

Sample Activity Calendar



**Peachtree
Christian
HealthSM**

A LIFE ENRICHMENT CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DAILY PROGRAM SCHEDULE**
		1	2	3	6:30 Ind. Studies/Breakfast 9:00 Walking/Exercise 10:00 Morning Snack 10:15 Word/Trivia of the Day 10:30 Planned Activity 11:15 Planned Activity 12:00 Lunch 12:45 Music/Devotional/Rest 1:15 Planned Activity 2:00 Planned Activity 3:00 Snack 3:30 Group Games 4:00 Parlor Time/Reading/Movie 5:00 Walking/Exercise
		6	7	8	
CUDDLE UP DAY	CLASSIC ROCK DAY	NATIONAL TAKE THE STAIRS DAY	PLAY GOD DAY	HOUSEPLANT APPRECIATION DAY	
WALKING/EXERCISE WORD/TRIVIA ACTIVITY 1 ACTIVITY 2 DEVOTIONAL ACTIVITY 3 ACTIVITY 4 GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA OPEN NEIGHBORHOOD ACTIVITY 2 DEVOTIONAL ACTIVITY 3 ACTIVITY 4 GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA ACTIVITY 1 ACTIVITY 2 DEVOTIONAL ACTIVITY 3 ACTIVITY 4 GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA ACTIVITY 1 CHAIR PILATES W/ JANICE DEVOTIONAL ACTIVITY 3 ACTIVITY 4 GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA ACTIVITY 1 ACTIVITY 2 DEVOTIONAL GARDEN CLUB ACTIVITY 4 GROUP GAME BOOK/MOVIE WALKING/EXERCISE	
		13	14	15	
MAKE YOUR DREAMS COME TRUE DAY	MAKE YOUR DREAMS COME TRUE DAY	NATIONAL HAT DAY	MARTIN LUTHER KING DAY	DITCH YOUR RESOLUTION DAY	
WALKING/EXERCISE WORD/TRIVIA I Have a Dream-poem m Dreams Trivia DEVOTIONAL CHAIR YOGA Tell of weird dreams GROUP GAME Field of Dreams Movie? WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA I Have a Dream-poem m Dreams Trivia DEVOTIONAL CHAIR YOGA Tell of weird dreams GROUP GAME Field of Dreams Movie? WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA PLAN WINTER GARDEN PAINT ROCK FOR GARDEN DEVOTIONAL MAKE AFTERNOON SNACK ROCK MUSIC STRETCHES GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA MARCH BANNERS NEIGHBORHOOD GAM DEVOTIONAL March Exerise MUSIC WITH ROBIN CORNHOLE BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA PUZZLES BALL GAME DEVOTIONAL GARDEN CLUB MAKE SNACK GROUP GAME BOOK/MOVIE WALKING/EXERCISE	<p>**Schedule may change for special events and programs may be adjusted to meet the needs of the participants</p> <p>*Each day of the week we focus on developing one of our 10 CHERISH NOW behaviors of resilience through cultural arts, enriched social activities, civic and philanthropic service, wellness programs, cognitive exercises, and spirituality.</p> <p>For more information contact: Christi Heidt, Program Director - 770-624-2727 or cheidt@pchlec.org</p> <p>BIRTHDAYS Participants</p> <p>Caregivers</p> <p>Staff</p>
		20	21	22	
MARTIN LUTHER KING DAY	NATIONAL HUGGING DAY	NATIONAL HUGGING DAY	GLOBAL BELLY LAUGH DAY	GLOBAL BELLY LAUGH DAY	
WALKING/EXERCISE WORD/TRIVIA MARCH BANNERS NEIGHBORHOOD GAM DEVOTIONAL March Exerise Civil Rights Trivia CORNHOLE BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA OPEN NEIGHBORHOOD ART WITH JOAN DEVOTIONAL CHAIR YOGA HUG TRIVIA BALLOON VOLLEYBALL TROLLS MOVIE CLIP ABOUT WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA OPEN NEIGHBORHOOD ART SNOWFLAKES WITH SA DEVOTIONAL CHAIR YOGA HUG TRIVIA BALLOON VOLLEYBALL TROLLS MOVIE CLIP ABOUT WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA PASTA NECKLACES JOKES FOR LAUGHTER DEVOTIONAL MUSIC WITH ROBIN PUZZLES GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA PASTA NECKLACES JOKES FOR LAUGHTER DEVOTIONAL MUSIC WITH ROBIN PUZZLES GROUP GAME BOOK/MOVIE WALKING/EXERCISE	
		27	28	29	
PCH Superbowl Week	PCH Superbowl Week	PCH Superbowl Week	PCH Superbowl Week	PCH SUPERBOWL DAY	
WALKING/EXERCISE WORD/TRIVIA Making Footballs for celli Ball Toss DEVOTIONAL Bake football sugar cook game day music stretch GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA OPEN NEIGHBORHOOD YMCA W/ JULIE DEVOTIONAL Mailing Footballs for Celli Decorate Football cook GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA Finish Super Bowl Décor Puzzles Hanging Footballs SuperBowl Predictions GROUP GAME BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA Football Trivia Art-game day banner, po DEVOTIONAL Football Toss Decorate Football Sugar See what games are on BOOK/MOVIE WALKING/EXERCISE	WALKING/EXERCISE WORD/TRIVIA Football Trivia Art-game day banner, po DEVOTIONAL Football Toss Decorate Football Sugar See what games are on BOOK/MOVIE WALKING/EXERCISE	