





Emerson House Portland Lower Terrace

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Morning Exercise Afternoon Activity	2 Morning Exercise Afternoon Activity	3 Morning Exercise Afternoon Activity	4 11:00 Exercise 3:00 Ice Cream Social	5 Morning Exercise Afternoon Activity	6 11:00 Exercise 2:30 Music Therapy (UT)	7 Morning Exercise Afternoon Activity	
8 Morning Exercise Afternoon Activity	9 Morning Exercise Afternoon Activity	10 Morning Exercise Afternoon Activity	11 11:00 Exercise 3:00 Ice Cream Social	12 Morning Exercise Afternoon Activity	13 11:00 Exercise 3:00 Happy Hour	14 Morning Exercise Afternoon Activity	
15 Morning Exercise Afternoon Activity	16 Morning Exercise Afternoon Activity	17 Morning Exercise Afternoon Activity 	18 11:00 Exercise 3:00 Ice Cream Social	19 Morning Exercise Afternoon Activity	20 11:00 Exercise 2:30 Music Therapy (UT) 3:00 Tea Time	21 Morning Exercise Afternoon Activity	
22 Morning Exercise Afternoon Activity	23 Morning Exercise Afternoon Activity	24 Morning Exercise Afternoon Activity	25 11:00 Exercise 2:00 Ice Cream Social	26 Morning Exercise Afternoon Activity	27 11:00 Exercise 2:30 Luau (UT)  	28 Morning Exercise Afternoon Activity	
29 Morning Exercise  Afternoon Activity	30 Morning Exercise Afternoon Activity	31 Morning Exercise Afternoon Activity	<u>BIRTHDAYS</u> 		8:30am Breakfast 12:30pm Lunch 3:00pm Afternoon Snack 5:30pm Dinner	<p style="text-align: center;"><u>KEY</u></p> MU= "Makeup Session" * = PIF Funds Required LED= Life Enrichment Director LEA= Life Enrichment Assistant RR= Reservation Required UT= Upper Terrace= 3rd Floor	Activities may be subject to change to accommodate the needs of the residents. Please see Life Enrichment for details.

***Residents residing on the Lower Terrace are encouraged to attend Middle/Upper Terrace activities, when tolerated and appropriate. Please see Middle & Upper Terrace calendars for scheduled activities.**

***24/7 Activity kits are available for use and are in the activity closet.**

Activities may be subject to change to accommodate the needs of the residents.