

SEPTEMBER

GENERAL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



CARDINAL COURT
MEMORY CARE AND
TRANSITIONAL ASSISTED LIVING

18719 Drake Rd.
Strongsville, OH 44136
(440)268-9180

Life Enrichment Director
Kailey.Minarchick@SunshineRet.com


Activity Assistants
Sammy Scott
Shannon Mizanin
Allison Ginka

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Facebook.com/CardinalCourtALZ




Find us on facebook.

Room Key
AR Activity Room
LL Lakeside Living Room
CL Cardinal Living Room
SS Sensory Spa
CY Courtyard

9:00 Coffee Klatch AR **1**
10:00 Drumming Aerobics
10:30 Communion Service AR
11:00 Hymns and Prayer AR
1:00 Thursday Travel AR 
2:00 Oberlin Quartets AR
3:00 Tanabata Ceremony CY
5:00 Andy Griffith CL

9:00 Coffee Klatch AR **2**
10:00 Music & Movement AR
11:30 VR Travel: Washington D.C. AR
1:00 League of Extraordinary Gentlemen LL
2:30 Bingo! AR
3:30 Resident's Choice
5:00 Animal Planet CL

9:00 Coffee Klatch AR  **3**
10:00 Wake Up & Stretch AR
11:30 Horseshoes AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
2:30 Art Museum Tour AR
3:30 Hand Massages & Aromatherapy AR
5:00 Therapeutic Views SS


9:00 Coffee Klatch AR **4**
10:00 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR 
1:00 Midday Music AR
2:00 Mad Lib Stories AR
2:30 Bowling Club AR
3:30 Helping Hands Club
5:00 I Love Lucy CL

9:00 Coffee Klatch AR **5**
10:00 Daily Chronicle AR
10:30 Wake Up & Stretch AR
11:30 Paper Burst Centerpiece AR
2:00 Pet Therapy
2:30 Scientific Patriotic Mocktails AR
3:00 Patriotic Trivia AR
5:00 Golden Girls CL

9:00 Daily Chronicle CL **6**
10:00 Tuesday Trivia CL
11:30 Morning Meditations CL
1:00 Stretch & Strengthen AR
2:00 Patriotic Karaoke AR
3:00 Kitchen Creations AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch AR **7**
10:45 Pet Therapy
11:00 Music with Marlynda AR
1:00 Game Time! AR
2:00 Group Rosary w/ Michelle AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care AR
5:00 Wednesday Westerns CL

9:00 Coffee Klatch AR **8**
10:30 Communion Service AR
11:00 Seated Rhythm w/ Melissa AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 Craft Corner AR
5:00 Andy Griffith CL

9:00 Coffee Klatch AR **9**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 League of Extraordinary Gentlemen LL
2:30  AR
3:30 Resident's Choice
5:00 Animal Planet CL

9:00 Coffee Klatch AR **10**
10:30 Wake Up & Stretch AR
11:30 Balloon Volleyball
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
2:30 Garden Tour AR
3:30 Hand Massages & Aromatherapy AR
5:00 Therapeutic Views SS

9:00 Coffee Klatch AR **11**
10:30 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Mad Lib Stories AR
2:30 Bowling Club AR
3:30 Helping Hands Club
5:00 I Love Lucy CL
Grandparent's Day

9:00 Coffee Klatch AR **12**
10:00 Daily Chronicle AR
11:00 Wake Up & Stretch AR
11:30 Creative Coloring AR
1:00 How Its Made AR
2:00 Pet Therapy
2:30 Movie Monday LL
5:00 Golden Girls CL

9:00 Coffee Klatch CL **13**
10:30 Tuesday Trivia CL
11:30 Morning Meditations CL
1:00 Stretch & Strengthen AR
2:00 Karaoke AR
3:00 Kitchen Creations AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch AR **14**
10:45 Pet Therapy
11:30 Cardinal Choir AR 
1:00 Game Time! AR
2:00 Group Rosary w/ Michelle AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care AR
5:00 Wednesday Westerns CL

9:00 Coffee Klatch AR **15**
10:00 Drumming Aerobics AR
10:30 Communion Service AR
11:00 Hymns and Prayer AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 Craft Corner AR
5:00 Andy Griffith CL

9:00 Coffee Klatch AR **16**
10:30 Music & Movement AR
11:00 Greg Piscura AR
1:00 League of Extraordinary Gentlemen LL
2:30 Bingo! AR
3:00 Resident Council AR
3:30 Resident's Choice
5:00 Animal Planet CL

9:00 Coffee Klatch AR **17**
10:30 Wake Up & Stretch AR
11:30 Hover Hockey AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
2:30 Art Museum Tour AR
3:30 Hand Massages & Aromatherapy AR
5:00 Therapeutic Views SS

