

Somerset Lifestyles - September 2010 - Memory Care

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Somerset of Alpharetta

100 Somerset Drive
Alpharetta, Ga. 30009
770-650-9577

www.somersetofalpharetta.com

5	6	7	8	9	10	11	12	
13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	
29	30	Somerset Fun Line: 678-987-7090						

1
Morning Activities:
Chair Aerobics 3rd Floor
Putt-Putt Practice
Memory Box: Animals
Afternoon Activities:
Afternoon Walk
Sensory Board Game
Reminiscence Topics
4:00 Bus Ride
Evening Activities:
"Fish Tank" Relaxation Video

2
Morning Activities:
Chair Aerobics w/ Cathy
Kick Ball
Memory Box: Sewing
Afternoon Activities:
2:30 Musical Entertainment with Van Cowart- 3rd Floor
Afternoon Walk
Bowling
Evening Activities:
"Baby Love" Relaxation Video

3
Morning Activities:
Chair Aerobics
Arts & Crafts
Memory Box: Animals
Afternoon Activities:
2:30- Remembering the 40s with Jillian Boldway
Afternoon Walk
Balloon Toss & Kick Ball
Catholic Communion
Evening Activities:
"Kittens" Relaxation Video

4
Morning Activities:
Exercise 3rd Floor
Bean Bag & Ball Toss
Memory Box: Sports
Afternoon Activities:
Theme Tree
Memory Box: Wedding
Evening Activities:
Movie Matinee
"Baby Love" Relaxation Video

Morning Activities:
Roswell UMC Church Video
Word Game
Memory Box: Birthday
Afternoon Activities:
4:00 Sunday Worship-3rd floor
Putt-Putt Practice
Chit Chat on the Patio
Evening Activities:
"Kittens" Relaxation Video

Morning Activities:
Chair Aerobics
Reminiscence Topics
Memory Box: Wedding
Afternoon Activities:
2:30 Bus Ride
Afternoon Walk
Ring Toss
Evening Activities:
"Fish Tank" Relaxation Video

Morning Activities:
Chair Aerobics w/ Cathy
11:15 Rhythm Band with Somerset resident Michael Shepnew
Kick Ball
Theme Tree
Memory Box: Kitchen
Afternoon Activities:
Afternoon Walk
Name Five
Evening Activities:
"Flowers" Relaxation Video

Morning Activities:
Chair Aerobics
Putt-Putt Practice
Memory Box: The Beach
Afternoon Activities:
Afternoon Walk
Reminiscence Topics
4:00 Bus Ride
Evening Activities:
"Puppies" Relaxation Video

Morning Activities:
Chair Aerobics w/ Cathy
Kick Ball
Memory Box: Sewing
Afternoon Activities:
Afternoon Walk
Bowling
2:30 Sounds of Swing with Gary Squires -3rd Floor
Evening Activities:
"Baby Love" Relaxation Video

Morning Activities:
Chair Aerobics
Word Trivia
Memory Box: Animals
Afternoon Activities:
Afternoon Walk
Balloon Toss & Kick Ball
Catholic Communion
2:30 Accordion Music with Judy Boehm
Evening Activities:
"Kittens" Relaxation Video

Morning Activities:
Exercise 3rd Floor
Bean Bag & Ball Toss
Memory Box: Music
Afternoon Activities:
Theme Tree
Memory Box: The Beach
Evening Activities:
Movie Matinee
"Fish Tank" Relaxation Video

Morning Activities:
Roswell UMC Church Video
Word Game
Memory Box: Gardening
Afternoon Activities:
4:00 Sunday Worship-3rd floor
Putt-Putt Practice
Jingo
Church Service-1st Floor AL
Evening Activities:
"Baby Love" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Show & Tell
Memory Box: Sports
Afternoon Activities:
2:30 Bus Ride
Afternoon Walk
Ring Toss
Evening Activities:
"Kittens" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
11:15 Rhythm Band with Somerset resident Michael Shepnew
Kick Ball
Memory Box: Birthday
Afternoon Activities:
Afternoon Walk
Name Five
Evening Activities:
"Fish Tank" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
What's In The Bag
Memory Box: Wedding
Afternoon Activities:
Afternoon Walk
Reminiscence Topics
4:00 Bus Ride
Evening Activities:
"Flowers" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Yarn Class
Memory Box: Kitchen
Afternoon Activities:
Afternoon Walk
Bowling
2:30-Sounds of Sinatra with Bill Gleeson- 3rd floor
Evening Activities:
"Puppies" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Word Trivia
Memory Box: The Beach
Afternoon Activities:
Afternoon Walk
Balloon Toss & Kick Ball
Catholic Communion
2:30- Keyboard Music with Tommy Somerville
Evening Activities:
"Baby Love" Relaxation Video

Morning Activities:
Exercise 3rd Floor
Bean Bag & Ball Toss
Memory Box: Sewing
Afternoon Activities:
National Senior Day
2:30 Ice Cream Social
Theme Tree
Memory Box: Kitchen
Evening Activities:
Movie Matinee
"Kittens" Relaxation Video

