

EMBRACE

BY SENIOR LIFESTYLE

WALDEN PLACE

a Senior Lifestyle community

📖 Embrace -BOOKMARKS

🌸 Embrace -ESSENCE

🎵 Embrace -MELODY

👏 Embrace -THYMELESS

🔵 _CONNECT

🟡 _CONTRIBUTE

🔴 _FEEL

🟠 _GROW

🟢 _MOVE

🟣 _REFLECT

Location Keys

Country Kitchen

Fireplace Lounge

Memory Care Activity Room

Memory Care Lounge

CK

FL

AR

MCL

Sunday

All activities are subject to change

Any questions please contact Sarah Lang Memory care director 607 218-3597

Monday

8:45🔵 Makeovers [MCL]

9:15🟢 Wake Up and Dance! [CK]

10:15📖 Bookmarks [AR]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

5:00🔵 Music with Mary [MCL]

6:30🔵 Put a puzzle together [MCL]

Tuesday

8:30🌸 Energize with peppermint [MCL]

9:15🟢 Ball toss [FL]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🟢 Snowball toss with large marshmallows [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

Wednesday

8:45🔵 National news hour [FL]

9:00🟢 Flash Fitness [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Watch a classic winter movie (White Christmas) [MCL]

2:00👏 Thymeless [CK]

3:30🟠 Sing Christmas Carols [MCL]

4:00🟢 Setting Up For Dinner [CK]

6:00🔴 Leg Relaxation [MCL]

Thursday

8:30🔵 Morning talk group [MCL]

9:15🟢 Reach and Stretch [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00Meditation [MCL]

Friday

8:30🔵 Walk with me

9:15🟢 Move with music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:30🎵 Sing Fit [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

Saturday

9:15🟢 Move to Music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🟠 Bingo [AR]

7

9:00🟣 Daily Reading Of Faith [AR]

9:15🟢 Stretching [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Fancy nails [MCL]

2:00👏 Thymeless [CK]

3:30🔴 Remembering Pear Harbor [MCL]

4:00🟢 Setting Up For Dinner [CK]

6:30🔴 Movie and Popcorn [AR]

8

8:45🔵 Makeovers [MCL]

9:15🟢 Wake Up and Dance! [CK]

10:15🔴 Cookie decorating station [AR]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

5:00🔵 Music with Mary [MCL]

6:30🔵 Put a puzzle together [MCL]

9

8:30🌸 Energize with peppermint [MCL]

9:15🟢 Ball toss [FL]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00📖 Bookmarks [MCL]

2:00👏 Thymeless [CK]

3:30🟠 Cognitive games [AR]

4:00🟢 Setting Up For Dinner [CK]

10

8:45🔵 National news hour [FL]

9:00🟢 Flash Fitness [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🟣 Make Christmas cards for our local EMTs [MCL]

2:00👏 Thymeless [CK]

3:30🟠 Trivia [MCL]

4:00🟢 Setting Up For Dinner [CK]

6:00🔴 Leg Relaxation [MCL]

11

8:30🔵 Morning talk group [MCL]

9:15🟢 National stretching day [MCL]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🟠 Build gingerbread houses [AR]

12

8:30🔵 Walk with me

9:15🟢 Move with music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:30🎵 Sing Fit [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

13

9:15🟢 Move to Music [CK]

10:30🟠 Funny Videos [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🟠 Bingo [AR]

14

9:00🟣 Daily Reading Of Faith [AR]

9:15🟢 Stretching [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Fancy nails [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:30🔴 Movie and Popcorn [AR]

15

8:45🔵 Makeovers [MCL]

9:15🟢 Wake Up and Dance! [CK]

10:15📖 Bookmarks [AR]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

5:00🔵 Music with Mary [MCL]

6:30🔵 Put a puzzle together [MCL]

16

8:30🌸 Energize with peppermint [MCL]

9:15🟢 Ball toss [FL]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00📖 Bookmarks [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

17

8:45🔵 National news hour [FL]

9:00🟢 Flash Fitness [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Remembering the wright brothers [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🔴 Leg Relaxation [MCL]

18

8:30🔵 Morning talk group [MCL]

9:15🟢 Reach and Stretch [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00Meditation [MCL]

19

8:30🔵 Walk with me

9:15🟢 Move with music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:30🎵 Sing Fit [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

20

9:15🟢 Move to Music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🟠 Bingo [AR]

21

9:00🟣 Daily Reading Of Faith [AR]

9:15🟢 Stretching [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Fancy nails [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:30🔴 Movie and Popcorn [AR]

22

8:45🔵 Makeovers [MCL]

9:15🟢 Wake Up and Dance! [CK]

10:15📖 Bookmarks [AR]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

5:00🔵 Music with Mary [MCL]

6:30🔵 Put a puzzle together [MCL]

23

8:30🌸 Energize with peppermint [MCL]

9:15🟢 Ball toss [FL]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00📖 Bookmarks [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

24

Christmas Eve

8:45🔵 National news hour [FL]

9:00🟢 Flash Fitness [CK]

10:30🔴 Enjoy eggnog with friends [MCL]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Reminisce about past holidays [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🔴 Christmas movies with friends [AR]

25

Christmas Day

8:30🔵 Morning talk group [MCL]

9:15🟢 Reach and Stretch [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00Meditation [MCL]

26

8:30🔵 Walk with me

9:15🟢 Move with music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:30🎵 Sing Fit [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

27

9:15🟢 Move to Music [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:30🔵 Bingo [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🟠 Cognitive games [AR]

28

9:00🟣 Daily Reading Of Faith [AR]

9:15🟢 Stretching [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00🔴 Fancy nails [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:30🔴 Movie and Popcorn [AR]

29

8:45🔵 Makeovers [MCL]

9:15🟢 Wake Up and Dance! [CK]

10:15📖 Bookmarks [AR]

11:00🟢 Setting Dining Area For Lunch [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

5:00🔵 Music with Mary [MCL]

6:30🔵 Put a puzzle together [MCL]

30

8:30🌸 Energize with peppermint [MCL]

9:15🟢 Ball toss [FL]

10:30🟠 All about bacon [MCL]

11:00🟢 Setting Dining Area For Lunch [CK]

1:00📖 Bookmarks [MCL]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

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New Year's Eve

8:45🔵 National news hour [FL]

9:00🟢 Flash Fitness [CK]

11:00🟢 Setting Dining Area For Lunch [CK]

12:00🔵 New years eve party [CK]

2:00👏 Thymeless [CK]

4:00🟢 Setting Up For Dinner [CK]

6:00🔴 Leg Relaxation [MCL]

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