9:00 Coffee Klatch AR **18**
10:30 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Mad Lib Stories AR
2:30 Bowling Club AR
3:30 Helping Hands Club
5:00 I Love Lucy CL

9:00 Coffee Klatch AR **19**
10:00 Daily Chronicle AR
11:00 Wake Up & Stretch AR
11:30 Creative Coloring AR
1:00 How Its Made AR
2:00 Pet Therapy
2:30 Movie Monday LL
5:00 Golden Girls CL

9:00 Coffee Klatch CL **20**
10:30 Tuesday Trivia CL
11:30 Morning Meditations CL
1:00 Stretch & Strengthen AR
2:00 Foreign Language Day Class AR
2:30 Kitchen Creations AR
3:30 Karaoke AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch AR **21**
10:45 Pet Therapy
11:00 Music with Marlynda AR
1:00 Game Time! AR
2:00 Group Rosary w/ Michelle AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care AR
5:00 Wednesday Westerns CL

9:00 Coffee Klatch AR **22**
10:30 Communion Service AR
11:00 Seated Rhythm AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 Resident's Choice
3:00 July Birthday Party AR
5:00 Andy Griffith CL 

9:00 Coffee Klatch AR **23**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 League of Extraordinary Gentlemen LL
2:30 Bingo! AR
3:30 Resident's Choice
5:00 Animal Planet CL

9:00 Coffee Klatch AR **24**
10:30 Wake Up & Stretch AR
11:30 Nerf Target Practice AR
1:00 Sunshine Bunch CY
2:00 Zen Doodles AR
2:30 Garden Tour AR
3:30 Hand Massages & Aromatherapy AR
5:00 Therapeutic Views SS

9:00 Coffee Klatch AR **25**
10:30 St. Joseph Mass—Live AR
11:30 Gentle Flow to Music AR
1:00 Midday Music AR
2:00 Mad Lib Stories AR
2:30 Bowling Club AR
3:30 Helping Hands Club
5:00 I Love Lucy CL

9:00 Coffee Klatch AR **26**
10:00 Daily Chronicle AR
11:00 Wake Up & Stretch AR
11:30 Creative Coloring AR
1:00 How Its Made AR 
2:00 Pet Therapy
2:30 Movie Monday LL
5:00 Golden Girls CL

9:00 Coffee Klatch CL **27**
10:30 Tuesday Trivia CL
11:30 Morning Meditations CL
1:00 Stretch & Strengthen AR
2:00 Karaoke AR
2:30 Cooking with Chef Fran AR
5:00 Carol Burnett Show CL

9:00 Coffee Klatch AR **28**
10:45 Pet Therapy
11:30 Cardinal Choir AR
1:00 Game Time! AR
2:00 Group Rosary AR
2:30 Gardening Club CY
3:00 Manicures & Nail Care AR
5:00 Wednesday Westerns CL

9:00 Coffee Klatch AR **29**
10:30 Communion Service AR
11:00 Seated Rhythm AR
1:00 Thursday Travel AR
2:00 Card & Board Games AR
2:30 Resident's Choice
3:00 July Birthday Party AR
5:00 Andy Griffith CL

9:00 Coffee Klatch AR **30**
10:30 Music & Movement AR
11:30 VR in the AR
1:00 League of Extraordinary Gentlemen LL
2:30 Bingo! AR
3:30 Resident's Choice
5:00 Animal Planet CL



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Room Key
AR Activity Room
LL Lakeside Living Room
CL Cardinal Living Room
SS Sensory Spa
CY Courtyard

1
10:30 Prayer & Communion AR
11:00 Snacktivity
11:30 Rhythm & Beats AR
2:30 Art Therapy AR
3:00 Snacktivity
6:00 Guided Meditation SS

2
10:30 Music & Movement AR
11:00 Snacktivity
11:30 Sights to See AR
2:30 Game Group AR
3:00 Snacktivity
3:30 Personal Sensations AR
6:00 Animal Antics SS

3
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Pumped Up Games AR
2:00 Calming Creations AR
3:00 Hand Massages & Aromatherapy AR
6:00 Beach Travels SS

4
10:30 Hymns & Prayer AR
11:00 Snacktivity
11:30 Stretch to Music AR
2:30 Games We Love AR
3:00 Snacktivity
3:30 Helping Hands
6:00 Water and Streams SS

5
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Creative Art AR
2:00 4-Legged Friend Visits
3:00 Cinema Sensations LL
6:00 Aromatherapy Towels SS



6
10:30 Train of Thought CL
11:30 Morning Meditation CL
2:00 Music Memories AR
3:00 Kitchen Creations AR
6:00 Laughter Medicine SS

