



Symphony
CARE NETWORK

A harmonious approach to care.



HARMONY Memory Care

Your typical day at Harmony Memory Care

Time	Activities
7:00 AM - 9:30 AM	Life Skills, Routines, and Breakfast
9:30 AM - 11:30 AM	Individual and Group Structured Programs <ul style="list-style-type: none"> • Exercise • Newsworthy Items/Current Events • Reminiscing
11:30 AM - 1:30 PM	Life Skills, Routines, and Lunch Quiet Time and Rest
1:30 PM - 4:30 PM	Individual and Group-Structured Programs <ul style="list-style-type: none"> • Mind-Stimulatory Games • Music • Reminiscing • Arts and Crafts • Refreshments/Snack Social • Purposeful Programming: eg. Sock Sorting and Folding Towels
4:30 PM - 6:00 PM	Life Skills, Routines, and Dinner
6:00 PM - 7:00 PM	Individual and Group-Structured Programs <ul style="list-style-type: none"> • Bingo • Movie Night
7:00 PM - Bedtime	Life Skills, Routines, Personal Time, Bed

The Harmony Memory Care Program promotes the highest possible quality-of-care and memory-care support for persons with Alzheimer’s Disease or related dementias. Our care program helps individuals maximize cognitive, physical, emotional, and social abilities to remain actively engaged to their fullest capabilities.

We offer:

- Active, structured programming throughout the day
- Programming for both individuals and groups
- Activities adapted to each individual’s needs, abilities, and preferences

Life Skills and Daily Routines could include attending to personal hygiene, making their bed, light housekeeping, reading, watching television, reminiscing, sock sorting, and folding laundry.

