







Emerson House Portland Upper Terrace

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Activities with Caregivers	2 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED)  2:00 Balloon Toss (LED) 3:00 What Am I (LED) 4:00 Individual Visits (LED)	3 9:30 Exercise (LED) 10:15 Game Show (LED) 11:15 Sing-A-Long (LED) 1:00 Book Club (LED) 1:45 Gardening (LED) 2:30 Scrambled words (LED) 3:30 Remembering Songs (LED)	4 9:30 Exercise (LED) 10:30 Brain Games (LED) 11:15 Sing-A-Long (LED) 1:00 Arm Chair Travel (LED) 2:00 Ice Cream Social (LED) 3:00 Sensory Activity (LED) 4:00 Bible Study (LED)	5 9:30 Exercise (CG) 10:00 Game Show (CG) 11:15 Sing-A-Long (CG) 1:00 Fun & Games (LED) 2:15 Eating Meeting (LED) 3:00 Crafters Corner (LE) 4:00 Making Music (LED)	6 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:30 Music Therapy 3:30 Happy Hour (LED) 4:00 Individual Visits (LED)	7 Activities with Caregivers
8 Activities with Caregivers	9 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:00 Balloon Toss (LED) 3:00 What Am I (LED) 4:00 Individual Visits (LED)	10 9:30 Exercise (LED) 10:15 Game Show (LED) 11:15 Sing-A-Long (LED) 1:00 Book Club (LED) 1:45 Gardening (LED) 2:30 Scrambled words (LED) 3:30 Remembering Songs (LED)	11 9:30 Exercise (LED) 10:30 Brain Games (LED) 11:15 Sing-A-Long (LED) 1:00 Arm Chair Travel (LED) 2:00 Ice Cream Social (LED) 3:00 Sensory Activity (LED) 4:00 Bible Study (LED)	12 9:30 Exercise (CG) 10:00 Game Show (CG) 11:15 Sing-A-Long (CG) 1:00 Fun & Games (LED) 2:15 Eating Meeting (LED) 3:00 Crafters Corner (LE) 4:00 Making Music (LED)	13 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:00 Reminiscing w/Senses (LED) 3:00 Tea Time (LED) 4:00 Individual Visits (LED)	14 Activities with Caregivers
15 Activities with Caregivers	16 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:00 Balloon Toss (LED) 3:00 What Am I (LED) 4:00 Individual Visits (LED)	17 9:30 Exercise (LED) 10:15 Game Show (LED) 11:15 Sing-A-Long (LED) 1:00 Book Club (LED) 1:45 Gardening (LED) 2:30 Scrambled words (LED) 3:30 Remembering Songs (LED)	18 9:30 Exercise (LED) 10:30 Brain Games (LED) 11:15 Sing-A-Long (LED) 1:00 Arm Chair Travel (LED) 2:00 Ice Cream Social (LED) 3:00 Sensory Activity (LED) 4:00 Bible Study (LED)	19 9:30: Exercise (CG) 10:00 Game Show (CG) 11:15 Sing-A-Long (CG) 1:00 Fun & Games (LED) 2:15 Eating Meeting (LED) 3:00 Crafters Corner (LED) 4:00 Making Music (LED)	20 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:30 Music Therapy 3:30 Reminiscing w/Senses (LED) 4:00 Individual Visits (LED)	21 Activities with Caregivers
22 Activities with Caregivers	23 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:00 Balloon Toss (LED) 3:00 What Am I (LED) 4:00 Individual Visits (LED)	24 9:30 Exercise (LED) 10:15 Game Show (LED) 11:15 Sing-A-Long (LED) 1:00 Book Club (LED) 1:45 Gardening (LED) 2:30 Scrambled words (LED) 3:30 Remembering Songs (LED)	25 9:30 Exercise (LED) 10:30 Brain Games (LED) 11:15 Sing-A-Long (LED) 1:00 Arm Chair Travel (LED) 2:00 Ice Cream Social (LED) 3:00 Sensory Activity (LED) 4:00 Bible Study (LED)	26 9:30 Exercise (CG) 10:00 Game Show (CG) 11:15 Sing-A-Long (CG) 1:00 Fun & Games (LED) 2:15 Eating Meeting (LED) 3:00 Crafters Corner (LE) 4:00 Making Music (LED)	27  9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED)  2:00 Luau 	28 Activities with Caregivers
29 Activities with Caregivers 	30 9:30 Exercise (LED) 10:15 Daily Chronicles (LED) 11:15 Sing-A-Long (LED) 1:00 Spa Time (LED) 2:00 Balloon Toss (LED) 3:00 What Am I (LED) 4:00 Individual Visits (LED)	31 9:30 Exercise (LED) 10:15 Game Show (LED) 11:15 Sing-A-Long (LED) 1:00 Book Club (LED) 1:45 Gardening (LED) 2:30 Scrambled words (LED) 3:30 Remembering Songs (LED)	BIRTHDAYS Debbie G. 8-6 Joan L. 8-26 Lorraine S. 8-31 	8:30am Breakfast 12:30pm Lunch 3:00pm Afternoon Snack 5:30pm Dinner	Key <i>MU= "Makeup Session"</i> <i>* = PIF Funds Required</i> <i>LED= Life Enrichment Director</i> <i>LEA= Life Enrichment Assistant</i> <i>CG= Care Giver</i> <i>RR= Reservation Required</i> <i>UT= Upper Terrace= 3rd Floor</i>	<i>Activities may be subject to change to accommodate the needs of the residents & pandemic</i>