

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Jokes & Java, AF 10:30 Digital Catholic Mass, 2SOL 10:30 Hymn Sing, 2 1:30 Outdoor Visits ☀️ 2:30 Matinee Movie, 2 4:00 Hand Care and Sensory Group, 2 7:00 Bedtime Cart, 2	2 9:30 Meet and Greet, AF 10:30 AM Sensory ☀️, 2 11:00 Balloon Volley, 2 2:30 \$BINGO, 2 3:30 🎵 Old Dominion Duo LIVE Music Performance, 2 4:30 Famous Faces and Places Game, 2 7:00 Evening Sensory, 2	3 9:30 Wake-Up Visits, AF 10:30 Caption This (ac), 2 11:00 Laundry Day, 2 10:30 Picnic Lunch Outing 🚌 2:30 Mandala Coloring Pages, 2 4:00 Pizza Toss Game, 2 7:00 Soft Music, 2	4 9:30 Morning Cheer, AF 10:30 4th of July Parade Viewing (Look for the FNC Bus!) 2:30 Sponge Firework art (ac), 2 3:30 American Pride Musical Memories, 2 Happy 4th of July!	5 9:30 Rise and Shine, AF 10:30 July IQ 11:00 Balloon Volley, 2 1:00 Outdoor Visits ☀️ 2:00 Rosary w/ St. Leo's, 3 SOL 2:30 Adaptive Bowling, 2 4:00 Sensory Group, 2 7:00 Personalized Playlists, 2	6 9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, AF 10:30 Famous Faces & Places, 2 1:30 Pond Visits ☀️ 2:30 Picture Bingo, 2 3:00 Red, White and Blue Happy Hour, 2 3:30 Sing A Long, 2 4:00 Balloon Volley, 2 7:00 Evening Movie, 2	7 9:30 AM Wake- Up, AF 10:30 Coffee and Positive News, 2 1:30 Outdoor Chat ☀️ 2:30 Laundry Day, 2 2:30 Afternoon Tea Party, 2 3:30 Love Songs, 2 4:30 Sunshine Visits ☀️ 7:00 Evening Stretch, 2
8 9:30 Jokes & Java, AF 10:30 Clifton Church Service, 3 10:30 Digital Catholic Mass, 2SOL 1:30 Pond Visits ☀️ 2:30 Matinee Movie, AF 4:00 National Charity League Pet Therapy, 2 4:00 Sing A Long, 2 7:00 Bedtime Cart, 2	9 9:30 Meet & Greet, AF 10:00 🎵 Music w/ Roberta, 2 11:00 Peppermint Sensory Group, 2 1:30 Outdoor Relax & Chat ☀️ 2:30 \$BINGO, 2 3:30 Famous Faces & Places, 2 4:00 Balloon Volley, 2 7:00 Evening Sensory, 2	10 9:30 Wake-Up Visits, AF 10:30 Lunch Outing: Cracker Barrel (rescheduled) 🚌 10:30 Jimmy Buffett and His Parrothead Fans (ac), 2 11:00 Laundry Day, 2 2:30 Mandala Coloring Pages, 2 3:30 Humor Hour, 2 7:00 Soft Music, 2	11 9:30 Morning Cheer, AF 10:00 Coffee Cart, 2 10:30 Range of Motion Exercise Group, 2 2:30 🎵 Wal-Mart Trip 🚌 2:30 🎵 Name that Tune, 2 3:30 Can Knock Down Game, 2 4:00 Read A Loud, 2 7:00 Aromatherapy & Spa Night, 2	12 9:30 Rise and Shine, AF 10:30 Scenic Drive 🚌 10:30 Truro Church Service, 3 11:00 Balloon Volley, 2 2:30 Personalized Playlists, 2 4:00 Pizza Toss Game, 2 7:00 Musical Memories, 2	13 9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, All 10:00 🎵 Personalized Playlists, 2 10:30 AM Stretch, 2 2:30 Picture Bingo, 2 3:30 Puzzle Time, 2 4:00 Getting to Know You Questions, 2 7:00 Evening Movie, 2	14 9:30 AM Wake- Up, AF 10:30 Coffee and Positive News, 2 1:30 Wii Games, AF 2:30 Laundry Day, 2 2:30 Afternoon Tea Party, 2 4:00 Getting to Know You Program ☀️ 7:00 Evening Stretch, 2
15 9:30 Jokes & Java, AF 10:30 McLean Church Service, 3 10:30 Digital Catholic Mass, 2SOL 1:30 Pond Visits, PO ☀️ 2:00 Matinee Movie, AF 4:00 National Charity League Pet Therapy, 2 7:00 Bedtime Cart, 2	16 9:30 Meet and Greet, AF 10:30 Citrus Sensory, 2 11:00 Musical Memories, 2 1:30 Relax & Chat ☀️ 2:30 \$BINGO, 2 3:30 🎵 District Music Performance, 2 4:00 Famous Faces and Places Game, 2 7:00 Evening Sensory, 2	17 9:30 Wake-Up Visits, AF 10:30 Picnic Lunch Outing 🚌 10:30 Would You Rather Ball Toss Game, 2 1:30 Outdoor Relax & Chat ☀️ 2:30 Discuss and Recall: a Future with Robots (ac), 2 4:00 Sing A Long, 2 7:00 Soft Music, 2	<h1>MEZZANINE</h1> <h2>2nd Floor Memory Care Activities</h2> 			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Mezzanine/ 2nd Floor</p> <p>FRNC Activities Calendar</p>	<p>Location Key:</p> <p>1 – 1st floor 2- 2nd floor 3- 3rd floor 3SOL – 3rd floor Solarium 4- 4th floor 4SOL – 4th Floor Solarium AF- All Floors/floor by floor 🚌 - Bus ride/outing ☀️ - Outdoors</p>	<p>Activities are subject to change. Please see the daily sign posted at the nurses' station for updated.