



THE DO'S & DON'TS OF BUILDING AN ACTIVITY CALENDAR

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OBJECTIVES:

- 01 Provide participants with what should or shouldn't be listed on a calendar.
- 02 Provide participants with alternative names to activity programs to be mindful of certified activities or create interest.
- 03 Provide participants with different ways to build their own calendar.



DISCLAIMER

I am not an expert in Calendar Making but I have over 24 years of experience in making them. I've learned some of what I'm going to share from others, doing research and learning from mistakes that I have made over the years.

There are many ways to build a calendar and I can't talk about them all but I do want to share a few options that I have or had at my facility.

CALENDARS FOR WHO?

















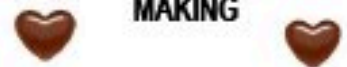


















People that live in...

- 1 - Independent Living Facilities
- 2 - Assisted Living Facilities (RCAC/CBRF)
- 3 - Long Term Care Facilities
- 4 - Rehab Facilities
- 5 - Memory Care Facilities
- 6 - Adult Day Services

Questions: How many of you have to create multiple calendars at your facility? Does every calendar look the exact same? Should every calendar look the same?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November</h1> 			1	2	3	4
			All Saints' Day 9:00 Hymn Sing 9:30 Devotions 10:00 Second Cup of Coffee 11:15 Moving & Grooving 1:00 Wii Bowling 2:30 Harbor Chef 3:15 Vinyl Libations with Larry 4:30 Wine Down Wednesday 	Look for Circles Day 9:00 Apples to Apples 10:00 Catholic Service 10:30 Harbor Craft 11:15 Morning Stretch: Yoga 1:00 Wii Bowling 2:00 Just Nails 3:30 Music Appreciation	National Sandwich Day 9:00 Musical Chimes 9:30 Devotions 10:00 Second Cup of Coffee 10:15 Family Feud 11:15 Wake Up and Stretch 1:00 Red Hat Ladies and Men's Brown Derby Meeting 2:30 BINGO 3:30 Harbor Happy Hour	Book Lovers' Day 9:30 Game Time 10:30 Morning Mingle 11:15 Larry's Gym 1:30 Sing Along with Wilma & Sal 3:00 Protestant Service 6:00 Saturday Evening Movie: Residents' Choice
5	6	7	8	9	10	11
Daylight Savings Time Ends 9:30 Morning Mingle 10:00 Catholic Service 11:00 Puzzle Time 12:00 NFL Tailgate Lunch 1:00 Ravens at Titans 4:05 Redskins at Seahawks 6:00 Card Sharks	Basketball Day 9:00 Musical Chimes 9:30 Presidential Slogans 10:00 Bible Study 10:30 Taboo 11:15 Bodies in Motion 1:00 Seniors Saving Seniors 2:30 Harbor BINGO 3:30 Happy Hour	General Election Day 9:00 Pass It On 10:00 Second Cup of Coffee 11:15 Weight Training 1:00 Resident Council Meeting 2:30 Harbor Sing-Along 3:30 ZUMBA	National Cappuccino Day 9:00 Hymn Sing 9:30 Devotions 10:00 Home Goods Shopping Trip 1:00 Lighthouse Lunches 2:30 Harbor Chef 3:15 Vinyl Libations with Larry 4:30 Wine Down Wednesday	National Scrapple Day 9:00 Concentration 10:00 Catholic Service 10:30 Harbor Craft 11:15 Morning Stretch 1:00 Drama Club 2:00 Pamper Party: Massage & Nails 3:30 Music Requests	Veterans Day 9:00 Musical Chimes 9:30 Devotions 10:00 Second Cup of Coffee 10:15 Military Jeopardy 11:15 Wake Up and Stretch 1:00 Family & Friends Veterans Day Event 3:30 Harbor Happy Hour	God Bless America Day 9:30 Morning Mingle 10:30 Game Time 11:15 Larry's Gym 3:00 Protestant Service 6:00 Saturday Evening Movie: Residents' Choice