Morning Activities:
Roswell UMC Church Video
Word Games
Memory Box: Animal
Afternoon Activities:
4:00 Sunday Worship-3rd floor
Putt-Putt Practice
Jingo
Evening Activities:
"Fish Tank" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Reminiscence Topics
Memory Box: Music
Afternoon Activities:
2:30 Bus Ride
Afternoon Walk
Bingo
Music Therapy
Evening Activities:
"Flowers" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
11:15 Rhythm Band with Somerset resident Michael Shepnew
Kick Ball
Memory Box: Gardening
Afternoon Activities:
Afternoon Walk
Name Five
Sing-Along
Evening Activities:
"Puppies" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Putt-Putt Practice
Memory Box: Sports
Afternoon Activities:
Afternoon Walk
Sensory Board Game
4:00 Bus Ride
Evening Activities:
"Baby Love" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Kick Ball
Memory Box: Birthday
Afternoon Activities:
Afternoon Walk
Big Word/Little Word
Floral Arranging
2:30-Musical Entertainment with Mike Smith -3rd Floor
Evening Activities:
"Kittens" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Arts & Crafts
Memory Box: Wedding
Afternoon Activities:
Afternoon Walk
Balloon Toss & Kick Ball
Catholic Communion
2:30- Musical Entertainment with Denise McSpadden
Evening Activities:
"Fish Tank" Relaxation Video

Morning Activities:
Exercise 3rd Floor
Word Game
Memory Box: Kitchen
Afternoon Activities:
Theme Tree
Memory Box: Birthday
Evening Activities:
Movie Matinee
"Flowers" Relaxation Video

Morning Activities:
Roswell UMC Church Video
Word Games
Memory Box: Beach
Afternoon Activities:
4:00 Sunday Worship-3rd floor
Putt-Putt Practice
Jingo Trivia
Church Service-1st Floor AL
Evening Activities:
"Puppies" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Show & Tell
Memory Box: The Beach
Afternoon Activities:
2:30 Bus Ride
Afternoon Walk
Ring Toss
Music Therapy
Evening Activities:
"Baby Love" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
11:15 Rhythm Band with Somerset resident Michael Shepnew
Mini Manicures
Memory Box: Sewing
Afternoon Activities:
Afternoon Walk
2:30-Music & song with Smitty Lucas
Name Five
Sing-Along
Evening Activities:
"Kittens" Relaxation Video

Morning Activities:
Chair Aerobics 3rd Floor
Putt-Putt Practice
Memory Box: Animals
Afternoon Activities:
1:00 p.m. Hawaiian Luau lunch party
Sensory Board Game
Reminiscence Topics
4:00 Bus Ride
Evening Activities:
"Fish Tank" Relaxation Video

Morning Activities:
Chair Aerobics w/ Cathy
Kick Ball
Memory Box: Sewing
Afternoon Activities:
2:30 Remembering the 40s with Jillian Boldway
Afternoon Walk
Bowling
Evening Activities:
"Baby Love" Relaxation Video

