



# Morningside Activities Calendar

# SEPTEMBER 2024

SPIRITUAL SUNDAY	MORE MONDAYS	TEACH ON TUESDAY	WISE ON WEDNESDAY	THINK THURSDAY	FUN FRIDAY	SOCIAL SATURDAY
<b>1</b> 9:00 Spiritual Time <b>10:00 Folk Music</b> 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage 2:00 Power Walk 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice	<b>2 LABOR DAY</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game <b>10:30 Morning Stretch &amp; Outdoor Ball Exercise</b> 11:15 Daily Chronicle 1:30 Puzzles/Cards 2:30 Board Games <b>3:30 Power Walk Outside</b> 6:00 Musical Movie	<b>3</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Seated Leg Exercises</b> 11:15 Daily Chronicle 1:30 Jeopardy (Copywrite) <b>2:30 Green City Gardening</b> 3:00 Resident Social <b>3:30 Classical Music CD</b> 4:00 Brain Games 6:00 Hollywood Classics	<b>4</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Google Trivia 10:15 Daily Chronicle <b>10:30 TaiChi w/Sasha</b> 1:30 Creative Expression – Scrapbooking <b>2:30 Tunefoolery Music</b> <b>3:30 Virtual Concert – Classical Mozart</b> <b>4:00 Trivia (Classics)</b> 6:00 Action Movie	<b>5</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Gentle Stretching</b> 11:15 Daily Chronicle 1:00 Lincoln Center Nat King Cole Tribute w/Art <b>1:30 Joel &amp; Dan Music</b> <b>2:00 Grief Support Group</b> <b>2:30 Board &amp; Card Games</b> <b>3:30 Brain Games – 1977</b> 6:00 Comedy Movie	<b>6 India's Birthday</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Chair Dancing</b> 11:15 Daily Chronicle <b>1:00 Book Group - National Book Day</b> <b>2:00 Cooking Group - "Apple" Month</b> <b>3:00 Mindfulness</b> <b>4:00 Board Games</b> 6:00 Classic Show	<b>7</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word in a Word <b>10:30 Morning Stretch &amp; Ball Exercise</b> 11:15 Daily Chronicle <b>1:00 Easy Listening</b> <b>2:00 Paul Harty September Birthday Celebration</b> <b>3:00 Armchair Travel – Hispanic Heritage Month</b> <b>4:00 Puzzles/Cards</b> 6:00 Resident Choice
<b>8</b> Nat'l Assisted Liv Week <b>Grandparents Day</b> 9:00 Spiritual Time <b>10:00 Folk Music</b> 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage <b>2:00 Power Walk</b> <b>2:30 GP Collaging</b> 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice	<b>9 Welcome Tufts BEI</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Chaboom</b> 11:15 Daily Chronicle 1:30 Montessori Table 2:30 Writing Group - ICivics 3:00 BEI Brain Games <b>3:30 Sing-along Songs</b> <b>4:30 Lifelong Learners – Advertising</b> 6:00 Musical Movie	<b>10</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Seated Leg Exercises</b> 11:15 Daily Chronicle 1:30 Jeopardy (Publishing) <b>2:30 Green City Gardening</b> 3:00 Resident Social 3:00 BEI Brain Games <b>3:30 Classical Music CD</b> 4:00 Brain Games 6:00 Hollywood Classics	<b>11</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia 10:15 Daily Chronicle <b>10:30 TaiChi w/Sasha</b> 1:30 Creative Expression – Flower Preservation <b>2:30 Tunefoolery Music</b> <b>3:30 Virtual Concert – Classical Beethoven</b> <b>4:00 Trivia (Seniors)</b> 6:00 Action Movie	<b>12</b> 9:00 Morning Check In <b>9:30 Walk Group Lobby</b> 10:00 Word Game/Trivia <b>10:30 Gentle Stretching</b> 11:15 Daily Chronicle <b>1:00 Karaoke</b> <b>1:30 BINGO w/Prizes</b> <b>2:30 Board &amp; Card Games</b> 3:00 BEI Brain Games <b>3:30 Brain Games - (GP)</b> 6:00 Comedy Movie	<b>13</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Chair Dancing</b> 11:15 Daily Chronicle <b>1:00 Book Group - National Book Day</b> <b>2:00 Cooking Group - "Apple" Month</b> <b>3:00 Mindfulness</b> 3:00 BEI Brain Games <b>4:00 Board Games</b> 6:00 Classic Show	<b>14 COLORING DAY</b> <b>9:30 Walk Group Lobby</b> 10:00 Word in a Word <b>10:30 Morning Stretch &amp; Ball Exercise</b> 11:15 Daily Chronicle <b>1:00 Easy Listening</b> 2:00 Creative Expression – Tie Dye <b>3:00 Armchair Travel – Hispanic Heritage Month</b> <b>4:00 Puzzles/Cards</b> 6:00 Resident Choice
<b>15 Paula's Birthday</b> 9:00 Spiritual Time <b>10:00 Folk Music</b> 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage <b>2:00 Power Walk</b> 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice	<b>16 OKTOBERFEST</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Chaboom</b> 11:15 Daily Chronicle 1:30 Montessori Table 2:30 Writing Group - Sensory Poetry 3:00 BEI Brain Games <b>3:30 Sing-along Songs</b> <b>4:30 Lifelong Learners – Holidays</b> 6:00 Musical Movie	<b>17 HARVEST MOON</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Seated Leg Exercises</b> 11:15 Daily Chronicle 1:30 Jeopardy <b>2:30 Green City Gardening</b> 3:00 Resident Social 3:00 BEI Brain Games <b>3:30 Classical Music CD</b> 4:00 Brain Games 6:00 Hollywood Classics	<b>18</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia 10:15 Daily Chronicle <b>10:30 TaiChi w/Sasha</b> 1:30 Creative Expression - <b>2:30 Tunefoolery Music</b> <b>3:30 Virtual Concert –</b> <b>4:00 Trivia (Oktoberfest)</b> 6:00 Action Movie <b>3-5 pm Paint &amp; Sip Fundraise for Walk2EndAlz</b>	<b>19</b> 9:00 Morning Check In <b>9:30 Walk Group Lobby</b> 10:00 Word Game/Trivia <b>10:30 Gentle Stretching</b> 11:15 Daily Chronicle <b>1:00 Karaoke</b> <b>1:30 BINGO w/Prizes</b> <b>2:30 Board &amp; Card Games</b> 3:00 BEI Brain Games <b>3:30 Brain Games - Hummingbirds</b> 6:00 Comedy Movie	<b>20</b> 9:00 Morning Check In <b>9:30 Walk Group</b> 10:00 Word Game/Trivia <b>10:30 Chair Dancing</b> 11:15 Daily Chronicle <b>1:00 Book Group - National Book Day</b> <b>2:00 Cooking Group - "Apple" Month</b> <b>3:00 Mindfulness</b> 3:00 BEI Brain Games <b>4:00 Board Games</b> 6:00 Classic Show	<b>21</b> <b>9:30 Walk Group Lobby</b> 10:00 Word in a Word <b>10:30 Morning Stretch &amp; Ball Exercise</b> 11:15 Daily Chronicle <b>1:00 Easy Listening</b> 2:00 Creative Expression – Crafts <b>3:00 Armchair Travel – Oktoberfest (Germany)</b> <b>4:00 Puzzles/Cards</b> 6:00 Resident Choice



