

Activities subject to change

JANUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- DT** Dining Tables
- BWL** Bardwell Room
- CS** Community Store
- 6LR** 6th fl. Living Room
- IH** Irvin Hall
- BFR** Bistro/Front Room
- DR** Dining Room

Birthdays:

Elaine R. 1/14

Margaret H. 1/15

JANUARY 2024	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dimensions of Wellness Physical Emotional Spiritual Environmental Vocational Social Intellectual Meeting Places DT Dining Tables BWL Bardwell Room CS Community Store 6LR 6th fl. Living Room IH Irvin Hall BFR Bistro/Front Room DR Dining Room Birthdays: Elaine R. 1/14 Margaret H. 1/15	MEMORY CARE****	01 New Year's Day 10:00a Community Store Visits CS 10:30a Dance Party & Balloon Toss 6LR 11:00a Coffee & Tea & Convo Cards DT 1:00p Cranium Crunch - Sorting by Color DT 2:00p Manicure Mondays! DT 5:00p Open Activity Time with CNA's DT	02 10:00a Coffee & Convo Cards with Jessica DT 11:00a Fitness Fun - Chair Yoga 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	03 10:30a Conversation Cards With CNA's DT 11:30a Fitness Fun - Chair Yoga 6LR 1:00p Cranium Crunch - Picture Bingo DT 2:00p Crafty Hour with Teresa DT 5:00p Open Activity Time with CNA's DT	04 10:00a Communion Service IH 10:00a Finish the Phrase/Lyric DT 11:00a Fitness Fun - Dancing & Balloon Toss 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	05 9:00a Church Service & Hymn Singing BWL 10:30a Coffee & Tea Would You Rather DT 11:00a Fitness Fun - Chair Yoga & Balloon Toss 6LR 1:00p Crafty Hour with Teresa DT 2:00p Cranium Crunch - Trivia or a Game DT	06 All Day Weekend Activity Packets 10:00a Independent Puzzles DT 1:30p Chair Exercise with CNA's DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT
	07 All Day Weekend Activity Packets 9:30a Hymn Sing Along Sundays' 6LR 10:00a Coffee & Tea Social with Teresa 6LR 10:30a Coloring & Crafting DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT	08 10:00a Aurora Santori Library Card Day IH 10:00a Community Store Visits CS 10:30a Dance Party & Balloon Toss 6LR 11:00a Coffee & Tea & Convo Cards DT 1:00p Cranium Crunch - Sort the Change DT 1:30p Personal Hugo Visits BFR 2:00p Manicure Mondays! DT	09 10:00a Coffee & Convo Cards with Jessica DT 11:00a Fitness Fun - Chair Yoga 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	10 10:30a Coffee & Tea & Would You Rather DT 11:30a Fitness Fun - Chair Yoga 6LR 1:00p Cranium Crunch - Picture Bingo DT 2:00p Crafty Hour with Teresa DT 5:00p Open Activity Time with CNA's DT	11 10:00a Communion Service IH 10:00a Finish the Phrase/Lyric DT 11:00a Fitness Fun - Dancing & Balloon Toss 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	12 9:00a Church Service & Hymn Singing BWL 10:30a Coffee & Tea Chats DT 11:00a Fitness Fun - Chair Yoga & Balloon Toss 6LR 1:00p Crafty Hour with Teresa DT 2:00p Cranium Crunch - Trivia or a Game DT 5:00p Open Activity Time with CNA's DT	13 All Day Weekend Activity Packets 10:00a Independent Puzzles DT 1:30p Chair Exercise with CNA's DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT
