Carriage Court of Memphis Memory Care – Living Healthy

calendar & activities

AUG 2020

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Court Yard - CY
Dining Room - DR
Living Room - LR
Lobby - L

BIRTHDAYS THIS MONTH

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM
Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August cont'd **30** 9am Devotion [AR] 10:00 Sunday Service [LR] 1:00 Daily Chronicles [AR] 3:00 Afternoon Movie Madness [Lobby] 6:00 Blackjack [AR]	**31** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Nature Walk [AR] 1:00 Daily Chronicles [AR] 3:00 Games Galore [AR] 6:00 The Good News Hour [LR]	CARRIAGE COURT OF MEMPHIS *a Senior Lifestyle community*	Be Inspired			**1** 9:00 Devotion [AR] 9:30 Exercise [AR] 10:00 Bingo [AR] 11:30 Heavenly Hand Massages 1:00 Daily Chronicles [AR] 6:00 Get up and Dance - Music Therapy
2 9:00 Devotion [AR] 9:30 Balloon Badmitton [AR] 10:00 Sunday Service [LR] 1:00 Daily Chronicles [AR] 3:00 Afternoon Movie Madness [Lobby] 6:00 Blackjack [AR]	**3** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Nature Walk [AR] 10:30 National Watermelon day [DR] 1:00 Daily Chronicles [AR] 3:00 Games Galore [AR] 6:00 The Good News Hour [LR]	**4** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Choices [AR] 1:00 Daily Chronicles [AR] 3:00 Minute to Win It! [AR] 3:00 **National Chocolate Chip Cookie day - Baking Cookies [DR]** 3:30 **Hand and Neck Massages - National Spa Day [LR]** 6:00 Get up and Dance - Music Therapy	**5** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Rhythm Band [AR] 1:00 Daily Chronicles [AR] 3:00 Arts & Crafts [AR] 6:00 The Good News Hour [LR]	**6** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Penny Ante [AR] 1:00 Daily Chronicles [AR] 3:00 Nail Spa [AR] 3:00 **National Root Beer Float day [CY]** 6:00 Get up and Dance - Music Therapy	**7** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Reminiscence [AR] 1:00 Daily Chronicles [AR] 3:00 Happy Hour [AR] 6:00 The Good News Hour [LR]	**8** 9am Devotion [AR] 9:30 Chair Yoga [LR] 10:00 Bingo [AR] 11:30 Heavenly Hand Massages 1:00 Daily Chronicles [AR] 6:00 Get up and Dance - Music Therapy
9 9am Devotion [AR] 10:00 Sunday Service [LR] 1:00 Daily Chronicles [AR] 3:00 Afternoon Movie Madness [Lobby] 6:00 Blackjack [AR]	**10** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Nature Walk [AR] 1:00 Daily Chronicles [AR] 3:00 Games Galore [AR] 6:00 The Good News Hour [LR]	**11** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Choices [AR] 1:00 Daily Chronicles [AR] 3:00 Minute to Win It! [AR] 6:00 Get up and Dance - Music Therapy	**12** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Rhythm Band [AR] 1:00 Daily Chronicles [AR] 3:00 Arts & Crafts [AR] 6:00 The Good News Hour [LR]	**13** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Penny Ante [AR] 1:00 Daily Chronicles [AR] 3:00 Nail Spa [AR] 6:00 Get up and Dance - Music Therapy	**14** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Reminiscence [AR] 1:00 Daily Chronicles [AR] 3:00 Happy Hour [AR] 6:00 The Good News Hour [LR]	**15** **Spa Experience- National Spa Day** 9am Devotion [AR] 9:30 Chair Yoga [LR] 10:00 Bingo [AR] 11:30 Heavenly Hand Massages 1:00 Daily Chronicles [AR] 3:00 Table Tennis [AR] 6:00 Calming Hand Massages [AR] 6:00 Get up and Dance - Music Therapy
16 9am Devotion [AR] 10:00 Sunday Service [LR] 1:00 Daily Chronicles [AR] 3:00 Afternoon Movie Madness [Lobby] 6:00 Blackjack [AR]	**17** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Nature Walk [AR] 1:00 Daily Chronicles [AR] 3:00 Games Galore [AR] 3:30 **Making Hand Sanitizer [DR]** 6:00 The Good News Hour [LR]	**18** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Choices [AR] 1:00 Daily Chronicles [AR] 3:00 Minute to Win It! [AR] 6:00 Get up and Dance - Music Therapy	**19** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Rhythm Band [AR] 11:00 **Scavenger Hunt! [CY]** 1:00 Daily Chronicles [AR] 3:00 Arts & Crafts [AR] 6:00 The Good News Hour [LR]	**20** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Penny Ante [AR] 1:00 Daily Chronicles [AR] 3:00 **Lemonade Mixer- National Lemonade Day [AR]** 3:00 Nail Spa [AR] 6:00 Get up and Dance - Music Therapy	**21** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Reminiscence [AR] 11:00 **Line Dancing with Maria** 1:00 Daily Chronicles [AR] 3:00 Happy Hour [AR] 6:00 The Good News Hour [LR]	**22** 9am Devotion [AR] 9:30 Chair Yoga [LR] 10:00 Bingo [AR] 11:30 Heavenly Hand Massages 1:00 Daily Chronicles [AR] 3:00 Table Tennis [AR] 6:00 Calming Hand Massages [AR] 6:00 Get up and Dance - Music Therapy
23 9am Devotion [AR] 10:00 Sunday Service [LR] 1:00 Daily Chronicles [AR] 3:00 Afternoon Movie Madness [Lobby] 6:00 Blackjack [AR]	**24** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Nature Walk [AR] 1:00 Daily Chronicles [AR] 3:00 Games Galore [AR] 6:00 The Good News Hour [LR]	**25** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Choices [AR] 1:00 Daily Chronicles [AR] 3:00 Minute to Win It! [AR] 6:00 Get up and Dance - Music Therapy	**26** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Rhythm Band [AR] 1:00 Daily Chronicles [AR] 3:00 Arts & Crafts [AR] 6:00 The Good News Hour [LR]	**27** 9am Devotion [AR] 9:30 Chair Jazzercise 10:00 Penny Ante [AR] 1:00 Daily Chronicles [AR] 3:00 Nail Spa [AR] 6:00 Get up and Dance - Music Therapy	**28** **National Bow Tie Day** 9am Devotion [AR] 9:30 Sit and Stretch [AR] 10:00 Reminiscence [AR] 1:00 Daily Chronicles [AR] 3:00 Happy Hour [AR] 6:00 The Good News Hour [LR]	**29** 9am Devotion [AR] 9:30 Chair Yoga [LR] 10:00 Bingo [AR] 11:30 Heavenly Hand Massages 1:00 Daily Chronicles [AR] 3:00 Table Tennis [AR] 6:00 Calming Hand Massages [AR] 6:00 Get up and Dance - Music Therapy Continued at top