



# MARKET STREET

A MEMORY CARE RESIDENCE

## MEMORY CARE ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<p>9:00 Tai Chi</p> <p>9:30 Coupon Clipping</p> <p>10:00 Jokes &amp; Laughs</p> <p>10:30 Photo Scrapbooking</p> <p>11:00 Sanding Furniture</p> <p>11:30 Visit: First Academy Musical Group</p> <p>1:00 Afternoon Walk</p> <p>1:30 Cut up Watermelons for snack</p> <p>2:30 Tying Flies</p> <p>3:00 Making Bread</p> <p>3:30 Snapping Beans</p> <p>4:00 School Memories</p> <p>4:30 Poetry Memories</p> <p>6:30 TV Special: "Dean Martin Show"</p> <p>7:00 Sing a Long</p> <p>7:30 Short Stories</p> <p>8:00 Travel Memories</p> <p>8:30 Deep Breathing Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Jigsaw Puzzles</p> <p>10:00 Trip: Art Center</p> <p>10:30 Bible Reading</p> <p>11:00 Musical Memories</p> <p>11:30 Shelling Peas</p> <p>1:00 Afternoon Walk</p> <p>1:30 Photo Collages</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Cut up vegetables for soup</p> <p>3:00 Make Vegetable Soup</p> <p>3:30 Sort Nails, Screws and Hardware</p> <p>4:00 Trivia with Reminiscing</p> <p>4:30 Setting Dinner Tables</p> <p>6:30 TV Special: "George Burns &amp; Gracie Allen"</p> <p>7:00 Evening Stroll</p> <p>8:00 Tips for Getting Kids to Bed</p> <p>8:30 Relaxation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Shopping Trip</p> <p>10:00 Peel Potatoes, Carrots and Celery</p> <p>10:30 Make Potato Soup</p> <p>11:00 Name that Animal</p> <p>11:30 Napkin Folding</p> <p>1:00 Afternoon Walk</p> <p>1:30 Crosswords</p> <p>2:00 Copy recipes from magazines</p> <p>2:30 Garden Transplanting</p> <p>3:00 Peel Peaches</p> <p>3:30 Roll dough</p> <p>4:00 Make Peach Pie</p> <p>4:30 Sort Quarters by State</p> <p>6:30 TV Special: "The Red Skelton Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Love is...</p> <p>8:00 Things that Make me Smile...</p> <p>8:30 Hand Massages</p>	<p>9:00 Morning Stretches</p> <p>9:30 Catholic Communion</p> <p>10:00 Grandmother's Memories</p> <p>11:00 Tear Lettuce for Salads</p> <p>11:30 Label Family Photos</p> <p>1:00 Afternoon Walk</p> <p>1:30 Make a cake</p> <p>2:30 Sort Playing Cards</p> <p>3:00 Family Friday: "Music for the Times of Your Life" by Times Square</p> <p>4:00 Reminiscing Trivia with Families</p> <p>4:30 Dominos</p> <p>6:30 TV Special</p> <p>7:00 Evening Stroll</p> <p>7:30 Friday Night Memories</p> <p>8:00 Favorite TV Shows</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Painting/Arts &amp; Crafts</p> <p>10:00 Model Building</p> <p>11:00 Bible Study</p> <p>11:30 Boy Scout Visit</p> <p>1:00 Afternoon Walk</p> <p>1:30 Fold Towels</p> <p>2:00 Water Plants</p> <p>2:30 Sort Lipstick and nail polish by color and brand on a scale of 1-10</p> <p>3:00 Arrange Tool Boxes</p> <p>3:30 Short Stories</p> <p>4:00 Sing a Long</p> <p>4:30 Tie fishing lures</p> <p>6:30 Trip</p> <p>7:00 TV Special: "The Johnny Cash Show"</p> <p>7:30 Evening Stroll</p> <p>8:00 Name that Musician</p> <p>8:30 Bible Reading</p>
6	7	8	9	10	11	12
