

# Sommerby Lifestyles - August 2010 - Memory Care

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<p><b>Morning Activities:</b> Roswell UMC Church Video Word Games Memory Box: Beach <b>Afternoon Activities:</b> Putt-Putt Practice Jingo Trivia Church Service-1st Floor AL <b>Evening Activities:</b> "Puppies" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>1</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Show &amp; Tell Memory Box: The Beach <b>Afternoon Activities:</b> <b>2:30 Bus Ride</b> Afternoon Walk Ring Toss Music Therapy <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>2</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor <b>11:15 Music Appreciation with Eileen from Alpharetta City Band</b> Mini Manicures Memory Box: Sewing <b>Afternoon Activities:</b> Afternoon Walk Name Five Sing-Along <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>3</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor <b>11:15 Rhythm Band with Somerby resident Michael Shepnew</b> Putt-Putt Practice Memory Box: Animals <b>Afternoon Activities:</b> Afternoon Walk Sensory Board Game Reminiscence Topics <b>4:00 Bus Ride</b> <b>Evening Activities:</b> "Fish Tank" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>4</b></p>	<p><b>Morning Activities:</b> Chair Aerobics w/ Cathy Kick Ball Memory Box: Sewing <b>Afternoon Activities:</b> <b>2:30 singer Akil Shakir-3rd floor</b> Afternoon Walk Bowling <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>5</b></p>	<p><b>Morning Activities:</b> Chair Aerobics Arts &amp; Crafts Memory Box: Animals <b>Afternoon Activities:</b> <b>2:30- Keyboard music with Jim Pearce</b> Afternoon Walk Balloon Toss &amp; Kick Ball Catholic Communion <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>6</b></p>	<p><b>Morning Activities:</b> Exercise 3rd Floor Bean Bag &amp; Ball Toss Memory Box: Sports <b>Afternoon Activities:</b> Theme Tree Memory Box: Wedding <b>Evening Activities:</b> Movie Matinee "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>7</b></p>	
<p><b>Morning Activities:</b> Roswell UMC Church Video Word Game Memory Box: Birthday <b>Afternoon Activities:</b> Putt-Putt Practice Chit Chat on the Patio <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>8</b></p>	<p><b>Morning Activities:</b> Chair Aerobics Reminiscence Topics Memory Box: Wedding <b>Afternoon Activities:</b> <b>2:30 Bus Ride</b> Afternoon Walk Ring Toss <b>Evening Activities:</b> "Fish Tank" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>9</b></p>	<p><b>Morning Activities:</b> Chair Aerobics w/ Cathy Kick Ball Theme Tree Memory Box: Kitchen <b>Afternoon Activities:</b> Afternoon Walk Name Five <b>Evening Activities:</b> "Flowers" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>10</b></p>	<p><b>Morning Activities:</b> Chair Aerobics <b>11:15 Rhythm Band with Somerby resident Michael Shepnew</b> Putt-Putt Practice Memory Box: The Beach <b>Afternoon Activities:</b> Afternoon Walk Reminiscence Topics <b>4:00 Bus Ride</b> <b>Evening Activities:</b> "Puppies" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>11</b></p>	<p><b>Morning Activities:</b> Chair Aerobics w/ Cathy Kick Ball Memory Box: Sewing <b>Afternoon Activities:</b> Afternoon Walk Bowling <b>2:30 Keyboard with John Freitas-3rd floor</b> <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>12</b></p>	<p><b>Morning Activities:</b> Chair Aerobics Word Trivia Memory Box: Animals <b>Afternoon Activities:</b> Afternoon Walk Balloon Toss &amp; Kick Ball Catholic Communion <b>2:30 Harpist Debra Paterson</b> <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>13</b></p>	<p><b>Morning Activities:</b> Exercise 3rd Floor Bean Bag &amp; Ball Toss Memory Box: Music <b>Afternoon Activities:</b> Theme Tree Memory Box: The Beach <b>Evening Activities:</b> Movie Matinee "Fish Tank" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>14</b></p>	
