



# FOX TRAIL

MEMORY CARE LIVING

# 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p><i>Fox TRAIL Senior Living</i> 205 Rock Avenue Green Brook NJ 08812</p>		<p><b>Residents are hydrated frequently throughout the day</b></p> <p><b>*ACTIVITIES ARE SUBJECT TO CHANGE*</b></p>			<p>1</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>2International Bacon Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p>3</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p>	<p>4 Extra dessert day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along</p>	<p>5 National Cheese Pizza Day</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social</p>	<p>6 National Coffee Ice Cream Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia</p>	<p>7</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>8</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>9</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p>10</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social</p>	<p>11 National Hot Cross Bun Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne &amp; Shirley Hour</p>	<p>12 National Chocolate Milk Shake Day</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p>13 National Peanut Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>14 National Donut Filled Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>15 National Double Cheese Burger Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>16</p> <p>19 Let's Laugh Day Let's Laugh Day 9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social</p>
<p>17National Patient Safety Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p>	<p>18 National First Love Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along</p>	<p>19</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts</p>	<p>20</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>21 National Pecan Cookie Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>22 National Ice Cream Cone Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>23</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>
<p>24</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p>	<p>25 National Daughters Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne &amp; Shirley Hour</p>	<p>26 National Pancake Day</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 Andy Griffith Hour</p>	<p>27</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p>	<p>28</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p>	<p>29 National Coffee Day</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p>	<p>30</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts &amp; Crafts 4:00 I love Lucy Hour</p>