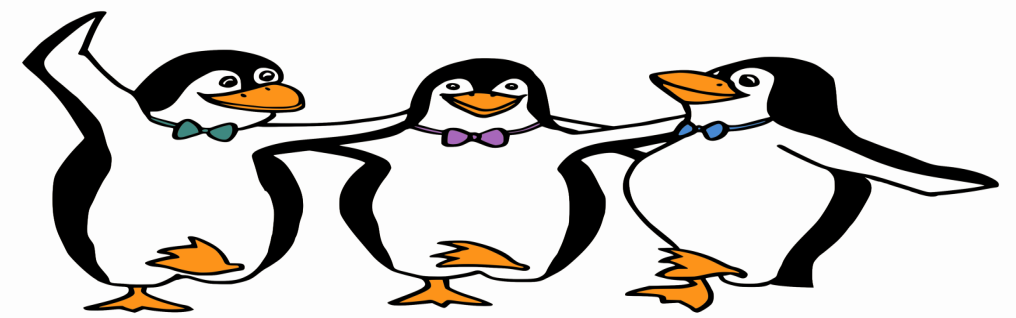


















# January 2019



| Sun  | Mon  | Tue   | Wed  | Thu   | Fri  | Sat  |
|--|--|---|--|---|--|--|
|   |   | <b>1</b><br><b>HAPPY★NEW★YEAR</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good, Feel Good<br>10:00 Pet Visits<br>1:45 Memory Time<br><b>2:45 New Year's Day Celebration</b><br>4:00 Balloon Volleyball<br>6:00 Music Listening          | <b>2</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:30 Table Fun<br>1:45 Task Group<br>3:15 Trivia & Snacks<br>4:00 3 Ring Ball Toss<br>6:00 Reading Circle  | <b>3</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Hand Massage Therapy<br>1:45 Chicken Soup for the Soul stories<br>2:45 You pick a game<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening | <b>4</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Manicures<br>11:00 Reminisce Group<br>1:45 Helping Hands<br>3:15 Coffee & Cookies<br>4:00 Arm Chair Exercise<br>6:00 Reading Circle   | <b>5</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Art & Craft Fun<br>1:45 Classic Movie & Snacks<br>3:00 Coffee & Cookies<br>3:15 The Good Old Days (Books)<br>4:00 Active Game<br>6:00 Lawrence Welk (TPT 2.3)  |
| <b>6</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good, Feel Good<br>10:00 Bible Stories<br>1:45 Classic T.V.<br>3:00 Coffee & Cookies<br>3:15 Current Events (Sunday Paper)<br>4:00 Active Games<br>6:00 Music Listening  | <b>7</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Table Games<br>1:45 Inspirational Stories<br>2:30 Lets Make Music<br>3:15 Coffee & Cookies<br>4:00 Lets Shoot Hoops (Basketball)<br>6:00 Reading Group     | <b>8</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Pet Visits<br>1:45 Memory Time<br>2:45 Sensory Adventures<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening    | <b>9</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:30 Table Fun<br>1:45 Task Group<br>3:15 Trivia & Snacks<br>4:00 3 Ring Ball Toss<br>6:00 Reading Circle  | <b>10</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Hand Massage Therapy<br>1:45 Chicken Soup for the Soul stories<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening                        | <b>11</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Manicures<br>11:00 Remembering our Friend<br>John Donlan in Thoughts & Prayers<br>1:45 Helping Hands<br>3:15 Coffee & Cookies<br>4:00 Arm Exercise<br>6:00 Reading Circle  | <b>12</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Art & Craft Fun<br>1:45 Classic Movie & Snacks<br>3:00 Coffee & Cookies<br>3:15 The Good Old Days (Books)<br>4:00 Active Game<br>6:00 Lawrence Welk (TPT 2.3) |
| <b>13</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good, Feel Good<br>10:00 Bible Stories<br>1:45 Classic T.V.<br>3:00 Coffee & Cookies<br>3:15 Current Events (Sunday Paper)<br>4:00 Active Games<br>6:00 Music Listening | <b>14</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Table Games<br>1:45 Inspirational Stories<br>2:30 Lets Make Music<br>3:15 Coffee & Cookies<br>4:00 Lets Shoot Hoops (Basketball)<br>6:00 Reading Group  | <b>15</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Pet Visits<br>1:45 Memory Time<br>2:45 Sensory Adventures<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening  | <b>16</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:30 Baking Cake for Birthday