

DECEMBER 2017

Meadow Brook Senior Living: **Memory Care**

You can be anything
but always **BE YOU!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Be Connected - Be Expressive - Be Healthy - Be Inspired - Be Involved - Be Social - Be Spiritual					1 9:30 Morning Group Meeting 10:00 SpectraFit: Strength 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Culinary Experiences 3:00 B3 Smoothies 3:30 Fun Friday 6:00 Evening Movie/Free Time	2 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:00 Holiday Market 12:00 pm-3:00pm 12:30 Rest & Refresh Time 2:00 Spa Day & a Movie 6:00 Evening Movie/Free Time
3 9:00 Coffee & What's News? 10:00 SpectraFun: Balloon Volleyball with RAs 12:30 Rest & Refresh Time 1:00 Afternoon Movie 2:00 Fireside Chat 3:00 Games with RAs 6:00 Evening Movie/Free Time	4 10:00 What's News? 10:00 SpectraFit: Flexercise 10:30 Marvelous Minds: Magazine Scavenger Hunt with RAs 12:30 Rest & Refresh Time 12:30 Grief Support Group Presented by Paradigm-S 2:00 Just For Laughs Movie 3:00 Puzzles with RAs 6:00 Evening Movie/Free	5 9:30 Morning Group Meeting 10:00 SpectraFit: w/ Chalise Amos of Paradigm 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Music & Birthday Party w/ Dawn of Paradigm 3:00 B3 Smoothies 3:30 Creative Arts: Adult Coloring Pages	6 9:30 Morning Group Meeting 10:00 SpectraFit: Stretching 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Name that Tune 3:00 B3 Smoothies 3:30 SpectraFun: Noodle Hockey 6:00 Evening Movie/Free Time	7 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Finish the Phrase 6:00 Evening Movie/Free Time	8 9:30 Morning Group Meeting 10:00 SpectraFit: Strength 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Music w/ Bill Roth 3:00 B3 Smoothies 3:30 Fun Friday 6:00 Evening Movie/Free Time	9 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Spa Day & a Movie 3:00 Piano Christmas Music-D 6:00 Evening Movie/Free Time
10 9:00 Coffee & What's News? 10:00 SpectraFun: Balloon Volleyball with RAs 12:30 Rest & Refresh Time 1:00 Afternoon Movie 2:00 Fireside Chat 3:00 Games with RAs 6:00 Evening Movie/Free Time	11 10:00 What's News? 10:00 SpectraFit: Flexercise 10:30 Marvelous Minds: Magazine Scavenger Hunt with RAs 12:30 Rest & Refresh Time 2:00 Just For Laughs Movie 3:00 Puzzles with RAs 6:00 Evening Movie/Free Time	12 Hanukkah Begins 9:30 Morning Group Meeting 10:00 SpectraFit: w/ Chalise Amos of Paradigm 10:45 Daily Chronicles 11:00 Marvelous Minds 11:30 R.O.M.E.O. Lunch C 12:30 Rest & Refresh Time 2:00 Music Program w/ Terry of Comfort Care 3:00 B3 Smoothies 3:30 Creative Arts: Adult	13 9:30 Morning Group Meeting 10:00 SpectraFit: Stretching 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Art w/ Heidi 3:00 B3 Smoothies 3:30 SpectraFun: Noodle Hockey 5:15 Christmas Caroling with the Cub Scouts	14 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Misty Woods-Jazz Music-Bistro 6:00 Evening Movie/Free Time	15 9:30 Morning Group Meeting 10:00 SpectraFit: Strength 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 1:00 Bell Choir Performance for Memory Care 2:00 Culinary Experiences 3:00 B3 Smoothies 3:30 Fun Friday	16 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Spa Day & a Movie 6:00 Evening Movie/Free Time

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17 9:00 Coffee & What's News? 10:00 SpectraFun: Balloon Volleyball with RAs 12:30 Rest & Refresh Time 1:00 Afternoon Movie 2:00 Fireside Chat 3:00 Games with RAs 6:00 Evening Movie/Free Time	18 10:00 What's News? 10:00 SpectraFit: Flexercise 10:30 Marvelous Minds: Magazine Scavenger Hunt with RAs 12:30 Rest & Refresh Time 2:00 Just For Laughs Movie 3:00 Puzzles with RAs 6:00 Evening Movie/Free Time	19 9:30 Morning Group Meeting 10:00 SpectraFit: w/ Chalise Amos of Paradigm 10:45 Daily Chronicles 11:00 Marvelous Minds 11:30 JULIET Luncheon C 12:30 Rest & Refresh Time 2:00 Bunco 3:00 B3 Smoothies 3:30 Creative Arts: Adult Coloring Pages 6:00 Evening Movie/Free Time	20 9:30 Morning Group Meeting 10:00 SpectraFit: Stretching 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Art w/ Heidi 3:00 B3 Smoothies 3:30 SpectraFun: Noodle Hockey 6:00 Evening Movie/Free Time	21 Winter Begins 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Music by Jennifer Johnson 6:00 Evening Movie/Free Time	22 9:30 Morning Group Meeting 10:00 SpectraFit: Strength 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Culinary Experiences 3:00 Music by Jerri Williamson-DR 6:00 Evening Movie/Free Time	23 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Spa Day & a Movie 6:00 Evening Movie/Free Time
24 9:00 Coffee & What's News? 10:00 SpectraFun: Balloon Volleyball with RAs 10:30 Christmas Eve Church Service with Landon-C 12:30 Rest & Refresh Time 1:00 Afternoon Movie 2:00 Fireside Chat 3:00 Games with RAs 6:00 Evening Movie/Free Time	25 Christmas Day 10:00 Christmas Donuts & Coffee with Music 2:00 Christmas Movies with RA's	26 Kwanzaa Begins 9:30 Morning Group Meeting 10:00 SpectraFit: w/ Chalise Amos of Paradigm 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Bunco 3:00 B3 Smoothies 3:30 Creative Arts: Adult Coloring Pages 6:00 Evening Movie/Free Time	27 9:30 Morning Group Meeting 10:00 SpectraFit: Stretching 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Name That Tune! 3:00 B3 Smoothies 3:30 SpectraFun: Noodle Hockey 6:00 Evening Movie/Free Time	28 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Classical Music Indy Performance: Bistro 12:30 Rest & Refresh Time 2:00 Bingo 3:00 B3 Smoothies 3:30 Finish the Phrase 4:30 Dinner in Color 6:00 Evening Movie/Free Time	29 9:30 Morning Group Meeting 10:00 SpectraFit: Strength 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Culinary Experiences 3:00 B3 Smoothies 3:30 Fun Friday 6:00 Evening Movie/Free Time	30 9:30 Morning Group Meeting 10:00 SpectraFit: Flexercise 10:30 Hydration Break 10:45 Daily Chronicles 11:00 Marvelous Minds 12:30 Rest & Refresh Time 2:00 Spa Day & a Movie 6:00 Evening Movie/Free Time
31 New Year's Eve 9:00 Coffee & What's News? 10:00 SpectraFun: Balloon Volleyball 12:30 Rest & Refresh Time 1:00 Afternoon Movie 2:00 Fireside Chat 3:00 Reminiscing the Year 6:00 Evening Movie/Free Time						