




Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	<p>1</p> <p>9:30 Balance Fitness 10:15 News &amp; Views <b>10:30 New Year Dress the Baby Race (ac)</b> 2:00 Chair Soccer Game * 2:30 Down time/Snack <b>3:00 Matinee Movie Netflix Wildcard</b></p> 	<p>2</p> <p>9:30 Chair Yoga 10:15 News &amp; Views <b>10:30 Prayer and Positivity Group with Ronda</b> 1:30 Fact or Fiction 2:00 Wellness Program with Rima 2:30 Downtime/Snack 2:30 🎵 Musical Memories 3:30 Chair Soccer 4:00 Simulated Pet Therapy 6:00 Soft Music</p>	<p>3</p> <p>9:30 Movin' &amp; Groovin' 10:15 News &amp; Views <b>10:30 January IQ (Trivia)</b> 11:00 Spelling Bee 1:30 Afternoon Walk 2:00 Wellness Program with Rima <b>2:30 Pet Therapy with NCL</b> 3:30 Ice Cream Social * 4:00 Relaxation Techniques 6:00 Soft Music</p>	<p>4</p> <p>9:30 News &amp; Views <b>10:00 🎵 Music Appreciation w/ Laura</b> 10:30 Friday Fun &amp; Fitness Exercise Group <b>11:00 🚗 Lunch Bunch: iHOP</b> 1:30 Discuss &amp; Recall 2:00 Wellness Program 2:30 Volleyball Game <b>3:30 Easy Does It Random Trivia (ac)</b> 6:00 Evening Movie</p>	<p>5</p> <p>9:30 Morning Fitness 10:15 News &amp; Views 10:30 Positive Short Stories 1:30 Relax &amp; Chat 2:00 Mandala Coloring Pages/ Puzzle Time <b>2:30 Hot Chocolate and Conversation</b> 3:00 On the Farm Cards 3:30 🎵 Name that Tune (1950's) 6:00 Soft Music</p>
---	--	--	---	---	--

<p>6</p> <p>9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 1:30 🎵 Name that Tune 2:00 Afternoon Exercise 2:30 Downtime/Snack <b>3:00 Reminiscing with the Senses: Remembering Campbell's Soup (ac)</b> 3:30 Chair Soccer 6:00 Soft Music</p> 	<p>7</p> <p>9:30 Fun &amp; fitness 10:15 News &amp; Views <b>10:45 Bible Study w/ Chaplain Fasil</b> 1:30 Trivial Pursuit 2:00 Wellness Program with Rima 2:30 Down time/Snack <b>3:00 Travelogue: Discovering Latvia (ac)</b> <b>3:30 Snowflake coloring pages</b> 4:00 Relax and Reminisce 6:00 Soft Music</p>	<p>8</p> <p>9:30 Balance Fitness 10:15 News &amp; Views 10:30 🎵 Name that Tune 11:00 Finish the Phrase 1:30 Afternoon Walk 2:00 Wellness Program with Rima 2:30 Down time/Snack <b>2:30 🚗 Scenic Drive</b> 3:00 Bowling <b>3:30 🎵 Elvis' Birthday Tribute Concert with Randall Rivers</b> 6:00 Soft Music</p>	<p>9</p> <p>9:30 Movin' &amp; Groovin' 10:15 News &amp; Views <b>10:30 Prayer and Positivity Room Visits with Ronda</b> <b>10:30 🎵 Capital Music Therapy Interactive Performance</b> 1:30 Trivial Pursuit 2:00 Wellness Program with Rima 2:30 Downtime/Snack 3:30 Book Nook 4:00 Afternoon Walk 6:00 Soft Music</p>	<p>10</p> <p>9:30 Movin' &amp; Groovin' 10:15 News &amp; Views 10:30 Morning Discuss and Recall Group 11:00 🎵 Karaoke Music 1:30 Afternoon Walk 2:00 Wellness Program with Rima 2:30 Ice Cream Social <b>3:30 Bubbly Detective (ac)</b> 4:00 Relax and Reminisce 6:00 Soft Music</p> 	<p>11</p> <p>9:30 Friday Fun &amp; fitness 10:15 Weather, Date and Upcoming Events 10:30 Daily Chronicles (ac) <b>11:00 🚗 Picnic Lunch Outing</b> 1:30 Balloon Volley 2:00 Wellness Program with Rima <b>2:30 Root beer Float Social</b> 3:30 🎵 Susie Q Sing A Long Songs 6:00 Evening Movie</p>	<p>12</p> <p>9:30 Morning Fitness 10:15 News &amp; Views 10:30 Ball Toss Game 1:30 Relax &amp; Chat 2:00 Table Games <b>2:30 Hot Chocolate and Conversation</b> 3:00 Finish the Phrase 3:30 Rhythm Band/Instruments 6:00 Soft Music</p> 
---	--	---	--	--	--	---

