








Bellhaven Dementia Unit Recreation Schedule A2

Schedule Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10am Morning Stretch</p> <p>10:30am Let's get hydrated</p> <p>2pm  Library Club Current Events to Fictional Stories</p> <p>3pm Old Time Classics</p> <p>4pm Friendly Room Visits</p>	<p>Morning Strolling Music with Colin</p> <p>2pm Fun Facts</p> <p>3pm Let's get hydrated</p> <p>3:15pm  Music as Therapy Find your rhythm</p> <p>4pm Independent Activity Cart</p>	<p>10am Sporty Tuesday A Series of Active Games</p> <p>10:30am Coffee Social </p> <p>10:45am Famous Faces & Places</p> <p>2pm Brain Games</p> <p>3pm Holistic Hour "Body, Mind & Soul"</p> <p>4pm Friendly Room Visits</p>	<p>10am Morning Movement & Music</p> <p>10:30am Let's get hydrated</p> <p>10:45am Let's Play Word Power</p> <p>2pm Getting Creative with Neeka</p> <p>3pm Movie Musical Matinee on the Big Screen</p> <p>4pm Friendly Room Visits</p> <hr/> <p>Catholic Mass November 15th 10:15 1st FL MDR</p>	<p>10am Sit & Stretch</p> <p>10:30am Let's get hydrated</p> <p>10:45am Reminisce with Terry</p> <p>2pm  Live Music with Banjo Bob</p> <p>3:15pm Friendly Room Visits</p> <p>6pm Evening Dance Party</p>	<p>10:45 Play DJ with Movement</p> <p>2pm Arts & Crafts </p> <p>3pm Adult Coloring Club</p> <p>4pm Independent Activity Cart</p>	<p>10am  Coffee & Conversation</p> <p>11am Name that Tune</p> <p>2pm Moving & Grooving Exercise Hour</p> <p>3pm  Bingo</p> <p>4pm Independent Activity Cart</p>

November Birthday Celebration Tuesday, November 7th at 2pm

Fall Cooking Saturday, November 11th at 2pm

Fall Concert with Liza Tuesday, November 14th at 2:30pm

Celebrating Thanksgiving Thursday, November 23rd

Thanksgiving Musical Stroll with Vance Saturday, November 28th at 2pm

Strolling Catholic Eucharistic Minister Visits Every Other Wednesday