

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resident Birthdays Movie Names (8) Craft Names (5) HH Names (5) Cooking Corner Recipe (2)	Life Long Learning Topic (1) Tech Exploration or Discovery Series Topic/Theme (1) Holiday Programming?	Saturday: Physical Engagement AM (10:30) Sunday: Mental Engagement AM (10:30) + Physical Engagement PM (1:30)	1 9:30 Daily Chronicles 10:00 Chair Yoga 1:30 History of New Year's Resolutions 3:00 Healthy Habits(Veggie Tray) 6:00 Evening Tea Time	2 9:30 Daily Chronicles 10:00 Indoor Walking Club 1:30 Sorting by Color 3:00 Let's Get Crafty: DIY Snowflakes 6:00 Movie Night	3 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation	4 9:30 Daily Chronicles 10.00 Sunshine and Stretch 10:30 Pipe Cleaner Beading 6:00 Coloring Creations
5 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 January Trivia 1:30 Snowball Toss 6:00 Aromatherapy/Hand Massages	6 9:30 Daily Chronicles 10:00 Bible Study 1:30 Shake Loose a Memory 3:00 Cardio Drumming 6:00 Monday Movie:	7 9:30 Daily Chronicles 10:00 Live 2B Healthy 1:30 Dust and Shine 3:00 Cooking Corner: Elvis PB&J Demo 6:00 Puzzles and Word Search	8 Elvis' Birthday 9:30 Daily Chronicles 10:00 Chair Yoga 1:30 Bucketball 3:00 Winter Whiteout Happy Hour 6:00 Evening Tea Time	9 9:30 Daily Chronicles 10:00 Indoor Walking Club 1:30 Grading Papers 3:00 Let's Get Crafty: Clay Snowmen 6:00 Movie Night:	10 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 BINGO 3:00 Tom Hofer Music 6:00 Guided Relaxation	11 9:30 Daily Chronicles 10.00 Sunshine and Stretch 10:30 Ladder Toss 6:00 Coloring Creations
12 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Name 10 1:30 Beanbag Toss 6:00 Aromatherapy/Hand Massages	13 9:30 Daily Chronicles 10:00 Bible Study 1:30 What's that Sound? 3:00 Cardio Drumming 6:00 Movie Monday:	14 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 Coupon Clipping 3:00 Ticketless Travel: Oxford England 6:00 Puzzles and Word Search	15 9:30 Daily Chronicles 10:00 Music and Massages with Jeanne Blum 1:30 Chair Yoga 3:00 Wednesday Wind Down Happy Hour 6:00 Evening Tea Time	16 9:30 Daily Chronicles 10:00 Indoor Walking Club 1:30 Caption This! 3:00 Let's Get Crafty: Winter Watercolor 6:00 Movie Night	17 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation	18 9:30 Daily Chronicles 10.00 Sunshine and Stretch 10:30 Balloon Volleyball 6:00 Coloring Creations
Ntl Popcorn Day 19 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Finish The Phrase 3:00 Popcorn Social 6:00 Aromatherapy/Hand Massages	MLK Day 20 9:30 Daily Chronicles 10:00 Devotions 1:30 Pet Therapy Grady The Dog 3:00 Cardio Drumming 6:00 Monday Movie:	21 9:30 Daily Chronicles 10:00 Live 2B Healthy 1:30 Cooking Corner: DIY Snow Ice Cream 3:00 Been There Done That 6:00 Puzzles and Word Search	22 9:30 Daily Chronicles 10:00 Chair Yoga 1:30 Basketball Toss 3:00 Beat The Winter Blues Happy Hour 6:00 Evening Tea Time	23 9:30 Daily Chronicles 10:00 Indoor Walking Club 1:30 Sorting Silverware 3:00 Let's Get Crafty: Winter Candle Jars 6:00 Movie Night	Joan Freidlin Bday 24 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 BINGO 3:00 Discovery Series: Arctic Animals 6:00 Guided Relaxation	25 9:30 Daily Chronicles 10.00 Sunshine and Stretch 10:30 Jumbo Bowling 6:00 Coloring Creations
26 9:30 Daily Chronicles 10:00 Hope Online Service 10:30 Winter Hangman 1:30 Balloon Bat 6:00 Aromatherapy/Hand Massages	27 9:30 Daily Chronicles 10:00 Devotions 1:30 Guess that Scent? 3:00 Cardio Drumming 6:00 Movie Monday:	28 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 Stuffing Envelopes 3:00 Name That Tune 6:00 Puzzles and Word Search	29 9:30 Daily Chronicles 10:00 Chair Yoga 1:30 Pat Lydon Music 3:00 Universal Yums Tasting 6:00 Evening Tea Time	30 9:30 Daily Chronicles 10:00 Indoor Walking Club 1:30 Yarn Rolling 3:00 Let's Get Crafty: Snowflake Mosaic 6:00 Movie Night	31 9:30 Daily Chronicles 10:00 Sit and Fit 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation	

Life Skills:

Coupon Clipping
Counting Coins
Dust & Shine
Folding & Sorting
Stuffing Envelopes
Sorting Mail
Yarn Rolling
Seasonal Decorating
Napkin Folding
Bead Sorting
Sweeping
Reading/Writing (ex: thank you cards)
Grading Papers
Sweeping
Table Setting
Table Wipe Down
Kitchen Clean Up
Silverware Sorting
Silverware Polishing
Greeting Card Writing
List Making (ex. Grocery Lists)
Sorting Playing Cards
Sorting By Colors (ex. dominoes)
Watering Plants/Gardening
Baby Care
Identifying Tools/Household Items
Cooking Corner

Physical Engagement:

Target Practice
Jumbo Bowling
Ladder Toss
Balloon Bat
Balloon Volleyball
Bean Bag Toss
Bucket Ball
Ring Toss
Ball Darts
Seated Ball Toss
Parachute Game
Basketball Toss
Tabletop Air Hockey
Velcro Catch (patio game)
Tabletop Ping Pong

Exercises:

Cardio Drumming
Chair Yoga
Seated Tai Chi
Stretching
Walking Club
Sit and Fit
Scarf Dancing
Ribbon Dancing

Mental Engagement/Memory Recall:

Trivia
Name 10
Finish the Phrase
Hangman
Pictionary
BINGO
Sensory (ex: scent guessing)
Name that Sound (youtube)
Reading Daily Chronicle
Open Ended Questions
My 2 Cents Game
Shake Loose a Memory Game
Recipe Recall Activity
Sequencing Tasks
Card Games
Board Games
Identify Famous Faces
What's in the Box?
Puzzles
Taste Testing
Who Am I?/What Am I? (activity connection)
Name That Landmark
Name That Tune
Sing Along
Instrument Exploration (maracas/shakers)
Life Long Learning
Tech Exploration
National Geographic/Earth/Historic Documentaries
Ticketless Travel (activity connection)
Reminisce
Conversation Prompts/Discussions (open-ended questions)