	14 All Day Weekend Activity Packets 9:30a Hymn Sing Along Sundays' 6LR 10:00a Coffee & Tea Social with Teresa 6LR 10:30a Coloring & Crafting DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT	15 Birthday of Martin Luther King, Jr. 10:00a Community Store Visits CS 10:30a Dance Party & Balloon Toss 6LR 11:00a Coffee & Tea & Convo Cards DT 1:00p Cranium Crunch DT 1:30p Personal Hugo Visits BFR 2:00p Manicure Mondays! DT 5:00p Open Activity Time with CNA's DT	16 10:00a Coffee & Convo Cards with Jessica DT 11:00a Fitness Fun - Chair Yoga 6LR 2:00p Resident Council Meeting DR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	17 10:30a Conversation Cards With CNA's DT 11:30a Fitness Fun - Chair Yoga 6LR 1:00p Cranium Crunch - Picture Bingo DT 2:00p Crafty Hour with Teresa DT 5:00p Open Activity Time with CNA's DT	18 10:00a Communion Service IH 10:00a Finish the Phrase/Lyric DT 11:00a Fitness Fun - Dancing & Balloon Toss 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	19 9:00a Church Service & Hymn Singing BWL 10:30a Coffee & Tea Would You Rather DT 11:00a Fitness Fun - Chair Yoga & Balloon Toss 6LR 1:00p Crafty Hour with Teresa DT 2:00p Cranium Crunch - Trivia or a Game DT	20 All Day Weekend Activity Packets 10:00a Independent Puzzles DT 1:30p Chair Exercise with CNA's DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT
	21 All Day Weekend Activity Packets 9:30a Hymn Sing Along Sundays' 6LR 10:00a Coffee & Tea Social with Teresa 6LR 10:30a Coloring & Crafting DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT	22 10:00a Community Store Visits CS 10:30a Dance Party & Balloon Toss 6LR 11:00a Coffee & Tea & Convo Cards DT 1:00p Cranium Crunch DT 1:30p Personal Hugo Visits BFR 2:00p Manicure Mondays! DT 5:00p Open Activity Time with CNA's DT	23 10:00a Coffee & Convo Cards with Jessica DT 11:00a Fitness Fun - Chair Yoga 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	24 10:30a Coffee & Tea & Would You Rather DT 10:30a Conversation Cards With CNA's DT 11:30a Fitness Fun - Chair Yoga 6LR 1:00p Cranium Crunch - Picture Bingo DT 2:00p Crafty Hour with Teresa DT 5:00p Open Activity Time with CNA's DT	25 10:00a Communion Service IH 10:00a Finish the Phrase/Lyric DT 11:00a Fitness Fun - Dancing & Balloon Toss 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	26 9:00a Church Service & Hymn Singing BWL 10:30a Coffee & Tea Chats DT 11:00a Fitness Fun - Chair Yoga & Balloon Toss 6LR 1:00p Crafty Hour with Teresa DT 1:00p January Birthday Social DR 2:00p Cranium Crunch - Trivia or a Game DT	27 All Day Weekend Activity Packets 10:00a Independent Puzzles DT 1:30p Chair Exercise with CNA's DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT
	28 All Day Weekend Activity Packets 9:30a Hymn Sing Along Sundays' 6LR 10:00a Coffee & Tea Social with Teresa 6LR 10:30a Coloring & Crafting DT 2:00p Independent Coloring & Music DT 3:00p Open Activity Time with CNA's DT	29 10:00a Community Store Visits CS 10:30a Dance Party & Balloon Toss 6LR 11:00a Coffee & Tea & Convo Cards DT 1:00p Cranium Crunch DT 1:30p Personal Hugo Visits BFR 2:00p Manicure Mondays! DT 5:00p Open Activity Time with CNA's DT	30 10:00a Coffee & Convo Cards with Jessica DT 11:00a Fitness Fun - Chair Yoga 6LR 2:30p Cranium Crunch - Puzzles & Music DT 3:00p Independent Coloring & Drawing DT 5:00p Open Activity Time with CNA's DT	31 10:30a Coffee & Tea & Would You Rather DT 11:30a Fitness Fun - Chair Yoga 6LR 4:00p Manicures with Jessica DT 5:00p Dementia Support Group BWL 5:00p Open Activity Time with CNA's DT	OPEN TO PUBLIC EVENTS: 1/15 - A Caregivers Guide to Managing Money 1/31 - Monthly Dementia Support Group		