
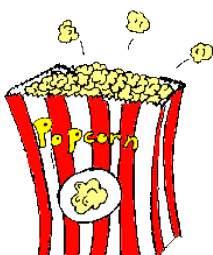



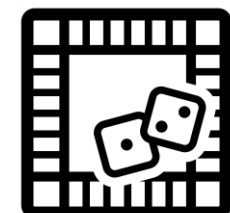










# JANUARY 2019 ACTIVITIES CALENDAR- Memory Care/ Enhanced Care Neighborhood

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|--|--|--|---|--|
|    | <p><b>Location Of Activity</b><br/>RR=Retirement Residence<br/>SS= Senior Suites</p> <p><b>Type Of Activity</b><br/>Blue=Fitness<br/>Purple= Spiritual<br/>Green=Outing<br/>Orange= Game<br/>Aqua=Vendor<br/>Red=Crafty Corner<br/>Pink=Entertainment</p>  | <p style="text-align: right;">1</p> <p>10:00 News and Weather<br/>10:30 Who, What, When<br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Mixed-Up New Year's word Scramble</b><br/>3:00 Snacks and Refreshments<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Group Trivia Night</p>                                    | <p style="text-align: right;">2</p> <p>10:00 News and Weather<br/>10:30 <b>Don't Burst My Bubble</b><br/>11:30 Fluff and Fold<br/>2:00 <b>Entertainment: Musical Friends (RR-A)</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Comedy Night on Netflix</p>  | <p style="text-align: right;">3</p> <p>10:00 <b>Gentle Yoga with Susan 4<sup>th</sup> Floor</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 Interactive Fit Minds<br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Visit You Tube</p>   | <p style="text-align: right;">4</p> <p>10:00 News and Weather<br/>10:30 January IQ Trivia<br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Chair Exercise with Chelsey</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b></p>   | <p style="text-align: right;">5</p> <p>10:00 News and Weather<br/>10:30 <b>Crafty Corner: Pop Out, Pop Art Box</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b></p>   |
| <p>10:00 News and Weather<br/>10:15 <b>Communion (RR-C)</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Game: Cover Up Dice</b><br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Popcorn and Movie</p>  | <p style="text-align: right;">7</p> <p>10:00 <b>Outing: Mystery Drive #1</b><br/>10:30 News and Weather<br/>11:00 Reading with Betty 4<sup>th</sup>Floor<br/>11:30 Fluff and Fold<br/>2:00 <b>Happy new year matching puzzle</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Board Game Night</p>  | <p style="text-align: right;">8</p> <p>10:00 News and Weather<br/>10:00 <b>Communion (RR-C)</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Crafty Corner: Bubbly New- year Fortune</b><br/>3:00 Snacks and Refreshments<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Group Trivia Night</p>                      | <p style="text-align: right;">9</p> <p>10:00 News and Weather<br/>10:30 Music Therapy with Jenny<br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Entertainment: The Vintage Fiddlers (SS-A)</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Comedy Night on Netflix</p>  | <p style="text-align: right;">10</p> <p>10:00 <b>Church Service (RR-C)</b><br/>10:00 <b>Gentle Chair Yoga with Susan</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 Funny New Year's Resolutions &amp; Jokes<br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Visit You Tube</p>   | <p style="text-align: right;">11</p> <p>10:00 News and Weather<br/>10:30 What Am I?<br/>11:00 Fluff and fold<br/>11:30 Individual Activities<br/>2:00 <b>Chair Exercise with Chelsey</b><br/>3:30 Refreshments and Snack<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Puzzles</p>  | <p style="text-align: right;">12</p> <p>10:00 News and Weather<br/>10:30 <b>Bowling</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>3:00 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Movie and Popcorn</p>   |
| <p>10:00 News and Weather<br/>10:15 <b>Communion (RR-C)</b><br/>11:00 Fluff and fold<br/>11:30 Individual Activities<br/>2:00 <b>Cover up dice game</b><br/>2:30 <b>Salvation Army Hymn Singing (RR-C)</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Popcorn and Movie</p> | <p style="text-align: right;">14</p> <p>10:00 <b>Outing: Mystery Drive #2</b><br/>10:30 News and Weather<br/>11:00 Reading with Betty 4<sup>th</sup>Floor<br/>11:30 Fluff and Fold<br/>2:00 <b>First Categories</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Board Game Night</p>  | <p style="text-align: right;">15</p> <p>10:00 News and Weather<br/>10:00 <b>Communion (RR-C)</b><br/>10:30 Who Made Us Laugh?<br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Crafty Corner: 2019 Door Burst</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Group Trivia Night</p> | <p style="text-align: right;">16</p> <p>10:00 News and Weather<br/>10:3 Splish-Splash: A Brief history of the rise and Fal lof theBath<br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Entertainment: Eio George</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel walk</b><br/>7:15 Comedy Night</p>   | <p style="text-align: right;">17</p> <p>10:00 News and Weather<br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Julian Norwich Anglican Church Service ( RR-C)</b><br/>2:00 Interactive Fit Minds<br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Visit You Tube</p>  | <p style="text-align: right;">18</p> <p>10:00 News and Weather<br/>10:30 <b>Missing Last Letter</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Chair Exercise with Chelsey</b><br/>2:30 <b>Catholic Mass (RR-C)</b><br/>3:30 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b></p>  | <p style="text-align: right;">19</p> <p>10:00 News and Weather<br/>10:30 <b>Bean Bag toss</b><br/>11:00 Fluff and Fold<br/>11:30 Individual Activities<br/>2:00 <b>Missing Numbers</b><br/>3:00 Refreshments and Snacks<br/>4:00 Therapeutic Coloring<br/>6:30 <b>Tunnel Walk</b><br/>7:15 Movie and Popcorn</p>  |