12	13	14	15	16	17	18
Pizza with the Works Day 9:30 Morning Mingle 10:00 Catholic Service 11:00 Puzzle Time 1:00 Yahzee 3:00 Movie Matinee 6:00 Card Sharks	World Kindness Day 9:00 Musical Chimes 9:30 Familiar Phrases 10:00 Bible Study 10:30 Apples to Apples 11:15 Bodies in Motion 1:00 Hollywood Squares 2:30 Harbor BINGO 3:30 Happy Hour	Teddy Bear's Birthday 9:00 Brain Quest 9:30 Second Cup of Coffee 10:00 Monopoly 11:15 Weight Training 1:00 Dominoes with Muriel 1:30 Knitting & Crocheting Circle 2:30 Harbor Sing-Along 3:30 ZUMBA	America Recycles Day 9:00 Hymn Sing 9:30 Devotions 11:00 Fuddrucker's Lunch Outing 3:15 Vinyl Libations with Larry 4:30 Wine Down Wednesday	Fast Food Day 9:00 What's That Smell? 10:00 Catholic Service 10:30 Harbor Craft 11:15 Morning Stretch 1:00 Scrabble Group 2:00 Just Nails 3:30 Golden Oldies	National Black Cat Day 9:00 Musical Chimes 9:30 Devotions 10:00 Second Cup of Coffee 10:30 Anagrams 11:15 Wake Up and Stretch 1:00 UNO 1:30 Knitting & Crocheting Circle 2:30 BINGO 3:00 Harbor Happy Hour & Birthday Bash	Mickey Mouse's Birthday 9:30 Morning Mingle 10:30 Game Time 11:15 Larry's Gym 3:00 Protestant Service 6:00 Saturday Evening Movie: Residents' Choice
19	20	21	22	23	24	25
National Family Week 9:30 Morning Mingle 10:00 Catholic Service 11:00 Puzzle Time 1:00 Jenga 3:00 Movie Matinee 6:00 Card Sharks	Peanut Butter Fudge Day 9:00 Musical Chimes 9:30 Words in a Word 10:00 Bible Study 10:30 Balloon Volleyball 11:15 Bodies in Motion 1:00 Foot Soaks 2:45 Beading Class 3:30 Happy Hour	Pumpkin Pie Day 9:00 Thanksgiving Trivia 10:00 Second Cup of Coffee 11:15 Weight Training 1:00 Dominoes with Muriel 1:30 Bright Smiles Trip 2:30 Harbor Sing-Along 3:30 Words with Deacon Fleming	Tie One On Day 9:00 Hymn Sing 9:30 Devotions 10:00 Bowtie Cinemas: Movie & Lunch Outing 3:15 Vinyl Libations with Larry 4:30 Wine Down Wednesday	Thanksgiving Day 9:00 Morning Mingle 10:00 Movie in the TV Room 11:30 Family & Friends Thanksgiving Feast 3:00 Card Sharks	Black Friday 9:00 Morning Mingle 10:00 Puzzle Time 11:15 Larry's Gym 1:00 Checkers 3:00 Card Sharks	Small Business Saturday 9:30 Game Time 10:30 Morning Mingle 11:15 Larry's Gym 3:00 Protestant Service 6:00 Saturday Evening Movie: Residents' Choice
26	27	28	29	30	HAPPY BIRTHDAY 	
