www.highgateseniorliving.com

Small Group & Individual Áctivities

HIGHGATE Friday Sunday Monday Tuesday Wednesday Thursday Saturday May cont'd Book, Newspaper or Magazine Book, Newspaper or Magazine *** ADD MONTH *** Reading Reading Daily Exercise Daily Exercise **Due to Residents** Book, Newspaper or Magazine Gardening, Flower Arranging or Gardening, Flower Arranging or Reading Watering Watering Daily Exercise **ADD THEME Preference, Activities** Helping Around Highgate Helping Around Highgate Gardening, Flower Arranging or Misc. Game Play Misc. Game Play **Are Subject to Change** Breakfast 8:00 am - 11:00 am Napkin or Clothes Folding Napkin or Clothes Folding Helping Around Highgate Misc. Game Play TV, Movie, Music or Book on Tape - TV, Movie, Music or Book on Tape Napkin or Clothes Folding YOUR PURPOSE **Dinner** 11:00 am - 6:00 pm **Add Support Theme Participation** Participation - TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends and Family Virtual or Phone Visits w/Friends and Family Virtual or Phone Visits w/Friends and Family Walking Club Walking Club **Supper** 11:00 am - 6:00 pm Walking Club Working on Puzzles Working on Puzzles Working on Puzzles - 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 - One Day Video Recordings Bingo Bingo Bingo Gratitude Activities **Gratitude Activities** Gratitude Activities Manicures & Spa Treatments Manicures & Spa Treatments Manicures & Spa Treatments **DOCTOR APPOINTMENTS** EXPAND HORIZONS | REACH FARTHER | BUILD BRIDGES | FORGE RELATIONSHIPS Sing A Long Sing A Long Sing A Long Book, Newspaper or Magazine Book, Newspaper or Magazine - Book, Newspaper or Magazine Tuesday & Thursday Reading Reading Reading Reading Reading Reading Reading Daily Exercise **Daily Exercise** Daily Exercise Daily Exercise Daily Exercise Daily Exercise Daily Exercise 9:30 am - 3:30 pm - Gardening, Flower Arranging or Gardening, Flower Arranging or - Gardening, Flower Arranging or - Gardening, Flower Arranging or Gardening, Flower Arranging or Gardening, Flower Arranging or Gardening, Flower Arranging or Watering Helping Around Highgate - Misc. Game Play Misc. Game Play Misc. Game Play - Napkin or Clothes Folding - TV, Movie, Music or Book on Tape **BEAUTY SHOP HOURS** Participation Participation Participation Participation Participation Participation Participation Virtual or Phone Visits w/Friends and Family - Virtual or Phone Visits w/Friends and Family - Walking Club - Walking Club Walking Club Walking Club Walking Club Walking Club Walking Club Wednesday, Thursday, Friday - Working on Puzzles - Working on Puzzles Working on Puzzles - Working on Puzzles Working on Puzzles Working on Puzzles Working on Puzzles - One & One Room Visits w/TM 9:00 AM - 5:00 PM - 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 - Bingo - Bingo Bingo - Bingo Bingo For appointments: - Gratitude Activities - Gratitude Activities Gratitude Activities - Gratitude Activities Gratitude Activities Gratitude Activities Gratitude Activities - Manicures & Spa Treatments Manicures & Spa Treatments Manicures & Spa Treatments Manicures & Spa Treatments Call Kathy Cooper 580-2295 Rainbow Heart Decoration - Sing A Long Sing A Long Sing A Long Sitting outside to see Flying Jets! Sing A Long Sing A Long Book, Newspaper or Magazine 16 Reading Reading Reading Reading Reading Reading Reading Daily Exercise Daily Exercise Daily Exercise - Daily Exercise Daily Exercise Daily Exercise Daily Exercise Gardening, Flower Arranging or - Gardening, Flower Arranging or Watering Watering RESIDENT BIRTHDAYS Helping Around Highgate - Misc. Game Play - Napkin or Clothes Folding Napkin or Clothes Folding Napkin or Clothes Folding Napkin or Clothes Folding - TV, Movie, Music or Book on Tape TV, Movie, Music or Book on Tape - TV, Movie, Music or Book on Tape - TV, Movie, Music or Book on Tape - TV, Movie, Music or Book on Tape TV, Movie, Music or Book on Tape TV, Movie, Music or Book on Tape Participation Participation Participation Participation Participation **Participation** Participation Virtual or Phone Visits w/Friends and Family Virtual or Phone Visits w/Friends and Family - Virtual or Phone Visits w/Friends and Family - Virtual or Phone Visits w/Friends and Family Ken B. 4/01 - Walking Club - Walking Club - Walking Club - Walking Club Walking Club Walking Club Walking Club Working on Puzzles - Working on Puzzles Working on Puzzles - Working on Puzzles Working on Puzzles Working on Puzzles Working on Puzzles 4/19 Steve S. - 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 & 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 One Day Video Recordings One Day Video Recordings 4/28 Yvonne D - Bingo Bingo - Bingo - Gratitude Activities - Gratitude Activities Gratitude Activities - Gratitude Activities Gratitude Activities Gratitude Activities **Gratitude Activities** Warren S. - Manicures & Spa Treatments - Manicures & Spa Treatments - Manicures & Spa Treatments Sing A Long 4/30 Lois H. Book, Newspaper or Magazine 71 Reading Reading Reading Reading Reading Reading - Daily Exercise **Daily Exercise** Daily Exercise Daily Exercise Daily Exercise Daily Exercise Daily Exercise Gardening, Flower Arranging or Watering Watering Watering Watering Watering Watering Helping Around Highgate Misc. Game Play - Misc. Game Play - Misc. Game Play - Misc. Game Play Misc. Game Play - Misc. Game Play - Misc. Game Play **Ask About Our Hydro Spa** Napkin or Clothes Folding - TV, Movie, Music or Book on Tape **Experience's Participation** Participation Participation Participation Participation Participation Participation - Virtual or Phone Visits w/Friends and Family - Walking Club - Walking Club Walking Club Walking Club Walking Club Walking Club Walking Club Working on Puzzles - Working on Puzzles Working on Puzzles - Working on Puzzles Working on Puzzles Working on Puzzles Working on Puzzles 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 & 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 One Day Video Recordings One Day Video Recordings - One Day Video Recordings - One Day Video Recordings One Day Video Recordings - Bingo - Bingo - Bingo - Bingo Bingo