<p>13</p> <p>9:30 Stretch it Out 10:00 Television Ministry 11:00 † Hymn Sing 1:30 Piano Music 2:30 Downtime/Snack <b>3:30 Short Story: Accidental Art (ac)</b> 6:00 Soft Music</p> 	<p>14</p> <p>9:30 Fun &amp; Fitness 10:15 Weather, Date and Upcoming Events <b>10:45 Bible Study w/ Chaplain Fasil</b> 1:30 Short Stories 2:00 Wellness Program 2:30 Downtime/Snack 3:00 <b>3:30 Mondrian-Inspired Bubble Wrap Art (ac)</b> 6:00 Soft Music</p>	<p>15</p> <p>9:30 Balance Fitness 10:15 Weather, Date and Upcoming Events 10:30 Chair Soccer 1:30 Afternoon walk 2:00 Wellness Program with Rima 2:30 Down time/Snack <b>2:30 🚗 Scenic Drive</b> 3:00 Spelling Bee 3:30 Basketball Game 6:00 Soft Music</p>	<p>16</p> <p>9:30 Chair Yoga 10:15 News &amp; Views <b>10:30 Prayer and Positivity Group with Ronda</b> 11:00 🎵 Sing A Long 1:30 Relax &amp; Chat 2:00 Wellness Program with Rima 2:30 Downtime/Snack 3:00 Chair Soccer 3:30 Fill in the Blank (ac) 6:00 Soft Music</p>	<p><b>Calendar Icons</b></p> <p>🚗 <b>Outing</b> 🎵 <b>Musical Program</b> † <b>Spiritual Program</b> ☀️ <b>Outdoor Activity</b></p> 	<p><b>Location Key</b></p> <p>2<sup>nd</sup> Floor – Living Room AF - All Floors CR - Card Room FP - Front Porch FR - Family Room GP - Gathering Place GB - Greenbriar MIL – Meet in Lobby OP - Outside Patio PDR - Private Dining Room SIA – Sign up in Advance (ac)- Activity Connection</p>	 <p><b>SCU</b> SPECIAL CARE UNIT</p> <p><b>ACTIVITIES CALENDAR</b></p>
--	---	---	---	--	--	---



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January

**17**  
 9:30 Movin' & Groovin'  
 10:15 News & Views  
 10:30 🎵 Sing A Long  
 11:00 Spelling Bee  
 1:30 Relax & Chat  
 2:00 Wellness Program  
 2:30 Downtime/Snack  
 3:30 Frisbee Hoop Game  
 4:00 Relax & Chat  
 6:00 Soft Music

**18**  
 9:30 News & Views  
**10:00 🎵 Music Appreciation w/ Laura**  
 10:30 Friday Fun & Fitness  
**11:00 🚗 Lunch Bunch: Bob Evan's**  
 1:30 Discuss & Recall  
 2:00 Wellness Program  
 2:30 On the Farm Cards  
**3:30 🎵 Music with Dennis**  
 6:00 Evening Movie

**19**  
 9:30 Morning Fitness  
 10:15 News & Views  
 10:30 Positive Short Stories  
 1:30 Relax & Chat  
 2:00 Mandala Coloring Pages/ Puzzle Time  
**2:30 Hot Chocolate and Conversation**  
 3:00 Finish the Phrase  
 3:30 🎵 Piano Tunes  
 6:00 Soft Music

**20**  
 9:30 Chair Yoga  
 10:00 Television Ministry  
 11:00 † Hymn Sing  
 1:30 Relax and Chat  
 2:00 Downtime/Snack  
 2:30 Name that Tune  
 3:30 Balloons & Noodles Game  
 6:00 Soft Music



**21**  
 9:30 Fun & Fitness  
 10:15 Weather, Date and Upcoming Events  
**10:45 Bible Study w/ Chaplain Fasil**  
 1:30 Afternoon Walk  
 2:00 Wellness Program with Rima  
 2:30 Down time/Snack  
 3:00 Travelogue  
**3:30 Breakfast Scramble (ac)**  
 6:00 Soft Music