</p>	<p>18</p> <p>9:30 AM Cheer, AF 10:30 Table Ball, 2 1:30 Pond Visits, PO ☀️ 2:00 DC National Gallery of Art Trip 🚌 2:30 Matching Games 2 3:00 Sponge Firework Art (ac), 2 4:00 Card Games, 2 7:00 Progressive Relaxation (ac), 2</p>	<p>19</p> <p>9:30 Rise & Shine, AF 10:30 🎵 Sing A Long/Karaoke, 3 1:30 Pond Visits, PO ☀️ 10:30 Scenic Drive 🚌 2:00 Rosary w/ St. Leo's, 3 SOL 2:30 Spelling Bee, 2 4:00 Open Rec /Table Games, 2 7:00 Personalized Playlists, 2</p>	<p>20</p> <p>9:30 Wake-Up Call, AF 10:30 St. Leo's Catholic Mass Service, 3 10:30 Open Recreation Room, 2 2:30 Ice Cream Social, 2 3:00 🎵 Musical Memories, 2 4:00 Balloon Volley, 2 7:00 Evening Movie, 2</p>	<p>21</p> <p>9:30 AM Wake- Up, AF 10:15 Hephzibah Youth Orchestra, 3 10:30 Coffee and Positive News Stories, 2 1:30 1:1 visits, AF 2:30 Sensory Group, 2 3:30 Cooking Show, 2 4:00 Ball Toss, 2 7:00 Evening Stretch, 2</p>	
	<p>22</p> <p>9:30 Jokes & Java, AF 10:30 Digital Catholic Mass, 2SOL 10:30 Hymn Sing, 2 1:30 Pond Visits, PO ☀️ 2:30 Matinee Movie, AF 4:00 Sock Sorting/Matching, 2 7:00 Bedtime Cart, 2</p>	<p>23</p> <p>9:30 Meet & Greet, AF 10:30 Coffee Bean Sensory Program, 2 1:30 Pond Visits, PO ☀️ 2:30 \$BINGO, 2 3:30 🎵 Personalized Playlists (music), 2 4:00 Famous Faces and Places Game, 2 7:00 Evening Sensory, 2</p>	<p>24</p> <p>9:30 Wake-Up Visits, AF 10:30 Lunch Outing: Bob Evan's 🚌 10:30 Would You Rather Ball Toss, 2 1:30 Room Visits, 2 2:30 Mandala Coloring Pages, 2 3:30 Tactile Discs, 2 4:00 Chair Soccer, 2 7:00 Soft Music, 2</p>	<p>25</p> <p>9:30 AM Cheer, AF 10:30 Fun & Fitness, 2 11:00 🎵 Personalized Playlists, 2 2:30 Scenic Drive 🚌 2:30 Resident Council Meeting, 3 2:30 Musical Memories, 2 3:30 Memorial Service, 3 7:00 Aromatherapy, 2</p>	<p>26</p> <p>9:30 Rise & Shine, AF 10:30 Getting to Know you Ball Toss, 2 1:30 Outdoor Relax & Chat ☀️ 10:30 Scenic Drive 🚌 2:30 Bowling, 2 3:30 Famous Faces & Places, 2 4:15 Activity Cart, 2 7:00 Musical Memories, 2</p>	<p>27</p> <p>9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, AF 10:30 Range of Motion Exercise, 2 2:30 Picture Bingo, 2 3:30 July Birthday Celebration Social, 2 7:00 Evening Movie, 2</p>	<p>28</p> <p>9:30 AM Wake-Up, AF 10:30 Coffee and News Currents, 3 10:30 Outdoor Sunshine Sensory Group, 2 2:30 🎵 Personalized Playlists, 2 3:30 Table Games, 2 4:00 Balloon Volley, 2 7:00 Evening Stretch, 2</p>
	<p>29</p> <p>9:30 Jokes & Java, AF 10:30 Digital Catholic Mass, 2SOL 10:30 Hymn Sing, 2 10:30 Fun & Fitness Exercise Program, 2 1:30 Outdoor Visits ☀️ 2:30 Matinee Movie, 2 4:00 Chair Soccer, 2 7:00 Bedtime Cart, 2</p>	<p>30</p> <p>9:30 Meet & Greet, AF 10:30 Peppermint Sensory Group, 2 1:30 Pond Visits, PO ☀️ 2:30 \$BINGO, 2 3:30 🎵 Johnny Cash Name that Tune, 2 4:00 Balloon Volley, 2 7:00 Evening Sensory, 2</p>	<p>31</p> <p>9:30 Wake-Up Visits, 2 10:30 Picnic Lunch Outing 🚌 10:30 Movin' & Groovin' Exercise, 2 11:00 Laundry Day, 2 1:30 Book Nook ☀️ 2:30 Rhyme Time, 2 4:00 Resident Volley Ball Game, 3 7:00 Soft Music, 2</p>	<p>MEZZANINE</p> <p>2nd Floor Memory Care Activities</p> <p>JULY</p> 			