



# LOTUS CLUB & MEMORY LIFE SERVICES

## Daily Activities on Site/Virtual



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <p><b>1.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power- Ball 10:45-11:00<br/>Trivia 11:00 -12:00<br/>Lunch 12:00-12:30<br/>Dance-A-Thon 12:30-1:00<br/>Game Day 1:00-2:00<br/>Spanish Language Program</p>   | <p><b>2.</b> Breakfast Snack<br/>9:45-10:15<br/>Percussion Therapy (David)<br/>10:30-11:30<br/>Chair Exercise 11:30-12:00<br/>Lunch 12:00-12:30<br/>Going Down Memory Lane<br/>12:30-1:00<br/>Time Slips 1:00-2:00<br/>Peer Support</p>   | <p><b>3.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15 –10:45<br/>Poetry 10:45-11:15<br/>Power Ball 11:15-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Bingo 1-2<br/>Spanish Language Program</p>                    | <p><b>4.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Ball Toss 10:45-11:00<br/>Sing-A-Long (Staff) 11:15-12:00<br/>Lunch 12-12:30<br/>Today's Buzz 12:30-1:00<br/>Arts &amp; Crafts 1-2<br/>Peer Support</p>                                       | <p><b>5.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Guitar Sing-A-Long<br/>1:00-2:00<br/>Spanish Language Program<br/>Peer Support</p> |
| <p><b>8.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power- Ball 10:45-11:00<br/>Trivia 11:00 -11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Karaoke 1:00-2:30<br/>Spanish Language Program</p>                 | <p><b>9.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15-10:45<br/>Power-Ball 10:45-11:00<br/>Playing To The Beat<br/>11:00-12:00<br/>Lunch 12:00-12:30<br/>Going Down Memory Lane<br/>12:30-1:00<br/>Time Slips 1:00-2:00<br/>Peer Support</p>                               | <p><b>10.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15 –10:45<br/>Sing-A-Long<br/>10:45-11:00<br/>Dance-A-Thon 11:00- 11:30<br/>Trivia 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Arts &amp; Crafts 1-2<br/>Spanish Language Program</p> | <p><b>11.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12-12:30<br/>Today's Buzz 12:30-1:00<br/>Accordion Music 1:00-2<br/>Peer Support</p>                    | <p><b>12.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Today's Buzz 11:30-12:00<br/>Lunch 12:00-12:30<br/>Sing-A-Long 12:30-1:00<br/>Bingo 1:00-2:00<br/>Spanish Language Program<br/>Peer Support</p>                  |
| <p><b>15.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power- Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Game Day 1:00-2:00<br/>Spanish Language Program</p>                | <p><b>16.</b> Breakfast Snack<br/>9:45-10:15<br/>Percussion Therapy (David)<br/>10:30-11:30<br/>Chair Exercise 11:30-12:00<br/>Lunch 12:00-12:30<br/>Going Down Memory Lane<br/>12:30-1:00<br/>Time Slips 1:00-2:00<br/>Peer Support</p>  | <p><b>17.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15 –10:45<br/>Power Ball 11:00- 11:30<br/>Playing To The Beat<br/>11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Arts &amp; Crafts 1-2<br/>Spanish Language Program</p>                  | <p><b>18.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Sing-A-Long (Staff)<br/>1:00-1:30<br/>Dance-A-Thon 1:30-2:00<br/><b>Peer Support</b></p> | <p><b>19.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power Ball 10:45-11:00<br/>Play To The Beat<br/>11:00-11:30<br/>Trivia 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Guitar Sing-A-Long 1:00-2:00<br/>Spanish Language Program</p>             |
| <p><b>22.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power- Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Game Day 12:30-1:00<br/>Karaoke 1:00-2:30<br/>Spanish Language Program</p>                     | <p><b>23.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15-10:45<br/>Power - Ball 10:45-11:00<br/>Playing To The Beat<br/>11:00-11:30<br/>Dance Therapy 11:30-12<br/>Lunch 12:00-12:30<br/>Going Down Memory Lane<br/>12:30-1:00<br/>Time Slips 1:00-2:00<br/>Peer Support</p> | <p><b>24.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15-10:45<br/>Poetry 10:45-11:15<br/>Trivia 11:15-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Power Ball 12:30-1:00<br/>Arts &amp; Crafts 1:00-2:00<br/>Spanish Language Program</p>        | <p><b>25.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Playing To The Beat<br/>10:45-11:15<br/>Dance-A-Thon<br/>11:15-11:30<br/>Trivia 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1<br/>Bingo 1-2<br/>Peer Support</p>                | <p><b>26.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15-10:45<br/>Power Ball 10:45-11:00<br/>Trivia 11:00-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Arts &amp; Crafts 1:00-2:00<br/>Spanish Language Program<br/>Peer Support</p>         |
| <p><b>29.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Power- Ball 10:45-11:00<br/>Group Sing-A-Long<br/>11:00-11:30<br/>Dance-A-Thon 11:30-12:00<br/>Lunch 12:00-12:30<br/>Today's Buzz 12:30-1:00<br/>Game Day 1:00-2:00<br/>Spanish Language Program</p> | <p><b>30.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise 10:15-10:45<br/>Power-Ball 10:45-11:00<br/>Playing To The Beat<br/>11:00-11:30<br/>Dance Therapy 11:30-12<br/>Lunch 12:00-12:30<br/>Going Down Memory Lane<br/>12:30-1:00<br/>Time Slips 1:00-2:00<br/>Peer Support</p>   | <p><b>31.</b> Breakfast Snack<br/>9:45-10:15<br/>Chair Exercise<br/>10:15-10:45<br/>Playing To The Beat<br/>10:45-11:15<br/>Trivia 11:15-12:00<br/>Lunch 12:00-12:30<br/>Power- Ball 12:30-1:00<br/>Accordion Music 1:00-2:00<br/>Spanish Language Program</p>                 | <p>To join us in person<br/>or virtually on Zoom<br/>please call the office at<br/><b>718-499-7701</b><br/>or send an email to<br/><b>sramos@nymemorycenter.org</b></p>  |  |