<p><b>Morning Activities:</b> Roswell UMC Church Video Word Game Memory Box: Gardening <b>Afternoon Activities:</b> Putt-Putt Practice Jingo Church Service-1st Floor AL <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>15</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Show &amp; Tell Memory Box: Sports <b>Afternoon Activities:</b> <b>2:30 Bus Ride</b> Afternoon Walk Ring Toss <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>16</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Kick Ball Memory Box: Birthday <b>Afternoon Activities:</b> Afternoon Walk Name Five <b>Evening Activities:</b> "Fish Tank" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>17</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor <b>11:15 Rhythm Band with Somerby resident Michael Shepnew</b> What's In The Bag Memory Box: Wedding <b>Afternoon Activities:</b> Afternoon Walk Reminiscence Topics <b>4:00 Bus Ride</b> <b>Evening Activities:</b> "Flowers" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>18</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Yarn Class Memory Box: Kitchen <b>Afternoon Activities:</b> Afternoon Walk Bowling <b>2:30-Accordion music with Judy Boehm-3rd floor</b> <b>Evening Activities:</b> "Puppies" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>19</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Word Trivia Memory Box: The Beach <b>Afternoon Activities:</b> Afternoon Walk Balloon Toss &amp; Kick Ball Catholic Communion <b>2:30- Keyboard music with John Freitas</b> <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>20</b></p>	<p><b>Morning Activities:</b> Exercise 3rd Floor Bean Bag &amp; Ball Toss Memory Box: Sewing <b>Afternoon Activities:</b> <b>National Senior Day</b> <b>2:30 Ice Cream Social</b> Theme Tree Memory Box: Kitchen <b>Evening Activities:</b> Movie Matinee "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>21</b></p>	
<p><b>Morning Activities:</b> Roswell UMC Church Video Word Games Memory Box: Animal <b>Afternoon Activities:</b> Putt-Putt Practice Jingo <b>Evening Activities:</b> "Fish Tank" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>22</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Reminiscence Topics Memory Box: Music <b>Afternoon Activities:</b> <b>2:30 Bus Ride</b> Afternoon Walk Bingo Music Therapy <b>Evening Activities:</b> "Flowers" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>23</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Kick Ball Memory Box: Gardening <b>Afternoon Activities:</b> <b>2:30 Back to School Carnival</b> Afternoon Walk Name Five Sing-Along <b>Evening Activities:</b> "Puppies" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>24</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor <b>11:15 Rhythm Band with Somerby resident Michael Shepnew</b> Putt-Putt Practice Memory Box: Sports <b>Afternoon Activities:</b> Afternoon Walk Sensory Board Game <b>4:00 Bus Ride</b> <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>25</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Kick Ball Memory Box: Birthday <b>Afternoon Activities:</b> Afternoon Walk Big Word/Little Word Floral Arranging <b>2:30-Keyboard with Jim Pearce-3rd floor</b> <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>26</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Arts &amp; Crafts Memory Box: Wedding <b>Afternoon Activities:</b> Afternoon Walk Balloon Toss &amp; Kick Ball Catholic Communion <b>2:30- Guitar and song with Marty Berning</b> <b>Evening Activities:</b> "Fish Tank" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>27</b></p>	<p><b>Morning Activities:</b> Exercise 3rd Floor Word Game Memory Box: Kitchen <b>Afternoon Activities:</b> Theme Tree Memory Box: Birthday <b>Evening Activities:</b> Movie Matinee "Flowers" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>28</b></p>	
