

September 2026

Harmony Park Life Enrichment Programming



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
LORIEN MEMORY CARE Harmony Park		🚩 Active Engagement ↔️ Health & Wellness 🎵 Music & Memory 🥗 Nutrition & Hydration 🌿 Outdoor Time & Sensory Connection 💖 Routine Reinforcement 🧩 You Matter		Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 🥗 Hydration Connection 11:00 ↔️ Chair Exercises with Bev 1:30 🚩 Pampering & Care Time 2:30 🚩 Stamp Art 3:00 🎵 Joe Carroll Music Performance 4:00 🚩 Keep It Up: Balloon Toss 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Classical Cinemagic		Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 🥗 Hydration Connection 11:00 ↔️ Restorative Stretching 1:30 🚩 Finish-the-Phrase 2:00 🎵 Happy Hour with Lynn Roxy 3:00 🚩 Trips and Travels 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🚩 BINGO 7:00 🧩 Midweek Movie Matinee		Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 🥗 Hydration Connection 11:00 ↔️ Chair Exercises with Bev 1:30 🚩 Puzzle and Piece Time 2:30 🚩 Pictionary 3:00 🚩 Bowling 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🚩 BINGO 7:00 🧩 Classical Cinemagic		Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 🥗 Hydration Connection 11:00 ↔️ Dumbbell Exercise with Music 1:30 🚩 Crafts and Creations 3:00 🚩 Basketball Hoops 4:00 💖 Flower Arrangements 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO		Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 🥗 Hydration Connection 11:00 ↔️ Seated Yoga Exercise 1:30 🚩 Virtual Tours Around The World 2:30 🥗 Nature Show & Cookies 3:00 🧩 Residents Pick 4:00 🌿 Color Sorting 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🚩 BINGO 7:00 🧩 Saturday Movie Night	
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