National Cake Day 9:30 Morning Mingle 10:00 Catholic Service 11:15 Puzzle Time 1:00 Sorry 3:00 Movie Matinee 6:00 Card Sharks	Cyber Monday 9:00 Musical Chimes 9:30 Second Cup of Coffee 10:00 Bible Study 10:30 Word Scramble 11:15 Bodies in Motion 1:30 Catholic Mass 2:30 Harbor BINGO 3:30 Happy Hour	French Toast Day 9:00 Pokeno 10:00 Second Cup of Coffee 10:30 Minute to Win It 11:15 Weight Training 1:00 Dominoes with Muriel 2:00 Heritage Harbor Chorus 3:30 ZUMBA	Square Dance Day 9:00 Hymn Sing 9:30 Devotions 10:00 Second Cup of Coffee 11:15 Moving & Grooving 1:00 Penny Auction 2:30 Harbor Chef 3:15 Vinyl Libations with Larry 4:30 Wine Down Wednesday	National Mousse Day 9:00 Ring Toss 10:00 Catholic Service 10:30 Harbor Craft 11:15 Morning Stretch 1:00 Scrabble Group 2:00 Just Nails 3:30 Golden Oldies		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY						1 10:30-VALENTINE COLLAGES WITH TANYA  2:30-AFTERNOON MATINEE~ "SOME LIKE IT HOT"
2 10:30-SUNDAY NEWS REVIEW AND COFFEE 2:30-SUPERBOWL PRE-GAME TAILGATE PARTY 	3 10:30-GREATEST HOLLYWOOD COUPLES-IPAD BOTH FLOORS 2:30-BINGO BLAST 7:00-ACTIVITIES WITH SUSAN 	4 10:30-CRAFTS WITH PEOPLE, INC. 2:30-BRIAN BEAUDRY ENTERTAINS 7:00-ACTIVITIES WITH SUSAN 	5 10:30-CHRISTIAN SERVICE  2:30-MAKING YOUR OWN VALENTINE CARDS 7:00-ACTIVITIES WITH SUSAN 	6 10:30-CATHOLIC MASS WITH FATHER MATT 2:30-CANDY HEART CONVERSATION! 7:00-ACTIVITIES WITH SUSAN 	7 10:30-ZUMBA WITH JAIME 2:30-HAPPY HOUR 	8  10:30-BAKING WITH SUSAN 2:30-AFTERNOON MATINEE~ "THAT OLD FEELING" 
9 10:30-SUNDAY NEWS REVIEW & COFFEE 2:30-ROSARY GROUP 	10 10:30-LOVE IS IN THE AIR TRIVIA-IPAD ON BOTH FLOORS 2:30-BINGO BLAST 3:00-MEN'S GROUP 7:00-ACTIVITIES WITH SUSAN 	11 10:30-EXERCISE 2:30-NAME THAT TUNE 	12 10:30-CHRISTIAN SERVICE 11:30-OUTING-"GREEK TO ME" FOR LUNCH 2:30-PO-KE-NO 7:00-ACTIVITIES WITH SUSAN 	13 10:30-EUCHARISTIC SERVICE 2:30-CHOCOLATE HEART MAKING 7:00-ACTIVITIES WITH SUSAN 	14  10:30-ZUMBA WITH JAIME 2:30-VALENTINE'S DAY PARTY WITH SAX MAN SLIM! 7:00-ACTIVITIES WITH SUSAN	15 10:30-MANICURES WITH MICHELLE 2:30-AFTERNOON MATINEE~ "CINDERFELLA" 
16 10:30-SUNDAY NEWS REVIEW AND COFFEE 2:30-ROSARY GROUP 	17  10:30-IPAD 2:30-BINGO BLAST 7:00-ACTIVITIES WITH SUSAN	18 10:30-EXERCISE 2:30-HOLLYWOOD AND BROADWAY MUSIC WITH RAMUNDO! 7:00-ACTIVITIES WITH SUSAN 	19 10:30-FASNACHTS & COFFEE 2:30-RESIDENT COUNCIL 2:30-BOWLING 7:00-ACTIVITIES WITH SUSAN 	20 10:30-CATHOLIC MASS WITH FATHER MATT 2:30-COOKING DEMO 7:00-ACTIVITIES WITH SUSAN 	21 10:30-ZUMBA WITH JAIME 2:30-HAPPY HOUR 7:00-ACTIVITIES WITH SUSAN 	22 10:30-PAINTING WITH TANYA 2:30-SONGS FOR THE SOUL WITH BARB 
23 10:30-SUNDAY NEWS REVIEW AND COFFEE 2:30-ROSARY GROUP 	24 10:30-MARDI GRAS FACTS-IPAD - BOTH FLOORS 2:30-BINGO BLAST 7:00-ACTIVITIES WITH SUSAN 	25  10:30-FAT TUESDAY PACZKI 2:30-MARDI GRAS SOCIAL 7:00-ACTIVITIES WITH SUSAN 	26 ASH WEDNESDAY 10:30-CRISTIAN SERVICES IN THE GARDEN CAFE 10:30-CATHOLIC SERVICE IN THE WELLNESS ROOM 2:30-AFTERNOON MATINEE~	27 10:30-PAINT YOUR OWN WINDOW CLING 2:30-BIRTHDAY PARTY WITH MARIA ANGELOVA' 7:00-ACTIVITIES WITH SUSAN 	28 10:30-ZUMBA WITH JAIME 2:30-HAPPY HOUR 	29 10:30-BAKING WITH SUSAN 2:30-AFTERNOON MATINEE~ "BAREFOOT IN THE PARK" 