<p><b>Morning Activities:</b> Roswell UMC Church Video Word Games Memory Box: Beach <b>Afternoon Activities:</b> Putt-Putt Practice Jingo Trivia Church Service-1st Floor AL <b>Evening Activities:</b> "Puppies" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>29</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Show &amp; Tell Memory Box: The Beach <b>Afternoon Activities:</b> <b>2:30 Bus Ride</b> Afternoon Walk Ring Toss Music Therapy <b>Evening Activities:</b> "Baby Love" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>30</b></p>	<p><b>Morning Activities:</b> Chair Aerobics 3rd Floor Mini Manicures Memory Box: Sewing <b>Afternoon Activities:</b> Afternoon Walk 2:30-Music &amp; song with Smitty Lucas Name Five Sing-Along <b>Evening Activities:</b> "Kittens" Relaxation Video</p> <p style="text-align: center; font-size: 2em;"><b>31</b></p>	<p><b>Somerby of Alpharetta</b> 100 Somerby Drive Alpharetta, Ga. 30009 770-650-9577 www.somerbyofalpharetta.com</p>			<p>Somerby Fun Line: 678-987-7090</p>	

# Somerset Lifestyles - August 2010 - Assisted Living

SUN	MON	TUE	WED	THU	FRI	SAT							
<p>10:00 Roswell UMC Church Video</p> <p>11:15 Rummikub</p> <p>2:30 Jenga</p> <p>3:30 Bingo</p> <p>6:00 Bible Study /Vespers-A</p>	1	<p>9:30 Therapeutic Hand Massage</p> <p>10:15 Morning Exercise</p> <p>11:00 Hearts</p> <p>2:30 Word Game</p> <p>2:30 Visit with North Point Prep students</p> <p>3:30 Play in Clay</p> <p>7:15 Bingo-A</p>	2	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Bingo</p> <p>2:30 Canasta</p> <p>3:30 Jenga</p> <p>7:00 Travel Log</p>	3	<p>10:15 Morning Exercise</p> <p>11:15 Go Fish</p> <p>12:00 Rummikub</p> <p>2:30 Pet Visits from Canine Assistants</p> <p>4:00 Puzzle Time</p> <p>7:15 Keyboard music and song with Jeni Michelson-S</p>	4	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Dominoes</p> <p>12:00 Kings in the Corner</p> <p>2:30 Musical Entertainment with Akil Shakir</p> <p>3:45 Social Hour on the patio</p> <p>7:00 Resident's Choice</p>	5	<p>10:15 Morning Exercise</p> <p>11:15 Bingo</p> <p>1:30 Catholic Mass-A</p> <p>2:00 Friday Outing: Shopping at T.J. Maxx</p> <p>2:30 Keyboard and song w/Jim Pearce on 4th Floor</p> <p>4:00 Monthly Birthday Party</p> <p>7:00 Movie Night - "Good Will Hunting"</p>	6	<p>10:15 Morning Exercise</p> <p>11:15 UNO</p> <p>2:30 Saturday Drive</p> <p>7:00 Movie Night - "New in Town"</p>	7
<p>10:00 Roswell UMC Church Video</p> <p>11:15 Bowling</p> <p>2:30 Church Service</p> <p>3:30 Bingo</p> <p>6:00 Bible Study /Vespers-A</p>	8	<p>10:15 Morning Exercise</p> <p>11:00 Hearts</p> <p>12:00 Putting Practice</p> <p>2:30 Concentration</p> <p>3:30 Sing-Along Time</p> <p>7:15 Bingo-A</p>	9	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:00 Card Game w/ Samantha</p> <p>2:30 Bingo</p> <p>3:30 Jenga</p> <p>7:00 Travel Log</p>	10	<p>10:15 Morning Exercise</p> <p>11:00 Monthly Residents Meeting</p> <p>12:00 Dominoes</p> <p>2:30 Cooking Class</p> <p>3:30 Painting Class</p> <p>7:15 Belly Dancers-S</p>	11	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Are You Smarter than a Fifth Grader?</p> <p>12:00 Rummikub</p> <p>2:30 Keyboard and song w/ John Freitas</p> <p>3:45 Social Hour on the patio</p> <p>7:00 Resident's Choice</p>	12	<p>10:15 Morning Exercise</p> <p>11:00 Daily Jumble</p> <p>11:15 Bingo</p> <p>1:30 Catholic Mass-A</p> <p>2:30 Friday Outing: Cold Stone Creamery Musical Entertainment w/ Debra Peterson- 4th floor</p> <p>3:30 Shabbat Service with Temple Emanu-El—A</p> <p>7:00 Movie Night- "Strictly Ballroom "</p>	13	<p>10:00 Morning Exercise</p> <p>10:45 Pet Visit from Happy Tails</p> <p>11:30 Crazy Eights</p> <p>2:30 Saturday Drive</p> <p>7:00 Movie Night- "Jailhouse Rock"</p>	14