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<p>10:00 Roswell UMC Church Video 11:15 Bowling 12:00 Concentration 2:30 Church Service 3:30 Bingo 4:00 Sunday Worship 6:00 Bible Study/Vespers-A</p>	5	<p>Administration Holiday</p>	6	<p>8:30 Men's Breakfast-R 10:15 Morning Exercise 11:15 Card Game 12:00 Dominoes 2:30 Bingo 3:30 Manicures 7:00 Travel Log</p>	7	<p>10:15 Morning Exercise 11:00 Monthly Residents Meeting 12:00 Big Word Little Word 2:30 Cooking Class 3:30 Painting Class 7:15 Juggler Adam Boehmer-- S</p>	8	<p>9:30 Manicures 10:15 Morning Exercise 11:15 Are you Smarter than a 5th Grader? 12:00 Puzzle Mania 2:30 "Sounds of Swing" with Gary Squires 3:45 Social Hour 7:00 Resident's Choice</p>	9	<p>10:15 Morning Exercise 11:15 Bingo with a Buddy 1:00 Friday Outing: Lunch @ North Point Mall 1:30 Catholic Mass-A 2:30 Accordion Music with Judy Boehm - 4th floor 3:30 Shabbat Service with Temple Emanu-El—A 4:00 Monthly Birthday Party 7:00 Movie Night- "The Philadelphia Story"</p>	10	<p>10:15 Morning Exercise 11:15 Canasta 10:45 Pet Visit from Happy Tails 11:30 Spades 2:30 Saturday Drive 7:00 Movie Night- "Old Dogs"</p>	11	<p>Grandparents Breakfast 9:30 – 11:00 am</p>									
<p>10:00 Roswell UMC Church Video 11:15 Putting Practice 12:00 Card Game 2:30 Are you Smarter than a 5th Grader? 3:30 Bingo 4:00 Sunday Worship 6:00 Bible Study/Vespers-A</p>	12	<p>10:15 Morning Exercise 11:15 Tea & Treasures 11:30 Monthly Resident Barbecue Lunch-S 12:00 Tip of the Tongue 2:30 "Storytelling" with Elizabeth Bowles 3:30 Fall Craft Class 7:15 Bingo-A</p>	13	<p>10:15 Morning Exercise 11:15 Japanese Tea Party with Sachiko Kogure 12:00 Crossword Puzzle 2:30 Music with Alan Weisenberg 3:30 Manicures 7:00 Travel Log</p>	14	<p>10:15 Morning Exercise 11:15 Word Search 12:00 Pinochle Lesson 2:30 Pet Visits from Canine Assistants 3:30 Hawaiian Luau party 7:15 New Horizons Jazz Band-S</p>	15	<p>9:30 Manicures 10:15 Morning Exercise 11:15 Bowling 12:00 Rummikub 2:30 Sounds of Sinatra with Bill Gleeson 3:30 Ice Cream Social 7:00 Resident's Choice</p>	16	<p>10:15 Morning Exercise 11:15 Bingo Bucks 1:30 Catholic Mass-A 2:00 Friday Outing: out to a movie 2:30 Keyboard and song with Tommy Somerville- 4th Floor 7:00 Movie Night- "New in Town"</p>	17	<p>10:15 Morning Exercise 11:15 Canasta 12:00 Guessture 2:30 Saturday Drive 7:00 Movie Night- "Sherlock Holmes"</p>	18										
<p>10:00 Roswell UMC Church Video 11:15 Pictionary 12:00 Bowling 2:30 Church Service 3:30 Bingo 4:00 Sunday Worship 6:00 Bible Study/Vespers-A</p>	19	<p>10:15 Morning Exercise 11:15 Tea & Treasures 12:00 Ungame 2:30 Charades 3:30 Movie Matinee at Encore Theatre 7:15 Bingo-A</p>	20	<p>9:30 Manicures 10:15 Morning Exercise 11:15 Bingo 2:30 Pinochle Lesson 3:30 Manicures 7:00 Travel Log</p>	21	<p>10:15 Morning Exercise 11:15 Jingo 12:00 Rummikub 2:30 Visit from Canine Assistants Oddball Out 6:30 Kele's Pacific Paradise Hula Dancers- S</p>	22	<p>9:30 Manicures 10:15 Morning Exercise 11:15 Putting Practice 12:00 Canasta 2:30 Musical Entertainment with Mike Smith 3:45 Social Hour 7:00 Resident's Choice</p>	23	<p>8:15 Friday Outing: Breakfast at J.Christopher Morning Exercise 10:15 Money Bingo 1:30 Catholic Mass-A 2:30 Friday Outing: Tour of Mayfield Dairy Musical Entertainment with Denise McSpadden-4th Floor 3:30 Shabbat Service with Gesher L'Torah--A 7:00 Movie Night – "Doubt"</p>	24	<p>10:15 Morning Exercise 10:45 Pet Visits from Happy Tails 11:30 UNO 2:30 Saturday Drive 7:00 Movie Night- "Annie"</p>	25										
<p>10:00 Roswell UMC Church Video 11:15 Rummikub 12:00 Canasta 2:30 Putting Practice 3:30 Bingo 4:00 Sunday Worship 6:00 Bible Study/Vespers-A</p>	26	<p>9:30 Therapeutic Hand Massage 10:15 Morning Exercise 11:15 Games in the Den 2:30 What's Cooking with Chef Veronica- S 2:30 Dominoes 3:30 Scrabble 7:15 Bingo-A</p>	27	<p>10:15 Morning Exercise 11:15 Bingo 2:30 Musical Entertainment with Smitty Lucas -4th floor 2:30 Painting Class 3:30 Manicures 7:00 Travel Log</p>	28	<p>10:15 Morning Exercise 11:15 Bowling 12:00 Scrambled Words 2:30 Cooking Class 3:30 Guessture 7:15 Violin & song with Vikki Oliphant-S</p>	29	<p>9:30 Manicures 10:15 Morning Exercise 11:15 Mystery Bag 12:00 Spades 2:30 "Remembering the 40's" with Jillian Boldway 3:45 Social Hour 7:00 Resident's Choice</p>	30	<p>Room Key for Assisted Living</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">A.L. Assisted Living</td> <td style="width: 50%;">L Library</td> </tr> <tr> <td>A Alpharetta Room - 2nd Floor</td> <td>P Pool - P1</td> </tr> <tr> <td>D Den - 3rd Floor</td> <td>S Somerby Room</td> </tr> <tr> <td>D.R. Dining Room</td> <td>T Theater - 4th Floor</td> </tr> <tr> <td>P.D.R. Private Dining Room</td> <td>F.L. Front Lobby</td> </tr> <tr> <td>F.C. Fitness Center - P1</td> <td>W.R. Westside Room</td> </tr> </table>		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
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