<p>9:00 Morning Walk</p> <p>9:30 Hymn Sing</p> <p>10:00 Worship</p> <p>11:00 Peel Apples</p> <p>11:30 Make Apple Pies</p> <p>1:00 Afternoon Walk</p> <p>1:30 Crank Homemade Ice Cream</p> <p>2:30 Ice Cream &amp; Apple Pie Social</p> <p>3:00 Make a Grocery Lis</p> <p>3:30 Set the Table</p> <p>4:00 Play Cards</p> <p>4:30 Sports Trivia</p> <p>6:30 TV Special: "The Jack Benny Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Musical Memories</p> <p>8:00 Stories to Share</p> <p>8:30 Relaxation Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Wash fresh produce</p> <p>10:00 Trip</p> <p>11:00 Assembly Required</p> <p>11:30 Name that Tune</p> <p>1:00 Afternoon walk</p> <p>1:30 Look &amp; Life magazines</p> <p>2:00 Crack nuts and eat them</p> <p>2:30 Read "Grandfather Remembers: Memories for my Grandchild"</p> <p>3:00 Arrange flowers</p> <p>3:30 Make no-bake cookies</p> <p>4:00 Polish silver</p> <p>4:30 Word Searches</p> <p>6:30 TV Special: "The Carol Burnett Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Sorting Magazines</p> <p>8:00 Folding Towels</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Rock Collections</p> <p>10:00 Dusting</p> <p>10:30 Woodworking</p> <p>11:00 Make Chocolate Chip Cookies</p> <p>11:30 Trip</p> <p>1:00 Afternoon Walk</p> <p>1:30 Polish &amp; Sort Silverware</p> <p>2:00 Eat Cookies</p> <p>2:30 Shell corn to feed squirrels</p> <p>3:00 Play cards</p> <p>3:30 Clean out a closet</p> <p>4:00 Sing a Long</p> <p>4:30 Water Garden</p> <p>6:30 TV Special: "The Ed Sullivan Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Proverbs to Live By</p> <p>8:00 Tricks to Sleep</p> <p>8:30 Deep Breathing Exercises</p>	<p>9:00 Morning Stretch</p> <p>9:30 Receiving Cards</p> <p>10:00 Sweeping the Patio</p> <p>10:30 Bible Reading</p> <p>11:00 Hymn Sing</p> <p>11:30 Trip</p> <p>1:00 Afternoon Walk</p> <p>1:30 Name that Tune</p> <p>2:00 Eat Strawberries &amp; Snacks</p> <p>2:30 Roll Yarn</p> <p>3:00 Cooking Demonstration</p> <p>3:30 Casting Fishing Line</p> <p>4:00 Jokes &amp; Laughs</p> <p>4:30 Folding Napkins</p> <p>6:30 TV Special: "The Sonny &amp; Cher Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 What Makes You Laugh?</p> <p>8:00 Tricks to Sleep</p> <p>8:30 Hand Massages</p>	<p>9:00 Tai Chi</p> <p>9:30 Shopping Trip</p> <p>10:00 Receiving Packages</p> <p>11:00 Setting the table</p> <p>11:30 The Laughing Place</p> <p>1:00 Afternoon Walk</p> <p>1:30 Wash &amp; Rinse Dishes</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Baking Bread</p> <p>3:00 Washing Lettuce for Salads</p> <p>3:30 Short Stories</p> <p>3:30 Gardening Tips</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "Lassie"</p> <p>7:00 Evening Stroll</p> <p>7:30 Packing Lunches</p> <p>8:00 Advice for the Lovelorn</p> <p>8:30 Relaxation Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Catholic Communion</p> <p>10:00 Photo Scrapbooking</p> <p>10:30 Pet Visits</p> <p>11:00 Car Races</p> <p>11:30 Peeling Apples</p> <p>1:00 Afternoon Walk</p> <p>1:30 Making Apple Pies</p> <p>2:00 Arranging Flowers</p> <p>2:30 Sorting Tools</p> <p>3:00 Family Friday: Live music</p> <p>4:00 Family Reminiscing</p> <p>4:30 Checkers</p> <p>6:30 TV Special: "The Perry Como Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Hometown Stories</p> <p>8:00 Favorite Weekends</p> <p>8:30 Deep Breathing Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Painting/Arts &amp; Crafts</p> <p>10:00 Model Cars</p> <p>11:00 Bible Study</p> <p>11:30 Brownies Visit</p> <p>1:00 Afternoon Walk</p> <p>1:30 Crack Peanuts</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Sing a Long</p> <p>3:00 Favorite Cowboys</p> <p>3:30 Geode Collections</p> <p>4:00 Sweep Patio</p> <p>4:30 Butter Bread</p> <p>6:00 Trip</p> <p>6:30 TV Special: "The Jackie Gleason Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Saturday Memories</p> <p>8:00 Jokes &amp; Laughs</p> <p>8:30 Hand Massages</p>