<p>10:00 Roswell UMC Church Video</p> <p>11:15 Rummikub</p> <p>2:30 Play in Clay</p> <p>3:30 Bingo</p> <p>6:00 Bible Study /Vespers-A</p>	15	<p>9:30 Therapeutic Hand Massage</p> <p>10:15 Morning Exercise</p> <p>11:15 Tea &amp; Treasures</p> <p>12:00 Bowling</p> <p>2:30 Tip of the Tongue</p> <p>4:00 Afternoon Walk</p> <p>7:15 Bingo-A</p>	16	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Bingo</p> <p>2:30 Back to School Carnival</p> <p>7:00 Travel Log</p>	17	<p>10:15 Morning Exercise</p> <p>11:00 Book Review w/Jean</p> <p>12:00 Puzzle Time</p> <p>2:30 Pet Visits from Canine Assistants</p> <p>3:30 Cooking Class</p> <p>4:00 American Trivia</p> <p>7:15 High Museum speaker on Salvador Dali Exhibit-S</p>	18	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Concentration</p> <p>12:00</p> <p>2:30 Accordion music w/Judy Boehm</p> <p>3:45 Social Hour on the patio</p> <p>7:00 Resident's Choice</p>	19	<p>10:15 Morning Exercise</p> <p>11:15 Bingo</p> <p>1:30 Catholic Mass-A</p> <p>2:30 Friday Outing: Walmart</p> <p>2:30 Musical Keyboard and song w/ John Freitas 4th Floor</p> <p>7:00 Movie Night- "A Star is Born"</p>	20	<p>10:15 Morning Exercise</p> <p>11:15 Canasta</p> <p>2:30 Saturday Drive</p> <p>7:00 Movie Night- "Night at the Museum"</p>	21
<p>10:00 Roswell UMC Church Video</p> <p>11:15 Bowling</p> <p>2:30 Church Service</p> <p>3:30 Bingo</p> <p>6:00 Bible Study /Vespers-A</p>	22	<p>10:15 Morning Exercise</p> <p>11:00 Word Game</p> <p>11:30 Hearts</p> <p>2:30 Charades</p> <p>4:00 Rummikub</p> <p>7:15 Bingo-A</p>	23	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Bingo</p> <p>11:30 Monthly Resident Barbecue Lunch-S</p> <p>2:30 Are you Smarter than a Fifth Grader?</p> <p>3:30 UNO</p> <p>7:00 Travel Log</p>	24	<p>10:15 Morning Exercise</p> <p>11:15 Canasta</p> <p>2:30 Visit from Canine Assistants</p> <p>3:30 Bowling</p> <p>7:15 Storyteller- Nancy Riggs- S</p>	25	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Jenga</p> <p>12:00 One on One</p> <p>2:30 Keyboard &amp; song w/ Jim Pearce</p> <p>3:45 Social Hour on the patio</p> <p>7:00 Resident's Choice</p>	26	<p>10:15 Morning Exercise</p> <p>1:30 Catholic Mass-A</p> <p>11:30 Friday Outing: Fernbank/Imax lunch and movie "Bugs-A Rainforest Adventure"</p> <p>2:30 Guitar and song w/ Marty Berning -4th Floor</p> <p>3:30 Shabbat Service with Gesher L'Torah--A</p> <p>7:00 Movie Night- "Breakfast at Tiffany's"</p>	27	<p>10:00 Morning Exercise</p> <p>10:45 Pet Visits from Happy Tails</p> <p>11:30 Dominoes</p> <p>2:30 Saturday Drive</p> <p>7:00 Movie Night- "Mona Lisa Smile"</p>	28
<p>10:00 Roswell UMC Church Video</p> <p>11:15 Canasta</p> <p>2:30 Bingo</p> <p>3:30 Sundaes on Sunday</p> <p>6:00 Bible Study /Vespers-A</p>	29	<p>9:30 Therapeutic Hand Massage</p> <p>10:15 Morning Exercise</p> <p>11:15 Bowling</p> <p>12:00 Jenga</p> <p>2:30 What's Cooking with Chef Veronica- S</p> <p>2:30 Putting Practice</p> <p>4:00 Unga</p> <p>7:15 Bingo-A</p>	30	<p>9:30 Manicures</p> <p>10:15 Morning Exercise</p> <p>11:15 Bingo</p> <p>2:30 Musical Entertainment with Smitty Lucas 4th floor</p> <p>2:30 Kings in the Corner</p> <p>3:30 Charades</p> <p>7:00 Travel Log</p>	31	<p><b>Somerby of Alpharetta</b>                  100 Somerby Drive                  Alpharetta, Ga. 30009                  770-650-9577  <a href="http://www.somerbyofalpharetta.com">www.somerbyofalpharetta.com</a>                  Somerby Fun Line 678-987-7090</p>							

### Room Key for Assisted Living

A.L.	Assisted Living	L	Library
A	Alpharetta Room - 2nd Floor	P	Pool - P1
D	Den - 3rd Floor	S	Somerby Room
D.R.	Dining Room	T	Theater - 4th Floor
P.D.R.	Private Dining Room	F.L.	Front Lobby
F.C.	Fitness Center - P1	W.R	Westside Room