Alzheimer's support group meets every LAST MONDAY of every month (except December) at Hope Lutheran Church

- Gratitude Activities Manicures & Spa Treatments Sing A Long Book, Newspaper or Magazine Reading Daily Exercise - Gardening, Flower Arranging or Watering Helping Around Highgate

- Misc. Game Play

Participation

- Walking Club

Sing A Long

- Bingo

- Working on Puzzles

- Gratitude Activities

Napkin or Clothes Folding

- TV, Movie, Music or Book on Tape

- One & One Room Visits w/TM

- Manicures & Spa Treatments

One Day Video Recordings

- Virtual or Phone Visits w/Friends and Family

 Sing A Long Book, Newspaper or Magazine Reading Daily Exercise Gardening, Flower Arranging or Helping Around Highgate

Manicures & Spa Treatments

- Gratitude Activities

- Misc. Game Play Napkin or Clothes Folding - TV, Movie, Music or Book on Tape Participation

Virtual or Phone Visits w/Friends and Family

- Walking Club - Working on Puzzles

- One & One Room Visits w/TM - One Day Video Recordings

- Bingo - Gratitude Activities - Manicures & Spa Treatments Sing A Long

Helping Around Highgate - Misc. Game Play Napkin or Clothes Folding - TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends and Family

Gratitude Activities

Sing A Long

Daily Exercise

Sing A Long

Reading

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Manicures & Spa Treatments

Book, Newspaper or Magazine

Gardening, Flower Arranging or

Walking Club

 Working on Puzzles One & One Room Visits w/TM One Day Video Recordings - Bingo Gratitude Activities

- Bingo - Gratitude Activities - Manicures & Spa Treatments - Manicures & Spa Treatments

Helping Around Highgate - Misc. Game Play Napkin or Clothes Folding - TV, Movie, Music or Book on Tape **Participation** Virtual or Phone Visits w/Friends and Family Walking Club - Working on Puzzles

- One & One Room Visits w/TM

Gratitude Activities

Sing A Long

Reading

- Sing A Long

Daily Exercise

- Manicures & Spa Treatments

Book, Newspaper or Magazine

- Gardening, Flower Arranging or

- One Day Video Recordings

 One Day Video Recordings Bingo Gratitude Activities

Manicures & Spa Treatments

Gratitude Activities

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Daily Exercise

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Participation

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Manicures & Spa Treatments

Book, Newspaper or Magazine

Gardening, Flower Arranging or

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Helping Around Highgate

Napkin or Clothes Folding

Walking Club

 Working on Puzzles One & One Room Visits w/TM

Virtual or Phone Visits w/Friends and Family

28

- Working on Puzzles One & One Room Visits w/TM - One Day Video Recordings

- TV, Movie, Music or Book on Tape

Gratitude Activities

- Sing A Long

Daily Exercise

- Misc. Game Play

Participation

Gratitude Activities

- Manicures & Spa Treatments

- Bingo

Sing A Long

Reading

Manicures & Spa Treatments

Book, Newspaper or Magazine

Gardening, Flower Arranging or

Helping Around Highgate

Napkin or Clothes Folding

Virtual or Phone Visits w/Friends and Family Walking Club

Walking Club Working on Puzzles

Helping Around Highgate

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Daily Exercise

Misc. Game Play

Reading

Watering

Sing A Long

Manicures & Spa Treatments

Book, Newspaper or Magazine

Gardening, Flower Arranging or

- TV, Movie, Music or Book on Tape Participation Virtual or Phone Visits w/Friends and Family

One & One Room Visits w/TM - One Day Video Recordings **Gratitude Activities**

Manicures & Spa Treatments

Continued at top

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