13	14	15	16	17	18	19
<p>9:00 Morning Walk</p> <p>9:30 Hymn Sing</p> <p>10:00 Worship</p> <p>11:00 Thomas Jefferson Fun Facts</p> <p>11:30 Slicing Tomatoes</p> <p>1:00 Afternoon Walk</p> <p>1:30 Sorting Postcards</p> <p>2:00 Pie Contest with Families</p> <p>2:30 Name that Tune</p> <p>3:00 Coupon Clipping</p> <p>3:30 Card Playing</p> <p>4:00 Gardening</p> <p>4:30 Setting the Table</p> <p>6:30 TV Special: "Bob Hope Comedy"</p> <p>7:00 Evening Stroll</p> <p>7:30 Favorite Comics</p> <p>8:00 Moments of Gratitude</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Passover Fun Facts</p> <p>10:00 Spring Trivia</p> <p>11:00 Airplane Models</p> <p>11:30 Visit</p> <p>1:00 Afternoon Walk</p> <p>1:30 Magazine Memories</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Short Stories</p> <p>3:00 Hanging Clothes</p> <p>3:30 Sports Trivia</p> <p>4:00 Tie Fishing Flies</p> <p>4:30 Gardening</p> <p>5:30 Trip: Synagogue</p> <p>6:30 TV Special</p> <p>7:00 Evening Stroll</p> <p>7:30 Funny Stories about Kids &amp; God</p> <p>8:00 Favorite Bible Passages</p> <p>8:30 Relaxation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Make Beds</p> <p>10:00 Trip: Morse Museum of Art</p> <p>11:00 Sayings from the Past</p> <p>11:30 Guess Who that Birthday Person Is</p> <p>1:00 Afternoon Walk</p> <p>1:30 Peeling Oranges</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Sort Clothes</p> <p>3:00 Shuck Corn</p> <p>3:30 Laughing Place</p> <p>4:00 Bocce Ball</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "The Dinah Shore Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Advice for the Grandchildren</p> <p>8:00 Sing a Long</p> <p>8:30 Deep Breathing Exercises</p>	<p>9:00 Morning Stretch</p> <p>9:30 Favorite Hobbies</p> <p>10:00 Dusting</p> <p>10:30 Bible Reading</p> <p>11:00 Fishing</p> <p>11:30 Peeling and cutting bananas</p> <p>1:00 Afternoon Walk</p> <p>1:30 Making Banana Pudding</p> <p>2:00 Snacks &amp; Socials</p> <p>2:30 Laughs &amp; Jokes</p> <p>3:00 Sort the Pantry</p> <p>3:30 Automobile Memories</p> <p>4:00 Short Stories</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "Rowan &amp; Martin"</p> <p>7:00 Evening Stroll</p> <p>7:30 Favorite TV Programs</p> <p>8:00 What Did You Do?</p> <p>8:30 Hand Massages</p>	<p>9:00 Tai Chi</p> <p>9:30 Shopping Trip</p> <p>10:00 Bocce Ball</p> <p>10:30 Flower Garden Trivia</p> <p>11:00 Setting Tables</p> <p>11:30 Fixing Salt &amp; Pepper Shakers</p> <p>1:00 Afternoon Walk</p> <p>1:30 Cutting Vegetables</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Model Airplane Flying</p> <p>3:00 Screen Repair</p> <p>3:30 Putting Practice</p> <p>4:00 Transplanting</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "The Smother's Brothers"</p> <p>7:00 Evening Stroll</p> <p>7:30 Musical Moments</p> <p>8:00 Tips for the Job</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Morning Stretch</p> <p>9:30 Catholic Communion</p> <p>10:00 Cleaning Drawers</p> <p>10:30 Building Ships</p> <p>11:00 Short Stories</p> <p>11:30 Folding Napkins</p> <p>1:00 Afternoon Walk</p> <p>1:30 Making Cookies</p> <p>2:00 Arranging Flowers</p> <p>2:30 Set up Games</p> <p>3:00 Family Friday: Musical Group</p> <p>4:00 Photo Reminiscing</p> <p>4:30 Jokes &amp; Laughs</p> <p>6:30 TV Special: "The Croco-dile Hunter"</p> <p>7:00 Evening Stroll</p> <p>7:30 Household Memories</p> <p>8:00 Which Painting Do You Like?