Thursday<br>1:45 Task Group (Frosting Cake)<br>3:15 Trivia & Snacks<br>4:00 3 Ring Ball Toss<br>6:00 Reading Circle  | <b>17</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:15 Hand Massage Therapy<br>9:30 Look Good Feel Good<br>1:45 Chicken Soup for the Soul stories<br>2:45 Birthday Party<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening  | <b>18</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Manicures<br>11:00 Reminisce Group<br>1:45 Helping Hands<br>3:15 Coffee & Cookies<br>4:00 Arm Exercise<br>6:00 Reading Circle  | <b>19</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Art & Craft Fun<br>1:45 Classic Movie & Snacks<br>3:00 Coffee & Cookies<br>3:15 The Good Old Days (Books)<br>4:00 Active Game<br>6:00 Lawrence Welk (TPT 2.3) |
| <b>20</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good, Feel Good<br>10:00 Bible Stories<br>1:45 Classic T.V.<br>3:00 Coffee & Cookies<br>3:15 Current Events (Sunday Paper)<br>4:00 Active Games<br>6:00 Music Listening | <b>21</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Table Games<br>1:45 Inspirational Stories<br>2:30 Lets Make Music<br>3:15 Coffee & Cookies<br>4:00 Lets Shoot Hoops (Basketball)<br>6:00 Reading Group  | <b>22</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Pet Visits<br>1:45 Memory Time<br>2:45 Sensory Adventure<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening   | <b>23</b><br><b>8:30 Meet &amp; Greet</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:30 Table Fun<br>1:45 Task Group<br>3:15 Trivia & Snacks<br>4:00 3 Ring Ball Toss<br>6:00 Reading Circle  | <b>24</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Hand Massage Therapy<br>1:45 Chicken Soup for the Soul stories<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening                        | <b>25</b><br>8:15 Home Made Breakfast<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Manicures<br>11:00 Reminisce Group<br>1:45 Helping Hands<br>3:15 Coffee & Cookies<br>4:00 Arm Exercise<br>6:00 Reading Circle                                      | <b>26</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Art & Craft Fun<br>1:45 Classic Movie & Snacks<br>3:00 Coffee & Cookies<br>3:15 The Good Old Days (Books)<br>4:00 Active Game<br>6:00 Lawrence Welk (TPT 2.3) |
| <b>27</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good, Feel Good<br>10:00 Bible Stories<br>1:45 Classic T.V.<br>3:00 Coffee & Cookies<br>3:15 Current Events (Sunday Paper)<br>4:00 Active Games<br>6:00 Music Listening | <b>28</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:15 Table Games<br>1:45 Inspirational Stories<br>2:30 Lets Make Music<br>3:15 Coffee & Cookies<br>4:00 Lets Shoot Hoops (Basketball)<br>6:00 Reading Group  | <b>29</b><br>8:15 Meet & Greet<br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:00 Pet Visits<br>1:45 Memory Time<br>2:45 Wine & Cheese Tast<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening  | <b>8:15 Meet &amp; Greet</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>10:30 Table Fun<br>1:45 Task Group<br>3:15 Trivia & Snacks<br>4:00 3 Ring Ball Toss<br>6:00 Reading Circle   | <b>31</b><br>9:00 Stretch & Strength Exercise<br>9:30 Look Good Feel Good<br>11:00 Hand Massage Therapy<br>1:45 Chicken Soup for the Soul stories<br>3:15 Coffee & Cookies<br>4:00 Balloon Volleyball<br>6:00 Music Listening   |   | <b>Garden Cove</b><br>  |