7
10:45 4-Legged Friend Visits
11:00 Snacktivity
11:30 Sing-Along AR
2:00 Spiritual Sit-in AR
3:00 Manicures & Nail Care AR
6:00 Evening Serenade SS

8
10:30 Prayer & Communion AR
11:00 Snacktivity
11:30 Rhythm & Beats AR
2:30 Art Therapy AR
3:00 Snacktivity
6:00 Guided Meditation SS

9
10:30 Music & Movement AR
11:00 Snacktivity
11:30 Sights to See AR
2:30 Game Group AR
3:00 Snacktivity
3:30 Personal Sensations AR
6:00 Animal Antics SS

10
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Pumped Up Games AR
2:00 Calming Creations AR
3:00 Hand Massages & Aromatherapy AR
6:00 Beach Travels SS

11
10:30 Hymns & Prayer AR
11:00 Snacktivity
11:30 Stretch to Music AR
2:30 Games We Love AR
3:00 Snacktivity
3:30 Helping Hands
6:00 Water and Streams SS

12
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Creative Art AR
2:00 4-Legged Friend Visits
3:00 Cinema Sensations LL
6:00 Aromatherapy Towels SS

13
10:30 Train of Thought CL
11:30 Morning Meditation CL
2:00 Music Memories AR
3:00 Kitchen Creations AR
6:00 Laughter Medicine SS

14
10:45 4-Legged Friend Visits
11:00 Snacktivity
11:30 Sing-Along AR
2:00 Spiritual Sit-in AR
3:00 Manicures & Nail Care AR
6:00 Evening Serenade SS

15
10:30 Prayer & Communion AR
11:00 Snacktivity
11:30 Rhythm & Beats AR
2:30 Art Therapy AR
3:00 Snacktivity
6:00 Guided Meditation SS

16
10:30 Music & Movement AR
11:00 Snacktivity
11:30 Sights to See AR
2:30 Game Group AR
3:00 Snacktivity
3:30 Personal Sensations AR
6:00 Animal Antics SS

17
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Pumped Up Games AR
2:00 Calming Creations AR
3:00 Hand Massages & Aromatherapy AR
6:00 Beach Travels SS

18
10:30 Hymns & Prayer AR
11:00 Snacktivity
11:30 Stretch to Music AR
2:30 Games We Love AR
3:00 Snacktivity
3:30 Helping Hands
6:00 Water and Streams SS

19
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Creative Art AR
2:00 4-Legged Friend Visits
3:00 Cinema Sensations LL
6:00 Aromatherapy Towels SS



20
10:30 Train of Thought CL
11:30 Morning Meditation CL
2:00 Music Memories AR
3:00 Kitchen Creations AR
6:00 Laughter Medicine SS

21
10:45 4-Legged Friend Visits
11:00 Snacktivity
11:30 Sing-Along AR
2:00 Spiritual Sit-in AR
3:00 Manicures & Nail Care AR
6:00 Evening Serenade SS

22
10:30 Prayer & Communion AR
11:00 Snacktivity
11:30 Rhythm & Beats AR
2:30 Art Therapy AR
3:00 Snacktivity
6:00 Guided Meditation SS



23
10:30 Music & Movement AR
11:00 Snacktivity
11:30 Sights to See AR
2:30 Game Group AR
3:00 Snacktivity
3:30 Personal Sensations AR
6:00 Animal Antics SS

24
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Pumped Up Games AR
2:00 Calming Creations AR
3:00 Hand Massages & Aromatherapy AR
6:00 Beach Travels SS

25
10:30 Hymns & Prayer AR
11:00 Snacktivity
11:30 Stretch to Music AR
2:30 Games We Love AR
3:00 Snacktivity
3:30 Helping Hands
6:00 Water and Streams SS

26
10:30 Wake Up & Stretch AR
11:00 Snacktivity
11:30 Creative Art AR
2:00 4-Legged Friend Visits
3:00 Cinema Sensations LL
6:00 Aromatherapy Towels SS

27
10:30 Train of Thought CL
11:30 Morning Meditation CL
2:00 Music Memories AR
3:00 Kitchen Creations AR
6:00 Laughter Medicine SS

28
10:45 4-Legged Friend Visits
11:00 Snacktivity
11:30 Sing-Along AR
2:00 Spiritual Sit-in AR
3:00 Manicures & Nail Care AR
6:00 Evening Serenade SS

29
10:30 Prayer & Communion AR
11:00 Snacktivity
11:30 Rhythm & Beats AR
2:30 Art Therapy AR
3:00 Snacktivity
6:00 Guided Meditation SS

30
10:30 Music & Movement AR
11:00 Snacktivity
11:30 Sights to See AR
2:30 Game Group AR
3:00 Snacktivity
3:30 Personal Sensations AR
6:00 Animal Antics SS