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Church Services 10:00 Church Outing Cinema Classics 2:00, 4:00 & 7:45 1:00 Activity Outing 7:45 Honoring traditions – religion discussion	2 9:00 – 3:00 Doctors Appt. 9:00 Blood Pressure Screening 1:00 Sitterdise 12:30 Whee with Wii 2:00 Pan Club 7:00 Poker Night 7:45 Healthy Aging Seminar	3 9:00 – 3:00 Doctors Appt. 10:00 Cultures of The World Class 10:30 Fitness Matters 11:30 Non-fiction Writers Workshop 11:30 Activity Forum 2:00 Water Aerobics 2:00 Bridge Club 5:00 Music Appreciation Class	4 9:30 – 11:00 Local Shopping 11:00 Water Aerobics 11:00 Computer Class 1:00 Extended Mall Trip 2:00 Red Hat Society Meeting 7:30 Mahjong	5 9:00 – 3:00 Doctors Appt. 9:15 Walking Club 10:30 Fitness Matters 11:30 Current Events Discussion 1:00 Cards & Poker 4:30 Musical Interlude 5:00 Scrabble – Card Rm	6 9:00 – 10:30 Local Shopping 10:00 Heart Health 11:30 Art History Appreciation Class 2:00 Bridge/Mahjong 3:00 Poolside Tai Chi 7:45 Friday Night Service 7:45 Cash Bingo	7 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:00 Activity Outing 1:30 Matinee Movies 2:00 Cards & Games 3:00 Book Club 8:00 Showtime!
8 10:00 Church Services 10:00 Church Outing 1:00 E-mailing 101 Class 1:00 Activity Outing 1:30 Mixed Bridge & Cards 3:00 Billiards	9 9:00 – 3:00 Doctors Appt. 9:00 Blood Pressure Screening 11:00 Floral Demo 1:00 Sitterdise 2:00 Pan Club 5:00 Conversational Spanish Class 7:00 Poker Game	10 9:00 – 3:00 Doctors Appt. 9:30 Watercolor Painting Workshop 10:30 Fitness Matters 2:00 Water Aerobics 2:00 Bridge Club 7:45 Cinema Feature 7:45 Bingo	11 9:30 – 11:00 Local Shopping 11:00 Water Aerobics 11:00 Computer Class 12:30 Matinee 1:00 Extended Mall Trip 2:00 Veteran's Club Mtg. 3:00 Billiards 5:00 Farmer's Market Outing	12 9:00 – 3:00 Doctors Appt. 9:15 Walking Club 10:30 Fitness Matters 11:30 Chef Chat 2:30 Health Lecture 3:00 Town Hall 4:30 Musical Interlude	13 9:00 – 10:30 Local Shopping 11:00 Non-Fiction Writers Workshop 2:00 Bridge/Mahjong 5:00 Musical Interlude 4:30 Resident Social 7:45 Friday Night Service	14 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:00 Activity Outing 1:30 Matinee Movies 2:00 Cards & Games 3:00 Book Club 8:00 Showtime!
15 10:00 Church Services 10:00 Church Outing Cinema Classics 2:00, 4:00 & 7:45 1:00 Activity Outing 7:45 Tango First Century at Performing Arts Center	16 9:00 – 3:00 Doctors Appt. 9:00 Blood Pressure Screening 1:00 Sitterdise 2:00 Flower Craft 2:00 Pan Club 7:00 Poker Game 7:45 Pop Culture Current Events Class	17 9:00 – 3:00 Doctors Appt. 10:30 Fitness Matters 12:00 Birthday Luncheon 2:00 Water Aerobics 2:00 Bridge Club 5:00 Music Appreciation 7:45 Cinema Feature	18 9:30 – 11:00 Local Shopping 11:00 Water Aerobics 11:00 Computer Class 1:00 Library Outing 1:00 Extended Mall Trip 5:00 Farmer's Market Outing 6:45 Twilight Soiree	19 9:00 – 3:00 Doctors Appt. 9:15 Walking Club 10:30 Fitness Matters 11:30 Matinee 1:30 Talent Show Rehearsal 4:30 Musical Interlude 7:45 Current Events	20 9:00 – 10:30 Local Shopping 2:00 Bridge/Mahjong 3:00 Billiards 5:00 Wine, Wisdom and Wit Happy Hour 7:45 Friday Night Service 7:45 Cash Bingo	21 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:30 Matinee Movies 1:00 Activity Outing 2:00 Cards & Games 3:00 Book Club 6:00 Winter Sake Tasting Outing 8:00 Showtime!
22 10:00 Church Services 10:00 Church Outing 1:00 Activity Outing 3:00 Billiards 4:00 Afternoon Tea 5:00 Scrabble – Card Rm	23 9:00 – 3:00 Doctors Appt. 9:00 Blood Pressure Screening 11:00 E-mailing 101 Class 1:00 Sitterdise 2:00 Pan Club 2:30 Whee with Wii 7:00 Poker Night	24 9:00 – 3:00 Doctors Appt. 10:30 Fitness Matters 1:00 Outing to Mall 2:00 Water Aerobics 3:00 2010 Theater Forum 5:00 Music Appreciation 7:45 Cinema Feature	25 9:30 – 11:00 Local Shopping 10:00 Hospital Aux. Mtg. 11:00 Water Aerobics 11:00 Computer Class 12:30 Bridge/Mahjong 5:00 Farmer's Market Outing 7:45 Outing to Art Gallery	26 9:00 – 3:00 Doctors Appt. 9:30 IntegraCare Walking Club 10:30 Fitness Matters 11:30 Cards & Poker 1:30 Talent Show Rehearsal 4:30 Musical Interlude	27 9:00 – 10:30 Local Shopping 11:00 E-mailing 101 Class 2:00 Bridge/Mahjong 5:00 Musical Interlude 4:30 Resident Social 7:45 Friday Night Service	28 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:00 Activity Outing 1:30 Matinee Movies 2:00 Cards & Games 2:00 Kosher Tour 3:00 Book Club 8:00 Showtime!
29 10:00 Church Services 10:00 Church Outing 1:00 Activity Outing 1:30 Mixed Bridge & Cards Cinema Classics 2:00, 4:00 & 7:45 3:00 Billiards 5:00 Scrabble – Card Rm	30 9:00 – 3:00 Doctors Appt. 9:00 Blood Pressure Screening 11:00 Comparison of the News Media Class 1:00 Sitterdise 2:00 Pan Club 2:30 Whee with Wii 7:00 Poker Night	31 9:00 – 3:00 Doctors Appt. 10:30 Fitness Matters 1:00 Outing to Mall 2:00 Water Aerobics 5:00 Tribute to Gershwin 7:45 Improv	Book of the Month "NOT ME: A NOVEL" By Michael Lavigne	TRANSPORTATION SCHEDULE Monday 9:00 a.m. – 3:00 p.m. – Physicians, Dentists and Health Care Providers Tuesday 9:00 a.m. – 3:00 p.m. – Physicians, Dentists and Health Care Providers 1:00 p.m. – Mall Wednesday 9:30 a.m. – 11:00 a.m. – Local Shopping 1:00 p.m. – Extended Mall Trip Thursday 9:00 a.m. – 3:00 p.m. – Physicians, Dentists and Health Care Providers Friday 9:00 a.m. – 10:30 a.m. – Local Shopping 1:00 p.m. – Activity Outing Saturday 9:30 a.m. – Temple 1:00 p.m. – Activity Outing Sunday 10:00 a.m. – Church 1:00 p.m. – Activity Outing		

