

Rogerson House First Floor Activity Schedule

October 2017

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am	Meet & Greet	News Currents	Meet & Greet	Dates to Celebrate	Meet & Greet	Meet & Greet	News and Views
10:00am	Current Events	Expressive Movement	Current Events	Morning Stretch	Remember When?	Today in History	Exercise
10:30am	Morning Stretch	Rhyme Time Yoga with Keith	Exercise	Humorous Poetry Move & Groove	Exercise	Morning Stretch	Presidential Trivia
11:30am	Armchair Travel	Sing-A-Long	Famous Faces	Famous Women Broadway Tunes	Dancing with Louise Tai Chi with Jill	Faces & Places	Sports!
12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30pm	Fluff and Fold Music & Relaxation	Fluff and Fold Music & Relaxation	Fluff and Fold Music & Relaxation Rosary	Fluff and Fold Music & Relaxation	Fluff and Fold Music & Relaxation	Fluff and Fold Baseball with MJ Music & Relaxation	Fluff and Fold Music & Relaxation
2:30pm	Dance Party! Singing Together	Soccer Community Art	Balloon Volleyball Musical Senses	Sing-A-Long Mixed Media	Putting Green Healthy Rhythms	Bowling The 60's Club Mini- Manicures	Short Story Read-a-Loud Music Games
3:30pm	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
4:00pm	Spelling Bee Walking Club	State Trivia Mini-Manicures	Animal Kingdom Tea Party	Memory Lane Art & Architecture	Short Stories Watercolor Painting	Friday Bingo!	Laughter Club Music & Meditation
5:00pm	Exercise	Evening Stretch	Exercise	Evening Stretch	Exercise	Evening Stretch	Exercise
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00pm	Meditation and Relaxation	Jokes & Quotes	Hand Massages	Music and Meditation	Finish the Phrase	Art History	Singing Together
7:00pm	Sensory Sundays	Chicken Soup for the Soul	Yoga with Anna	Story Hour	Hand Massages	Gentle Yoga Stretch	Myths & Fables

Please see reverse side for Special Events and Birthdays.

This schedule is subject to change.

KEY: Red= Sun Room
Blue= Living Room
Green= Art Room
Purple: Relaxation Room

Please see a member of the Therapeutic Programming Team with any questions.

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October Special Events:

- 10/4 - Rogerson House Met
- 10/7 - Mark Tavenner (FF)
- 10/10 - Soothing Touch Massage Therapy
- 10/12 - Green City Growers (GF)
- 10/4 - Rogerson House Met
- 10/18 - Mark Tavenner (GF)
- 10/20 - Shabbat with JF&CS
- 10/23 - Catholic Mass
- 10/25 - Berklee Performance "Cabaret"
- 10/26 - Green City Growers (FF)
- 10/27 - Richard Hughes: Silent Movies

Weekly Events:

- Monday: Yoga with Keith
- Tuesday: Rosary with Julie
- Tuesday: Ana & Maria Pet Therapy
- Thursday: Tai Chi with Jill
- Friday: Paco & Christi from Pet Pals

Special Notes:

A big thank you to all who donated and participated in this year's Walk To End Alzheimer's. We exceeded our \$15,000 goal with raising over \$18,000! We also had a great time at the Family BBQ and the JP Open Studios.

Photos from the walk and the BBQ have been posted to our facebook page. If you haven't already, please like our page to follow us. To request photos from events, or to give consent for posting please contact Margaret Hine at hine@rogerson.org.

October Birthdays:

- 10/6 - Ellen E.
- 10/6 – Eva T.
- 10/7 – Galina S.
- 10/26 – Ralph K.