**22**  
 9:30 Balance Fitness  
 10:15 Weather, Date and Upcoming Events  
 10:30 Balloon Volleyball  
 1:30 The Alphabet Game  
 2:00 Wellness Program with Rima  
 2:30 Down time/Snack  
**2:30 Scenic Drive 🚗**  
**3:00 What Things Belong Together?/Categories (ac)**  
 4:00 Relax & Chat  
 6:00 Soft Music

**23**  
 9:30 Movin' & Groovin' Exercise Class  
 10:15 Weather, Date and Upcoming Events  
**10:30 Prayer and Positivity Group with Ronda**  
 1:30 A-B-C Trivia  
 2:00 Wellness Program with Rima  
 2:30 Downtime/Snack  
 3:30 Book Nook with Sharon  
 4:00 Afternoon Walk  
 6:00 Soft Music

**24**  
 9:30 Movin' & Groovin'  
 10:15 Weather, Date and Upcoming Events  
 10:30 🎵 Sing A Long  
 11:00 Famous Faces and Places  
 1:30 Afternoon Walk  
 2:00 Wellness Program with Rima  
 2:30 Ice Cream Social  
**3:30 Cozy Up Detective (ac)**  
 6:00 Soft Music

**25**  
 9:30 News & Views  
**10:00 🎵 Music Appreciation w/ Laura**  
 10:30 Friday Fun & Fitness Exercise Group  
**11:00 🚗 Picnic Lunch Outing**  
 1:30 Discuss & Recall  
 2:00 Wellness Program  
 2:30 Volleyball Game  
 3:30 Sensory Group  
 6:00 Evening Movie

**26**  
 9:30 Morning Fitness  
 10:15 News & Views  
 10:30 Chair Soccer  
 1:30 Relax & Chat  
 2:00 Mandala Coloring Pages/ Puzzle Time  
**2:30 Hot Chocolate and Conversation**  
 3:30 \$BINGO/Sensory Group  
 6:00 Soft Music



**27**  
 9:30 Chair Yoga  
 10:00 Television Ministry  
 11:00 Relax & Chat  
 1:30 Pictionary Game  
 2:00 Down Time/Snack  
 2:30 Finish the Phrase  
 3:00 Balloon Volleyball  
**3:30 Remembering Bubble Songs (ac)**  
 6:00 Soft Music




**28**  
 9:30 Fun & Fitness  
 10:15 News & Views  
 10:30 Spelling Bee  
**10:45 Bible Study w/ Chaplain Fasil**  
 1:30 Balloon Volley  
 2:00 Wellness Program with Rima  
 2:30 Downtime/Snack  
 3:30 Picture This (ac)  
**3:30 Time Slips Program with the Center for Well-Being and Resiliency**  
 6:00 Soft Music

**29**  
 9:30 Balance Fitness  
 10:15 News & Views  
**10:30 Resident Council Meeting, GP**  
 10:30 🎵 Personalized Playlists (music)  
 1:30 Afternoon walk  
 2:00 Wellness Program with Rima  
 2:30 Down time/Snack  
**2:30 🚗 Scenic Drive**  
 3:00 Table Ball Game  
 3:30 Coloring Pages  
 6:00 Soft Music

**30**  
 9:30 Movin' & Groovin' Exercise Class  
 10:15 Weather, Date and Upcoming Events  
**10:30 Prayer and Positivity Group with Ronda**  
 1:30 On the Farm Cards  
 2:00 Wellness Program with Rima  
 2:30 Downtime/Snack  
 3:30 Book Nook with Sharon  
 4:00 Afternoon Walk  
 6:00 Soft Music

**31**  
 9:30 Movin' & Groovin'  
 10:15 Weather, Date and Upcoming Events  
 10:30 The Price is Right  
 11:00 Finish the Phrase  
 1:30 Afternoon Walk  
 2:00 Wellness Program with Rima  
 2:30 Ice Cream Social  
 3:30 Collaging with Favorite Things  
 6:00 Soft Music

**Location Key**  
**2nd Floor** – Living Room  
**AF** - All Floors  
**CR** - Card Room  
**FP** - Front Porch  
**FR** - Family Room  
**GP** - Gathering Place  
**GB** - Greenbriar  
**MIL** – Meet in Lobby  
**OP** - Outside Patio  
**PDR** - Private Dining Room  
**SIA** – Sign up in Advance  
**(ac)**- Activity Connection



**SPECIAL CARE UNIT**

## ACTIVITIES CALENDAR