HOW MANY ACTIVITIES NEED TO BE ON THE CALENDAR EVERY DAY?

This all depends on the people you are working with and how many staff to run programs.

- Do residents want every single activity on the calendar?
- Do residents only want special events and repeated activities on the calendar?
- Is posting every activity on the calendar too busy for some residents to read and comprehend?
- Do you post programming for various units on one calendar using multiple staff?



KEY THINGS TO REMEMBER:

- The more programs on the calendar will make the font size smaller and smaller - will every resident be able to read it?
- If you schedule an activity every 30 minutes and the current group is having fun and want to keep going, what do you do?
- Do we allow residents the opportunity to rest throughout the day?
- Do we allow staff to take adequate breaks and meals, and do their required paperwork each day?
- Is the calendar person-centered? Are we doing what the residents want? NOT WHAT OUR COMPANIES WANT!



TO PUT TIMES ON THE CALENDAR OR NOT?

Again, this depends on your population and what their abilities are and what they want.

For most people, we like to know when things start, however, people with dementia may not know how to tell time any longer and the times on the calendar don't mean anything to them.



PROS AND CONS OF:

NO TIME

Pros:

- Can start when residents are ready.
- Residents w/Dementia do not have to worry about being late or early and can help w/sundowning.

Cons:

- May be difficult to keep staff on track - accounted for

START TIME

Pros:

- Tells staff and residents when a program is going to start and be where they need to be.
- Stays in current reality for alert & oriented people.

Cons:

- If staff get a late start, could upset some people.
- If groups are going well, could potentially run over another group on the calendar.

START TIME & END TIME

Pros:

- Gives staff and residents a better understanding of length of program.

Cons:

- If staff start late, they will run late.
- If groups going well, need to stop to start another group or go to next location.

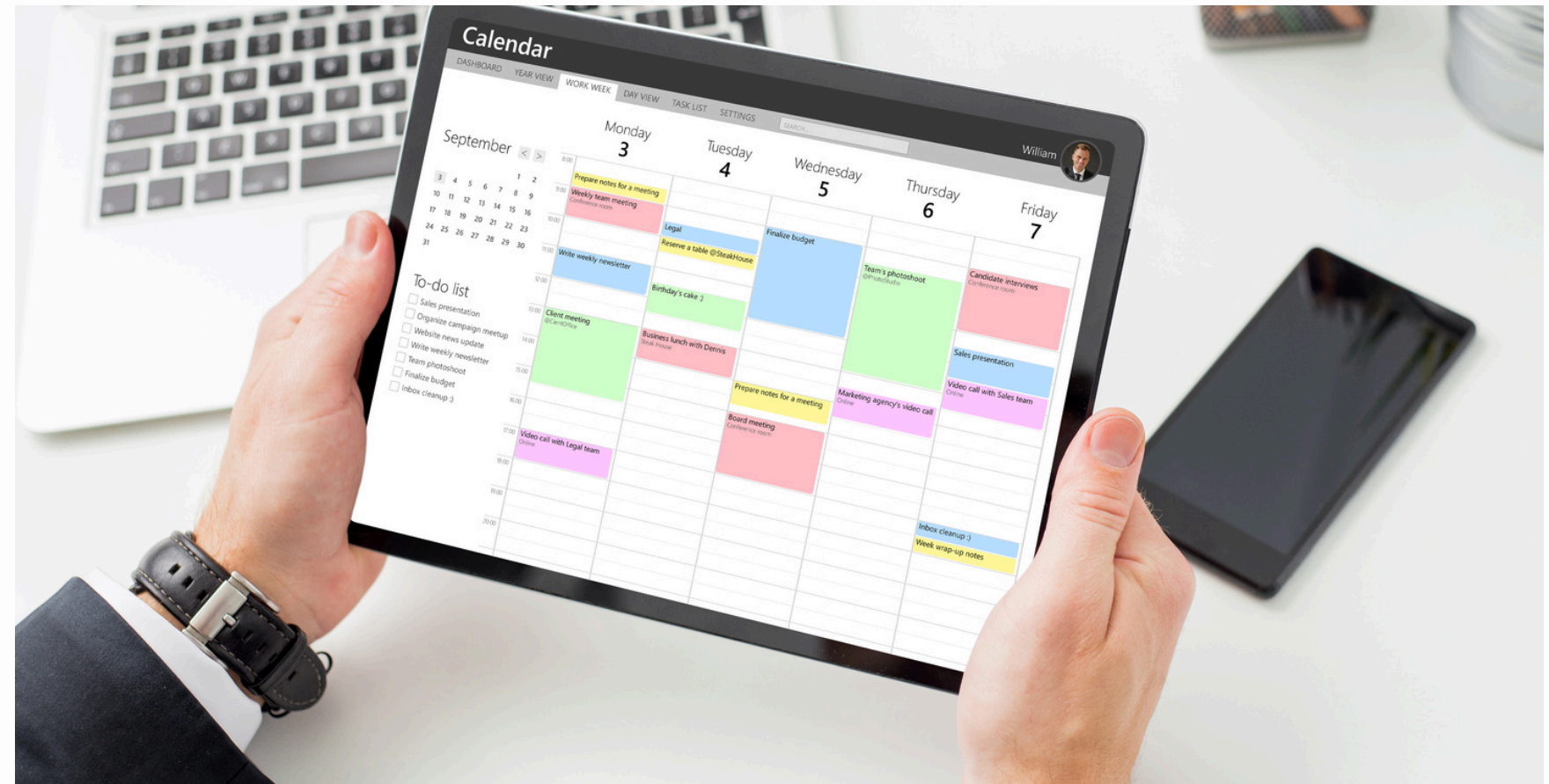
DOES EVERYONE HAVE TO HAVE A PHYSICAL PAPER CALENDAR?



