




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:30					
10:00-10:30					
11:00-11:30					
12:00-1:50					
2:10-2:40					
3:00					
3:30-4:15					
4:15-4:30					
	4	5	6	7	8
9:00-9:30	Morning News Hour/ Participants Choice: Word search/Crossword National Trivia Day	Morning News Hour/ Participants Choice: Word search/Crossword National Bird Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Whitney!	Morning News Hour/ Participants Choice: Word search/Crossword National Bubble Bath Day
10:00-10:30	Crossword Puzzle ^C - Katie Rise Up Hand ^{S,C} - Whitney	Word Chart ^{C,S} - Katie Coloring Group ^{C,S} - Whitney	Expressive Art ^{C,S} - Whitney Jeopardy ^{C,S} - Katie	Drum Circle ^{PS,C} - Whitney Big Word Small Word ^{C,S} - Katie Conversation Group ^{C,S} - Staff	Word Scrambles ^{C,S} - Katie Chimes ^{Pr,S} - Whitney
11:00-11:30	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie	Regular Exercise ^{PS} Whitney Cycling ^{PS} - Katie	Crochet w/ conversation ^{Sen,C} - Diane New Year A-Z ^C - Katie Devotions ^{Sen, R} - Whitney	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie Exercise ^{PS} - Staff	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:10-2:40	Best 10 ^C - Katie 100 OR Bust ^{C,S} - Whitney	Crossword Puzzle ^C - Linda S. Connect 4 ^C - Whitney/Katie	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie Chair Yoga ^{PS} - Dana A.	Crossword Puzzle ^C - Katie Wheels of Fortune ^{C,S} - Whitney One on one projects ^{Pr}	Bingo Groups ^{S,Pr} - Whitney & Katie One on one projects ^{Pr}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman ^C - Katie Trivia ^{C,S} - Whitney	Bingo Groups ^{S,Pr} - Katie & Linda S. One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Headbenz ^{C,S} - Whitney Rise Up Hand ^{S,C} - Katie One on one projects ^{Pr}	Friday Frolic ^R / One on one projects ^{Pr} .
4:15-4:30	Relaxing Conversation ^C / One on one projects ^{Pr} .	Shake a Memory ^{C,S} / One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Conversation Group ^S / One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .

	11	12	13	14	15
9:00-9:30	Morning News Hour/ Participants Choice: Word search/Crossword National Milk Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Dress Up Your Pet Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:30	Crossword Puzzle ^C - Katie Chimes ^{Pr,S} - Whitney	Coloring Group ^{C,S} – Whitney Word Scrambles ^{C,S} - Katie	Expressive Art ^{C,S} – Whitney Big Words Small Words ^{C,S} - Katie	Drum Circle ^{Pr,S} - Whitney Word Chart ^{C,S} - Katie Conversation ^{C,S} – Staff	Chimes ^{Pr,S} - Whitney Jeopardy ^{C,S} - Katie
11:00-11:30	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie Chair Yoga ^{Pr,S} - Dana A.	Regular Exercise ^{Pr,S} - Whitney Cyclings ^{Pr,S} - Katie	Headbenz ^{C,S} - Whitney Wheels of Fortune ^{C,S} - Katie Crochet w/ conversation ^{Sen,C} - Diane	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie Exercise ^{Pr,S} - Staff	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Conversation ^{S,C} - Whitney Winter A-Z ^C - Katie	Crossword Puzzle ^C - Linda S. Wheels of Fortune ^{C,S} - Whitney	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie Chair Yoga ^{Pr,S} - Dana A.	Crossword Puzzle ^C - Katie Pictionary ^C - Whitney	Bingo ^{S,Pr} - Whitney & Katie One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman ^C - Katie 100 or Bust ^{Pr,S} - Whitney	Bingo Groups ^{S,Pr} - Linda S. & Katie One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Hangman ^C - Whitney Trivia ^C - Katie One on one projects ^{Pr}	Friday Frolic ^R / One on one projects ^{Pr} .
4:15-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Piano Appreciation ^R / Relaxing and Chatting ^S / One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Roundtable Talk ^{S,R,C} / One on one projects ^{Pr}	Friday Frolic ^R / One on one projects ^{Pr} .
	18	19	20	21	22
9:00-9:30	Morning News Hour/ Participants Choice: Word search/Crossword Martin Luther King Jr. Day	Morning News Hour/ Participants Choice: Word search/Crossword National Popcorn Day	Morning News Hour/ Participants Choice: Word search/Crossword National Cheese Lover's Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:30	Crossword Puzzle ^C - Katie Chimes ^{Pr,S} - Whitney	Jeopardy ^{C,S} - Katie Coloring Group ^{C,S} – Whitney	Coloring Group ^{C,S} – Whitney Word Chart ^{C,S} - Katie	Word Scrambles ^{C,S} – Katie Drum Circle ^{Pr,S} - Whitney Conversation ^{C,S} – Staff	Chimes ^{Pr,S} - Whitney Big Words Small Words ^{C,S} - Katie
11:00-11:30	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie Chair Yoga ^{Pr,S} - Dana A.	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie	Headbenz ^C - Whitney Connect 4 ^{S,C} - Katie Crochet w/ conversation ^{Sen,C} - Diane	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie Exercise ^{Pr,S} - Staff	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Pictionary/Headbenz ^C - Whitney Rise Up Hand ^{S,C} - Katie	Crossword Puzzle ^{C,S,Pr} - Linda S. Shake a Memory ^C - Whitney	Regular Exercise ^{Pr,S} - Whitney Cycling ^{Pr,S} - Katie Chair Yoga ^{Pr,S} - Dana A.	Crossword Puzzle ^C - Katie Best 10 ^C - Whitney One on one projects ^{Pr}	Bingo ^{S,Pr} - Whitney & Katie One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 ^{S,C} - Katie Name That Person ^C - Whitney One on one projects ^{Pr} .	Bingo Groups ^{S,Pr} - Linda S. & Katie Reading Group ^C - Whitney One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Hangman ^{C,S} - Katie Music Listening ^{R,S} - Whitney	Friday Frolic ^R / One on one projects ^{Pr} .
4:15-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Shake a Memory ^{C,S} / One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Conversation Group ^S / One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .

	25	26	27	28	29
9:00-9:30	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Cake Day	Morning News Hour/ Participants Choice: Word search/Crossword National Have Fun At Work Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Alice!
10:00-10:30	Crossword Puzzle ^C - Katie Rise Up Hand ^{S,C} - Whitney	Big Words Small Words ^{C,S} - Katie Coloring Group ^{C,S} – Whitney	Coloring Group ^{C,S} – Whitney Word Scrambles ^{C,S} – Katie	Drum Circle ^{PS,C} - Whitney Jeopardy ^{C,S} - Katie Conversation ^{C,S} – Staff	Chimes ^{Pr,S} - Whitney Word Chart ^{C,S} - Katie
11:00-11:30	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie Chair Yoga ^{PS} - Dana A.	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie	Crochet w/ conversation ^{Sen,C} - Diane Devotions ^{Sen,R} - Katie Headbenz ^{C,S} - Whitney	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie Exercise ^{PS} - Staff	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:10-2:40	Hangman ^{C,S} - Whitney Trivia ^{S,C} - Katie	Crossword Puzzle ^C - Linda S. Pictionary ^C - Whitney	Regular Exercise ^{PS} - Whitney Cycling ^{PS} - Katie Chair Yoga ^{PS} - Dana A.	Crossword Puzzle ^{C,S,Pr} - Linda S. 100 Or Bust ^{C,S} – Katie One on one projects ^{Pr} .	Bingo ^{S,Pr} - Whitney & Katie One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Best 10 ^C - Katie Wheels of Fortune ^{C,S} - Whitney	Bingo Groups ^{S,Pr} - Katie & Linda S. One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Connect 4 ^{C,S} - Linda S. Name That Place ^{S,C} - Whitney One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .
4:15-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Piano Appreciation ^R / Relaxing and Chatting ^S / One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Roundtable Talk ^{S,R,C} / One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .

January is...

- National Hot Tea Month
- National Blood Donor Month
- National Oatmeal Month
- National Slow Cooking Month
- National Soup Month
- National Mentoring Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants daily

Core Focus: Body Blades

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers

Wellness (Mind & Body):
Lower Extremity:
Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise

- Music Room- Red
- Nature Room- Blue
- Frist Room- Brown
- Outdoor- Green
- Living Room- Orange
- Big Area-purple
- The maximum number of each activity is 6 people