



# January 2019 Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>MEALTIMES &amp; ONE-ON-ONE:</b>                      8:00-9:00am   Breakfast                      9:30-10:00am   1-on-1 Activities                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      5:00-6:00pm   Dinner</p>	<p><b>1</b>  <b>HAPPY NEW YEAR'S!</b>                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1:15-2:15pm   Life Story Group                      2:30-3:30pm   Spa Day (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>2</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crafting Group (DRS)                      2:30-3:30pm   Crossword (ICP)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>3</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      11-11:45am   Eucharist/Relig.Obsvnce (DR)                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Chalkboard Décor                      2:30-3:30pm   Comm. Connections (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>4</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Local History (ICP)                      2:30-3:30pm   Live Music w/ Don/Earl (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>5</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Sat. Matinee (ICP)                      2:30-3:30pm   Scrapbook Project (DRS)                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>	<p><b>6</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Blast from the Past: Music Grp                      2:30-3:30pm   Sundae Sunday (ICP)                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>
<p><b>7</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Rummikub (DRS)                      2:30-3:30pm   Live Music with Mel F. (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>8</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Presentation                      2:30-3:30pm   Spa Day (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>9</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crafting Group (DRS)                      2:30-3:30pm   Group Bingo (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>10</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      11-11:45am   Eucharist/Relig.Obsvnce (DR)                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Technology (internet/search)                      2:30-3:30pm   Comm. Connections (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>11</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crossword Puzzle (ICP)                      2:30-3:30pm   Choice Game                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>12</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Sat. Matinee (ICP)                      2:30-3:30pm   Building Walk                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>	<p><b>13</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Afternoon Café                      2:30-3:30pm   Winter Recipe                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>
<p><b>14</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Rummikub (DRS)                      2:30-3:30pm   Live Music w/ Lou Allen (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>15</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Baking Group                      2:30-3:30pm   Live Music w/ Coorie (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>16</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crafting Group (DRS)                      2:30-3:30pm   Crossword (ICP)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>17</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      11-11:45am   Eucharist/Relig.Obsvnce (DR)                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Chalkboard Décor                      2:30-3:30pm   Comm. Connections (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>18</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Local History (ICP)                      2:30-3:30pm   Choice Game                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>19</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Sat. Matinee (ICP)                      2:30-3:30pm   Scrapbook Project (DRS)                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>	<p><b>20</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Blast from the Past: Music Grp                      2:30-3:30pm   Sundae Sunday (ICP)                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>
<p><b>21</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Rummikub (DRS)                      2:30-3:30pm   Adaptive Martial Arts (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>22</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Presentation                      2:30-3:30pm   Spa Day (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>23</b>                      9:30-10am   1-on-1 Activities                      10am   Resident Council (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crafting Group (DRS)                      2:30-3:30pm   Group Bingo (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>24</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      11-11:45am   Eucharist/Relig.Obsvnce (DR)                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Technology (internet/search)                      2:30-3:30pm   Comm. Connections (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>25</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crossword Puzzle (ICP)                      2:30-3:30pm   Choice Game                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>26</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Sat. Matinee (ICP)                      2:30-3:30pm   Building Walk                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>	<p><b>27</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Afternoon Café                      2:30-3:30pm   Winter Recipe                      4-5pm   Daily Social (DR)                      6:15pm   Evening Café (ICP)</p>
<p><b>28</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Rummikub (DRS)                      2:30-3:30pm   Live Music w/ Lou Allen (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>29</b>                      9:30-10am   1-on-1 Activities                      10am   Cardio (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Baking Group                      2:30-3:30pm   Spa Day (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>30</b>                      9:30-10am   1-on-1 Activities                      10am   Balance/Walking (DR)                      12:00-1:00pm   Lunch                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Crafting Group (DRS)                      2:30-3:30pm   Crossword (ICP)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>31</b>                      9:30-10am   1-on-1 Activities                      10am   Strength Exercise (DR)                      11-11:45am   Eucharist/Relig.Obsvnce (DR)                      1-1:30pm   1-on-1 activities                      1:15-2:15pm   Chalkboard Décor                      2:30-3:30pm   Comm. Connections (DR)                      4-5pm   Daily Social (DR)                      6:15pm   Movie</p>	<p><b>OUTINGS FOR JANUARY:</b>                      • 1/10 - Scenic drive (10:30am)                      • 1/23 - Dinner (4:00pm)                      • 1/29 - Mall Visit (1:30pm)</p>		<p><b>HAPPY BIRTHDAY</b>                      CATHERINE BIGELOW (10th)                      GRACE UHLING (19th)                      SHIRLEY MARQUIS (21st)</p>

**ROOM & FLOOR KEY**

- 3BB:** Balcony, Floor 3B
- 3LR:** Living Room, Floor 3
- DR:** Dining Room, Floor 2B
- DRL:** Dining Room Lounge, Floor 2B
- DRS:** Dining Room Stage, Floor 2
- DRTV:** Dining Room TV, Floor 2B
- ICP:** Ice Cream Parlor, Floor 1

Activity Information and Support is available by contacting the Activity Department at (518) 817-9108 Ext.407

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