Regulations do state that everyone should have access to a daily schedule.

- Is there is a posted calendar in a common area that can be accessed by residents?
- Do you have a digital calendar on TV or screens throughout the building?

THE ANSWER IS NO!!!



If you answered “YES” to those questions, you do not need to hand out to everyone.

OPTIONS FOR CALENDARS

Most people choose to do a month calendar - is that best?

- There may be a need to use more than one or adapted based on population. *(I recommend a program that allows you to create all three kinds of calendars)*
-

Here are some options and ideas:

DAILY

The Daily Schedule/Calendar would be great to post in common areas and list all the events planned for the day.

May be on a white board, so changes can be easily made as the day goes on.

WEEKLY

The Weekly Schedule/Calendar is great to hand out to people who have difficulty with vision - make the print larger.

Also good for people who may be overwhelmed with a monthly calendar - way too much on it.

MONTHLY

Rather than posting all activities on a monthly calendar, only post special events or groups that repeat like Church or Bingo, etc.

Monthly calendars are good for staff and planning of activities.



Monday, August 25, 2025

9:30 Coffee & Current Events

10:30 Hymn Sing

1:30 Noodle Ball

2:30 Categories

3:30 Down Memory Lane

SAMPLE Weekly Activity Program – Dementia Care

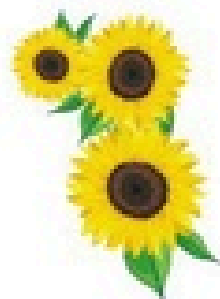
4th April 2021 – 10th April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Devotion 11am Sing-along 12am Songs of Praise (TV) 3pm High Tea 6pm Movie & Popcorn	9am Outdoor Walk 10am Folding Clothes 11am Nursery Rhymes 12pm Sensory Box 2pm Doll Therapy 4pm Music with LPs	9am Outdoor Walk 10am Washing Up Activity 11am Balloon Games 12pm International music 2pm Pet Therapy with visiting dog	9am Outdoor Walk 10am Picture Bingo 11am Exercise to music 12pm Hand Massage 2pm Matching Games 3pm Beauty Parlour	9am Outdoor Walk 10am Church service 11am Bubble Blowing 12pm Sort by Colours 2pm Cut-out pictures for scrapbook 2pm Concert on TV: 'Andre Rieu'	9am Outdoor Walk 10am Hairdresser 11am Matching Games 12pm Musical Bingo 2pm Ball Games 6pm Happy Hour	9am Outdoor Walk 10am Golden Girls (tv) 11am Sing-along 12pm Jewellery / tool box tidying 2pm Watering plants 4pm Bowling Game
						

DAILY ACTIVITIES

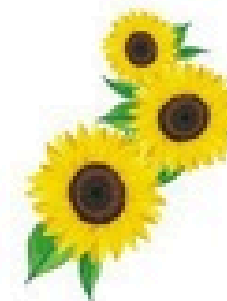


Monday March 19, 2018	10:30- CNA Music Activity #3 2:30- Sit & Be Fit! 3:30- Trivia: Funny Bones Don't Get Arthritis	4:00- Sing Along- Songs of Faith 6:15- Piano Music With Maya		
Tuesday March 20, 2018	10:30- CNA Music Activity #4 11:00- Paris The Poodle 1:00- West Des Moines Students Visit	2:30- Guitar Music With Bill Connet 3:30- Trivia: Humorama 4:00- Sing Along- Old Time Favorites 6:30- Wheel of Fortune		
Wednesday March 21, 2018	10:30- CNA Music Activity #5 2:30- Sit & Be Fit! 3:30- Trivia: Name that Memory	4:00- Happy Hour 6:15- Ashworth Road Church Visit		
Thursday March 22, 2018	BARBER AND BEAUTY SHOP DAY! 10:30- CNA Music Activity #6 2:30- Spa Day 3:30- Trivia: 1940s		4:00- Sing Along- Elder Song Vol 1 6:30- Wheel of Fortune	
Friday March 23, 2018	LINK ASSOCIATES: POPCORN HAPPY BIRTHDAY DAVID H. AND BILL M.! 10:30- CNA Music Activity #7 3:30- Trivia: Name 10		4:00- Sing Along- Elder Song Vol 2 6:30- Wheel of Fortune	
Saturday March 24, 2018	EASTER EGG HUNT @ 10:30! 10:30- CNA Music Activity #1 3:30- Trivia: PastTimes Complete the Phrase 4:00- Sing Along- Elder Song Vol 3			6:30- Wheel of Fortune 7:00- Lawrence Welk Show (Ch. 11)
Sunday March 25, 2018	10:30- CNA Music Activity #2 2:30- Nail Care Hour 3:30- Trivia: Prayer Group And Devotions	4:00- Sing Along- Elder Song Vol 4		



