:Creating Healthy Snacks [ARK]	9:30 Hamptons Hair Salon 10:30 Chair Yoga 11:00 Craft Time 11:00 Karaoke Corner [ARK] 1:30 Ice Cream Social 2:00 Hampton's MC Happy Hour 3:15 Hamptons Happy Hour AL [0] 4:30 Dinner [DR] 5:30 Board Games [AR] 6:30 Friday Night Popcorn & Movies [AR]	9:30 Exercise Time [ARK] 10:00 Nails & Laughter [BLA] 1:00 Destination Imagination [AR] 1:30 Bingo Hour [ARK] 1:30 Ice Cream Social 2:30 Saturday Matinee 3:30 Walk About [OD] 4:30 Dinner [DR] 5:30 Essence 6:30 Sing Along To The Oldies [FLA] 7:00 Reminiscing & Relaxation
	7:00 Snack & Chat 1:00 Outing With The Residents. 9:30 Scented Hands [AR] 10:00 Thymeless Snack 10:30 Leg Day~ Exercising to the Oldies [ARK] 10:30 Leg Workout [AR] 11:00 Outing With The Residents.? 2:00 Out & About [0] 3:00 Reflection & Reminiscing 4:30 Dinner [DR] 5:30 Laughter Is The Best Medicine [FLA] 6:00 WHAT'S NEW? [FLA] 7:00 Snack & Chat	9:30 • Morning Facials [AR] 10:00 • Leg Excercise [AR] 10:30 • Thymeless Cooking Club:Creating Healthy Snacks [ARK] 11:00 • Nostalgia: Sing your favorites [AR] 1:30 • Lee Cream Social 3:00 • Getting To Know You [FLA] 4:30 • Dinner [DR] 5:30 • Colour Our World ART 6:30 • PUZZLE PLAYOFFS [ARK] 7:00 • Evening Snack	9:30 Hamptons Hair Salon 10:30 Chair Yoga 11:00 Craft Time: Paint for St. Patrick's Day 1:00 Karaoke Corner [ARK] 1:30 Ice Cream Social 2:00 Hampton's MC Happy Hour: Special invite LIBERTY 2:30 St Patrick's Celebration 3:15 Hamptons Happy Hour AL [0] 4:30 Dinner [DR] 5:30 Board Games [AR] 6:30 Friday Night Popcorn & Movies [AR]	10:00 Bingo Hour [BLA] 11:30 Lunch [AR] 1:00 Nails & Laughter [AR] 1:30 Ice Cream Social 1:30 Who Wants to Be a Millionaire? [ARK] 2:30 Saturday Matinee 3:30 Walk About [OD] 4:30 Dinner [DR] 5:30 Essence 6:30 Sing Along To The Oldies [FLA] 7:00 Reminiscing & Relaxation
,	9:30 • Scented Hands [AR] 10:30 Leg Day~ Exercising to the Oldies [ARK] 1:30 Ice Cream Social 2:00 Bingo Hour [0] 2:00 • Essence 3:00 Reflection & Reminiscing 4:30 Dinner [DR] 5:30 Laughter Is The Best Medicine [FLA] 6:00 • WHAT'S NEW? [FLA] 7:00 Snack & Chat	Club:Creating Healthy Snacks [ARK] 11:00 Nostalgia: Sing your favorites [AR] 1:30 Ice Cream Social 3:00 Getting To Know You [FLA] 4:30 Dinner [DR] 5:30 Colour Our World ART 6:30 PUZZLE PLAYOFFS [ARK] 7:00 Evening Snack	9:30 Hamptons Hair Salon 10:30 Chair Yoga 11:00 Craft Time 1:00 Karaoke Corner [ARK] 1:30 Ice Cream Social 2:00 Hampton's MC Happy Hour 3:15 Hamptons Happy Hour AL [0] 4:30 Dinner 4:30 Dinner [DR] 5:30 Board Games [AR] 6:30 Friday Night Popcorn & Movies [AR]	10:00 Nails & Laughter [BLA] 21 10:30 Bingo Hour [AR] 21 1:00 Destination Imagination [AR] 1:00 1:00 Nails & Laughter [AR] 1:30 Ice Cream Social 1:30 Who Wants to Be a Millionaire? [ARK] 2:30 Saturday Matinee 3:30 Walk About [OD] 4:30 Dinner [DR] 5:30 Essence Hands 6:30 Sing Along To The Oldies [FLA] 7:00 Reminiscing & Relaxation
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Movies [AR]

Sing Along To The Oldies [FLA]

Reminiscing & Relaxation

6:30