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|--|--|--|--|---|
| <p>20</p> <p>10:00 News and Weather<br/> 10:15 Communion (RR-C)<br/> 10:30 Frost Bingo<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Cover up Dice Game<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Popcorn and Movie</p>  | <p>21</p> <p>10:00 Outing: Mystery Drive #3<br/> 10:30 News and Weather<br/> 11:00 Reading with Betty 4<sup>th</sup> Floor<br/> 11:30 Fluff and Fold<br/> 2:00 Entertainment: Guy Lalonde<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Board Game Night<br/> 3:00 Hymn Sing with Fidele</p> | <p>22</p> <p>10:00 News and Weather<br/> 10:00 Communion (RR-C)<br/> 10:30 Searching for January<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 1:30 Mystery Drive: Canal Drive and to market for Beavertails<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Movie and Hot Chocolate</p>  | <p>23</p> <p>10:00 News and Weather<br/> 10:30 Music Therapy with Jenny<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Entertainment: Musical Memories (RR-A)<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Comedy Night on Netflix</p> | <p>24</p> <p>10:00 Gentle Chair yoga with Susan<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Interactive Fit Mind<br/> 3:30 Refreshment and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Visit You Tube</p>  | <p>25</p> <p>10:00 News and Weather<br/> 10:30 New Year's Word Search<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Chair Exercise<br/> 3:30 Refreshments and snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Puzzles</p> <p>ROBBIE BURNS DAY</p>  | <p>26</p> <p>10:00 News and Weather<br/> 10:30 Bowling<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Cranium Crunches<br/> 3:30 Refreshments and snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Movie and Popcorn</p> |
| <p>27</p> <p>10:00 News and Weather<br/> 10:15 Communion (RR-C)<br/> 10:30 Game: Cover up Dice<br/> 11:00 Refreshments and Snacks<br/> 11:30 Fluff and Fold<br/> 2:00 Bean Bag Toss<br/> 3:30 Refreshments and snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Popcorn and Movie</p>  | <p>28</p> <p>10:00 Outing: Mystery Drive #4<br/> 10:30 News and Weather<br/> 11:00 Reading with Betty 4<sup>th</sup> Floor<br/> 11:30 Fluff and Fold<br/> 2:00 Junk Drawer Detective<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Board Game Night</p> <p>Marshmallow Monday</p>  | <p>29</p> <p>10:00 Entertainment; Dai Bassett<br/> 10:00 Communion (RR-C)<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Movie and Hot Chocolate</p>    | <p>30</p> <p>10:00 News and Weather<br/> 10:30 Spelling JACK-IN-THE-BOX<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Dot-to-dot<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel walk<br/> 7:15 Comedy Night</p>  | <p>31</p> <p>10:00 News and Weather<br/> 10:30 Bean Bag Toss<br/> 11:00 Fluff and Fold<br/> 11:30 Individual Activities<br/> 2:00 Interactive Fit Minds<br/> 3:30 Refreshments and Snacks<br/> 4:00 Therapeutic Coloring<br/> 6:30 Tunnel Walk<br/> 7:15 Visit You Tube</p>  |    |   |