JUNE ~ 2011

Briteside Events



Monday	Tuesday	Wednesday	Thursday	Friday
	8:00~ 10:00 Coffee and Conversation 10:00 ~ 10:45 Opening and Exercise 1:00 ~ 1:45 Relaxation 3:00 ~ Snack	1 11:00 History through the Decodes 2:00 Senior Prom	2 11:00 Beading Golf 2:00 Hunterdon Senior Chorus	3 11:00 Lawn darts 2:00 Music by Jack McDade
6 11:00 Bocce ball Basket Workshop 2:00 Visit from Chuck	7 11:00 Scattergories 2:00 Fun with Dawn	8 11:00 Concentration 2:00 Fun with Diane	9 11:00 Check Writing Discussion 2:00 Visit from Chuck	10 11:00 Current Events Craft 2:00 Pieces of 8
 13 11:00 Reptiles Alive Ultimate Frisbee 2:00 Pokeno	14 11:00 Catch Ten 2:00 Italian Ice Taste Test	 15 Heritage Day ~ France	16 11:00 Bocce Ball 2:00 Bingo and Brownies with Pat	 17 11:00 Men's Club Ladies Club 2:00 Father Day Celebration
20 11:00 Tic Tac Math 2:00 Visit from Chuck	21 11:00 Twister Trivia 2:00 Entertainment by Kris	22 11:00 Science Cards 2:00 Drumming Circle	23 11:00 Thinking Skills Wood Working 2:00 Bowling Tournament	24 11:00 Gardening Cards 2:00 Fun with Dawn
27 11:00 Men's Club Ladies Club 2:00 Fun with Joanne	 28 Luau Party	 29 Heritage Day ~ Germany	 30 Health Corner with Maureen	

Activities subject to change

WHAT SHOULD BE ON THE CALENDAR & APPROPRIATELY NAMED?

Ending in Therapy

Aromatherapy, Music Therapy, Art Therapy, Pet Therapy-

DO NOT PUT THESE ON YOUR CALENDAR UNLESS THEY ARE LED BY A PROFESSIONAL OR CERTIFIED PERSON IN THAT THERAPY. (Music Therapy w/Becky Frize, MT-BC)

You may use: Essential Oils, Music Memories, Art Design/ Painting Class, Pet Visits, etc.

Church Services

If a Church Service is open to ALL Residents to attend, you may put on the calendar. If it is a closed service, do not put on the calendar - let the residents know directly when they meet.

Room Visits

Ideally, Room Visits or 1:1s should not be on your calendar, however, many do add to show that staff are with the residents rather than sitting around somewhere.

Names to use instead of Room Visits: Travel Cart, Strolling Minstrel, Getting to Know You, etc.



Movies/TV Shows

Unless staff is present during a movie or TV show to keep residents interactive, they should not be on the calendar. Activities on the calendar are meant to be engaging. It is ok to list TV shows, times & channels or movies in a common area for people to watch together.

Specialty Programs Trademarked

Memories in the Making, Time Slips, Music & Memory, etc. Like the therapy programs, do not use these on your calendars unless you or the leader is trained in these programs. They are all trademarked programs that train others to use their methods.

You may use: Art & Conversation, Story Telling/Writing, Music Listening, etc. if you're doing something similar.

WHAT SHOULD BE ON THE CALENDAR & APPROPRIATELY NAMED?

Groups w/Volunteers

Volunteers are welcome to run small groups, if they have been trained properly or have experience. An example of a volunteer led group; Crochet Class w/Nancy.

****Only add to the calendar if you know they will be there, whether a one-time program or repeated. Do not add, if they do not consistently show up.**

Resident Led Groups

Resident led activities are like Volunteer Led. If a group of residents want to meet weekly and allow anyone to join them, you can add to the calendar. **Card Games w/Sue.** If only the same 3-4 residents want their own Card Club - then do not put on the calendar.

Other Staff Led

If your facility expects other staff to lead small groups, you may put them on the calendar: **Exercise w/RA's/ CNAs.** If you know they are not being done (say on weekends) be cautious of adding to calendar - you could get dinged for residents wanting to attend and not being done.



