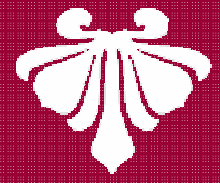


# The Josephine Memory Care Center

## September 2020 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We understand that hydration is essential part of each resident's health in the Josephine Memory Care Center. In addition to the daily activities listed on each day and meals, we pass out water to our residents multiple times a day.</p> <p>We continue to assist the residents with hand hygiene multiple times a day.</p>		<p><b>1</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Oh My Nails! 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>2</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 BINGO 2:00 Let's make blueberry popsicles! 3:00 Puzzle Craze 6:00 Trivia 6:30 Relax and Unwind</p>	<p><b>3</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 Let's Get Crafty! 2:00 Visit the Belmont Terrace Balcony 3:00 Puzzle Craze 6:00 Movie Night — Mary Poppins 6:30 Relax and Unwind</p>	<p><b>4</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Trivia 2:00 Nature Hour 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>5</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Travels: Exploring Japan 2:00 Gardening Goals 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>
<p><b>6</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Memories through Music 11:00 Chapel Visit 12:30 Walking Club 1:00 BINGO 2:00 Hymn Sing-A-Long 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>7 Labor Day</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Happy Hour 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>8</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Happy Hour 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>9</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 BINGO 2:00 Oh My Nails! 3:00 Puzzle Craze 6:00 Trivia 6:30 Relax and Unwind</p>	<p><b>10</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 Let's Get Crafty! 2:00 Visit the Belmont Terrace Balcony 3:00 Puzzle Craze 6:00 Movie Night — God's Not Dead 6:30 Relax and Unwind</p>	<p><b>11</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Trivia 2:00 Nature Hour 3:00 Puzzle Craze 5:30 Lavender Hand Massages</p>	<p><b>12</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Travels: Exploring Casablanca 2:00 Gardening Goals 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>
<p><b>13</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Memories through Music 11:00 Chapel Visit 12:30 Walking Club 1:00 BINGO 2:00 Hymn Sing-A-Long 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>14</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Name that Tune! 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>15</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Cooking Club 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>16</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 BINGO 2:00 Oh My Nails! 3:00 Puzzle Craze 6:00 Trivia 6:30 Relax and Unwind</p>	<p><b>17</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 Let's Get Crafty! 2:00 Visit the Belmont Terrace Balcony 3:00 Puzzle Craze 6:00 Movie Night — The Blazing Sun 6:30 Relax and Unwind</p>	<p><b>18</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Trivia 2:00 Nature Hour 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>19</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Travels: Exploring Iceland 2:00 Gardening Goals 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>
<p><b>20</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Memories through Music 11:00 Chapel Visit 12:30 Walking Club 1:00 BINGO 2:00 Hymn Sing-A-Long 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>21</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Happy Hour 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>22</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Happy Hour 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>	<p><b>23</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 BINGO 2:00 Oh My Nails! 3:00 Puzzle Craze 6:00 Trivia 6:30 Relax and Unwind</p>	<p><b>24</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 Let's Get Crafty! 2:00 Visit the Belmont Terrace Balcony 3:00 Puzzle Craze 6:00 Movie Night — Julie and Julia 6:30 Relax and Unwind</p>	<p><b>25</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Trivia 2:00 Nature Hour 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>26</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Travels: Exploring South Africa 2:00 Gardening Goals 3:00 Puzzle Craze 5:30 BINGO 6:30 Relax and Unwind</p>
<p><b>27</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Memories through Music 11:00 Chapel Visit 12:30 Walking Club 1:00 BINGO 2:00 Hymn Sing-A-Long 3:00 Puzzle Craze 5:30 Lavender Hand Massages 6:30 Relax and Unwind</p>	<p><b>28</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Name that Tune! 3:00 Puzzle Craze 5:30 BINGO</p>	<p><b>29</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories Through Music 12:30 Walking Club 1:00 Visit the Belmont Terrace Balcony 2:00 Cooking Club 3:00 Puzzle Craze 5:30 BINGO</p>	<p><b>30</b> 10:00 Good Morning 10:15 Daily Inspiration 10:30 Sittercise 11:00 Memories through Music 12:30 Walking Club 1:00 BINGO 2:00 Oh My Nails! 3:00 Puzzle Craze 6:00 Trivia</p>			