</p> <p>8:30 Relaxation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Color eggs for the grandchildren</p> <p>10:00 Make Easter Baskets</p> <p>11:00 Building Ships</p> <p>11:30 Girl Scout Visit</p> <p>1:00 Afternoon Walk</p> <p>1:30 Dust Furniture</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Make Easter Cakes</p> <p>3:00 Photo Collages</p> <p>3:30 Putting Competition</p> <p>4:00 Peeling Sweet Potatoes</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "Hee Haw"</p> <p>7:00 Evening Stroll</p> <p>7:30 Bible Reading</p> <p>8:00 Funny Easter Stories</p> <p>8:30 Deep Breathing Exercises</p>
20	21	22	23	24	25	26
<p>9:00 Morning Walk</p> <p>9:30 Hymn Sing</p> <p>10:00 Easter Worship</p> <p>10:30 Church</p> <p>11:00 Hide Easter Eggs</p> <p>11:30 Set the Tables</p> <p>1:30 Homemade Ice Cream &amp; Cakes</p> <p>2:00 Easter Egg Hunt</p> <p>2:30 Sing a Long</p> <p>3:30 Easter Bonnets</p> <p>4:00 Car Races</p> <p>4:30 Easter Memories</p> <p>6:30 TV Special: "Easter Special"</p> <p>7:00 Evening Stroll</p> <p>7:30 Easter Music</p> <p>8:00 Church Memories</p> <p>8:30 Hand Massages</p>	<p>9:00 Morning Stretches</p> <p>9:30 Travel Memories</p> <p>10:00 Trip</p> <p>10:30 Woodworking</p> <p>11:00 Flower Arranging</p> <p>1:00 Afternoon Walk</p> <p>1:30 Magazine Memories</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Pause for Poetry</p> <p>3:00 Hum to the Music</p> <p>3:30 Word Searches</p> <p>4:00 Laugh till you drop</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "The Osmond's"</p> <p>7:00 Evening Stroll</p> <p>7:30 Sing a Long</p> <p>8:00 Favorite Songs</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Grocery Lists</p> <p>10:00 Washing Blueberries</p> <p>10:30 Peeling Peaches</p> <p>11:00 Short Stories</p> <p>11:30 Happiness is.....</p> <p>1:00 Afternoon Walk</p> <p>1:30 Folding Paper Airplanes</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Tying Flies</p> <p>3:00 Favorite Pets</p> <p>3:30 Furniture Assembly</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "Johnny Carson"</p> <p>7:00 Evening Stroll</p> <p>7:30 Love is...</p> <p>8:00 Musical Memories</p> <p>8:30 Relaxation Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Modelling Show</p> <p>10:00 Making Beds</p> <p>10:30 Peeling Potatoes</p> <p>11:00 Sing a Long</p> <p>11:30 American Memories</p> <p>1:00 Afternoon Walk</p> <p>1:30 Decorating Cupcakes</p> <p>2:00 Snacks &amp; Social</p> <p>3:00 Jokes &amp; Laughs</p> <p>3:30 Baking Bread</p> <p>4:00 Transplanting</p> <p>4:30 Watering the Garden</p> <p>6:30 TV Special: "Lucille Ball"</p> <p>7:00 Evening Stroll</p> <p>7:30 Good Parents Are...</p> <p>8:00 Aromatherapy</p> <p>8:30 Deep Breathing Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Shopping Trip</p> <p>10:00 Name that Flower</p> <p>10:30 The Place is...</p> <p>11:00 People you Love...