# Morningside Activities Calendar

## SEPTEMBER 2024

SPIRITUAL SUNDAY	MORE MONDAYS	TEACH ON TUESDAY	WISE ON WEDNESDAY	THINK THURSDAY	FUN FRIDAY	SOCIAL SATURDAY
<b>22 AUTUMN BEGINS</b> 9:00 Spiritual Time 10:00 Folk Music 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage 2:00 Power Walk 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice	<b>23</b> 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Chaboom 11:15 Daily Chronicle 1:30 Montessori Table 2:30 Writing Group – TS Eliot 3:00 BEI Brain Games 3:30 Sing-along Songs 4:30 Lifelong Learners – Authors 6:00 Musical Movie	<b>24 INTERGENERATIONAL DAY</b> 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Seated Leg Exercises 11:15 Daily Chronicle 1:30-4:30 Good Neighbor Day Block Party 2:30 Green City Gardening 3:00 BEI Brain Games 6:00 Hollywood Classics	<b>25</b> 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:15 Daily Chronicle 10:30 TaiChi w/Sasha 1:30 Creative Expression – Leaves 2:30 Tunefoolery Music 3:30 Virtual Concert – Classical Dvorak 4:00 Trivia (Autmn) 6:00 Action Movie	<b>26</b> 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game/Trivia 10:30 Gentle Stretching 11:15 Daily Chronicle 1:00 Karaoke 1:30 BINGO w/Prizes 2:30 Board & Card Games 3:00 BEI Brain Games 3:30 Brain Games 6:00 Comedy Movie	<b>27</b> 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Ballroom Dancing 11:15 Daily Chronicle 1:00 Book Group - National Book Day 2:00 Cooking Group - “Apple” Month 3:00 Mindfulness 3:00 BEI Brain Games 4:00 Board Games 6:00 Classic Show	<b>28</b> 9:30 Walk Group Lobby 10:00 Word in a Word 10:30 Morning Stretch & Ball Exercise 11:15 Daily Chronicle 1:00 Easy Listening 2:00 Creative Expression – October 3:00 Armchair Travel – Oktoberfest (Germany) 4:00 Puzzles/Cards 6:00 Resident Choice
<b>29</b> 9:00 Spiritual Time 10:00 Folk Music 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage 2:00 Power Walk 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice	<b>30 HOT MULLED CIDER</b> 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Chaboom 11:15 Daily Chronicle 1:30 Montessori Table 2:30 Writing Group - 3:00 BEI Brain Games 3:30 Sing-along Songs 4:30 Lifelong Learners - 6:00 Musical Movie	<p style="text-align: center;"><b><u>Birthdays</u></b></p> <p style="text-align: center;"><b><u>India 6th</u></b>  <b><u>Gaby 7th</u></b>  <b><u>Paula 15th</u></b></p>	<p style="text-align: center;"><b>Programs subject to change please use the daily sheets for updates!</b></p> <p style="text-align: center;">TV hours are before 9:30 am &amp; after 3:30 pm unless part of an activity</p>	<p style="text-align: center;"><u>Spiritual Support</u>  <u>Creative Expression</u>  <u>Physical Fitness</u>  <u>Brain Fitness</u>  <u>Entertainers/Instructors</u>  <u>Music</u></p> <p style="text-align: center;"><b><u>Hispanic Heritage</u></b>  <u>Classical Music</u>  <u>Healthy Aging</u></p>	<p style="text-align: center;"><b>Support Group</b>  <b>September 10<sup>th</sup></b>            5-6:30 pm            Activity Center</p>	

### 12 Key Principles of the Maria Montessori Dementia Program (Certified Montessori Dementia Practitioner) CMDCP

1. Purposeful
2. Invite to participate
3. Offer choices
4. Demonstrate
5. Focus on skills (what can do)
6. Slowdown
7. Use visuals, cues, templates.
8. Give something to hold.
9. Simple first
10. Small steps, breakdown task
11. Ask if enjoyed and would like to do again
12. Engagement is the focus not the result.