

Weekly Activities Memory Deck Questionnaire

Day of the Week	Main Activity	With Whom?	Time	Where

Examples of Common Weekly Activities:

1. Morning walk
2. Grocery shopping
3. Laundry
4. Attending church
5. Watching a TV show
6. Phone call with a loved one
7. Playing cards or board games
8. Cooking a favorite meal
9. Going out for coffee or tea
10. Reading a book or newspaper
11. Visiting with friends or neighbors
12. Going to a community center
13. Taking a nap
14. Watering plants or gardening
15. Listening to music or radio