</p> <p>11:30 Folding Napkins</p> <p>1:00 Afternoon Walk</p> <p>1:30 Cutting Oranges</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Jokes &amp; Laughs</p> <p>3:00 Flying Airplanes</p> <p>3:30 Sewing Buttons</p> <p>4:00 Bocce Ball</p> <p>4:30 Gardening</p> <p>6:30 TV Special</p> <p>7:00 Evening Stroll</p> <p>7:30 Grateful Moments</p> <p>8:00 Sing a Long</p> <p>8:30 Hand Massages</p>	<p>9:00 Morning Stretches</p> <p>9:30 Catholic Communion</p> <p>10:00 Cutting Vegetables</p> <p>10:30 Prepare Grocery Lists</p> <p>11:00 Short Stories</p> <p>11:30 Setting Tables</p> <p>1:00 Afternoon Walk</p> <p>1:30 Making Cakes</p> <p>2:00 Sort Tackle Boxes</p> <p>2:30 Sweep the Patio</p> <p>3:00 Family Friday: Special Entertainment</p> <p>4:00 Fishing</p> <p>4:30 Fish Tales</p> <p>6:30 TV Special: "Omaha's Wild Kingdom"</p> <p>7:00 Evening Stroll</p> <p>7:30 Poetry</p> <p>8:00 Sounds of Nature</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Tai Chi</p> <p>9:30 Painting/Arts &amp; Crafts</p> <p>10:00 Model Building</p> <p>10:30 Bible Study</p> <p>11:00 Cub Scout Visit</p> <p>11:30 Butter Bread</p> <p>1:00 Afternoon Walk</p> <p>1:30 Wash the Porch</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Fold Diapers</p> <p>3:00 Arrange Flowers</p> <p>3:30 Ice Cakes</p> <p>4:00 Musical Memories</p> <p>4:30 Gardening</p> <p>6:30 TV Special</p> <p>7:00 Evening Stroll</p> <p>7:30 Hobbies</p> <p>8:00 Favorite Places</p> <p>8:30 Relaxation Exercises</p>
27	28	29	30			
<p>9:00 Morning Walk</p> <p>9:30 Hymn Sing</p> <p>10:00 Worship</p> <p>11:00 Bird Watching</p> <p>11:30 Washing Blackberries</p> <p>1:00 Afternoon Walk</p> <p>1:30 Crank Homemade Ice Cream</p> <p>2:30 Ice Cream &amp; Blackberry Pie Social</p> <p>3:00 Picture Memories</p> <p>3:30 Sing a Long</p> <p>4:00 Jokes &amp; Laughs</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "Dean Martin Show"</p> <p>7:00 The Bach Music Festival</p> <p>7:30 Evening Stroll</p> <p>8:00 Spring Memories</p> <p>8:30 Deep Breathing Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Straighten Closets</p> <p>10:00 Morning Drive</p> <p>10:30 Sort Books</p> <p>11:00 Magazine Memories</p> <p>11:30 Visit: Grade Schoolers</p> <p>1:00 Afternoon Walk</p> <p>1:30 Slice Apples</p> <p>2:00 Snacks &amp; Social</p> <p>2:30 Read Poetry</p> <p>3:00 Sweep the Porch</p> <p>3:30 Hometown Stories</p> <p>4:00 Fold Laundry</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "The Ed Sullivan Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Bird Calls</p> <p>8:00 Musical Memories</p> <p>8:30 Hand Massages</p>	<p>9:00 Tai Chi</p> <p>9:30 Reminiscing</p> <p>10:00 Trip: FineArts Museum</p> <p>10:30 Household Tips</p> <p>11:00 Hunting Trips</p> <p>11:30 Cleaning Drawers</p> <p>1:00 Afternoon Walk</p> <p>1:30 Icing Cookies</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Baking Banana Bread</p> <p>3:00 Shucking Corn</p> <p>3:30 Putting Tournament</p> <p>4:00 Animal Tales</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "The Carol Burnett Show"</p> <p>7:00 Sorting Postcards</p> <p>7:30 Vacation Advice</p> <p>8:00 Musical Moments</p> <p>8:30 Meditation Exercises</p>	<p>9:00 Morning Stretches</p> <p>9:30 Jigsaw Puzzles</p> <p>10:00 Hometown Memories</p> <p>10:30 Bible Reading</p> <p>11:00 Name that Automobile</p> <p>11:30 Folding Laundry</p> <p>1:00 Afternoon Walk</p> <p>1:30 Slicing Cheese</p> <p>2:00 Snack &amp; Social</p> <p>2:30 Sing a Long</p> <p>3:00 Favorite Trips</p> <p>3:30 Hats</p> <p>4:00 Laughter in America</p> <p>4:30 Gardening</p> <p>6:30 TV Special: "The Dinah Shore Show"</p> <p>7:00 Evening Stroll</p> <p>7:30 Spring Flowers</p> <p>8:00 Scents of Spring</p> <p>8:30 Relaxation Exercises</p>			