Independent Activities

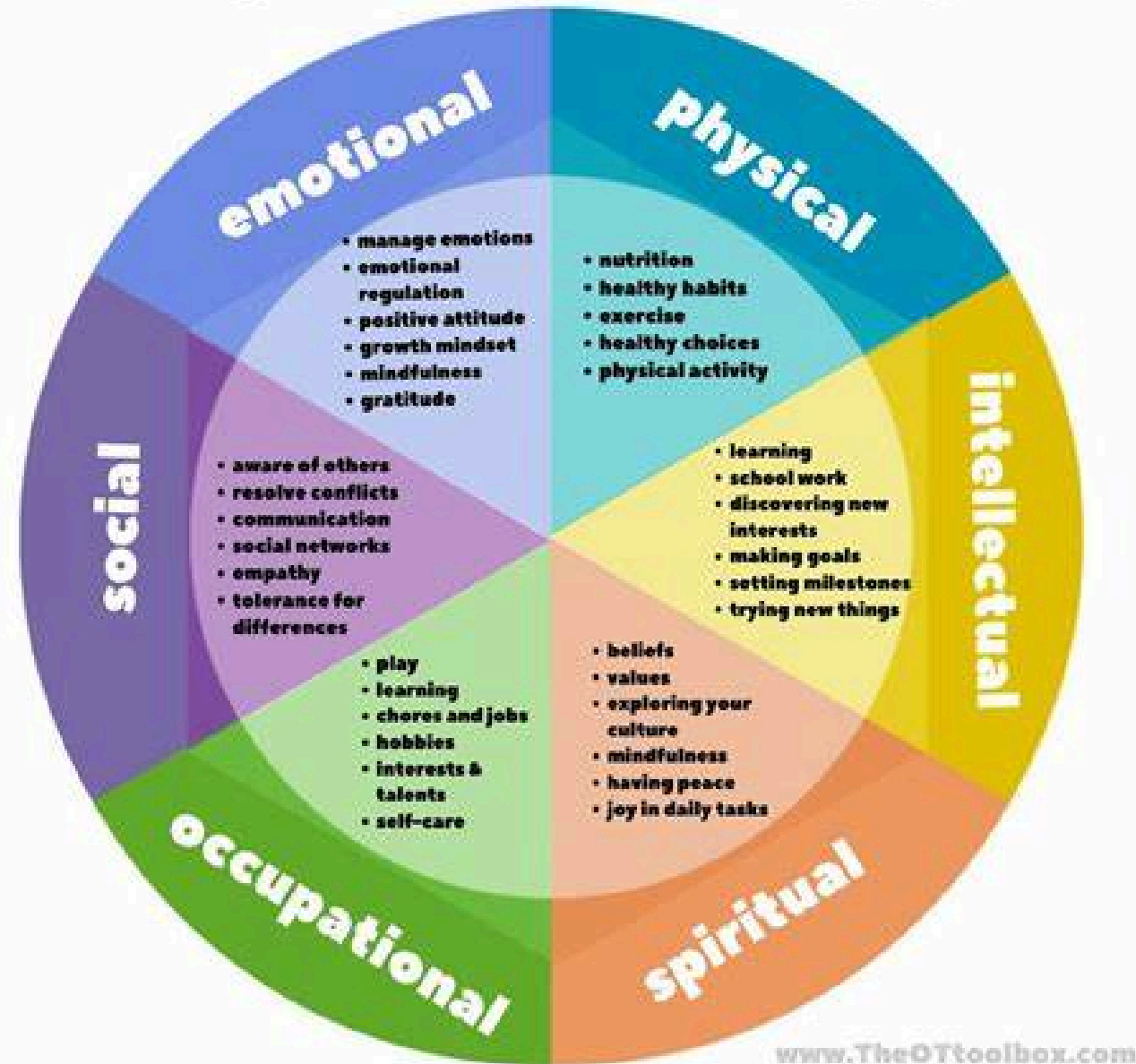
Independent activities are just that - Independent. They do not need to be on the activity calendar for all to see. Now, you can post a blurb about what is available to use: Activity Packets, Cards, Board Games, etc. located in dining room/sunroom for independent use.

Others??

Is there something you aren't sure of that should or shouldn't be on the calendar?

*I always include: Name, Address & Phone of Facility, Birthdays, Special Theme Days/Holidays, and
ACTIVITIES ARE SUBJECT TO CHANGE BASED ON
RESIDENTS' INTERESTS AND NEEDS.*

Wellness Wheel



Other Creative Calendar Ideas:

- Exercise Groups: Moving to Music, Chair Dancing, Chair Yoga, Toned-Up Tuesday, Sit & Stretch, Pole Dancing, etc. Hearing the word “exercise” may turn some people off to attending. Make it fun!!!
- For most LTC, Rehab, AL, IL - Offer a variety of programs and creative names are generally OK. Offer Educational Programs, Community Programs, Travel Programs, etc. Let them help you plan the calendar.
- For Dementia Care/Memory Care - Offer a variety of programs but keep the titles familiar. You may repeat each week or even day if it benefits the residents.
- FOR ALL - USE THE 7 WELLNESS DOMAINS: Physical, Social, Intellectual, Emotional, Spiritual, Occupational, Environmental
- It is OK to use pictures on your calendar but keep them simple. Do not cover the words and you do not need to add pictures to every square. To people with Dementia, it is overwhelming and makes it more difficult to read the actual programs. On the other hand, if someone can no longer read, using images familiar to them to represent activities may work but limit how many on a day.

Questions?





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