



January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1	2	3	4	5
<p><i>*Activities are subject to change and will be posted in advance.</i></p> <p>WCL-Woodside Cedar Lounge 1st floor SCU-Memory Care 1st Floor</p>		10:30 Rosary B-1 10:30 Devotions (WCL) 2:00 Sit and be Fit 3:00 Woodside Resident Council 6:30 BINGO!	10:30 Exercise w/ Alicia (WCL) 1:30 Bible Study 1:30 Manicures 3:00 Ring in the New Year Social 6:30 BINGO!	9:30 Flower Arranging 10:30 Stretcherize 1:30 Domino Club 3:00 Touch and See Art: Fibers 6:30 BINGO!	10:30 Sew and Knit with Becky 2:00 Exercise with Alecia 2:30 Sing with Nancy Happy Hour	10:00 Music with Sara (WCL) 1:00 SCU Visits 2:00 Smoothies and Trivia 2:45 BINGO!
6	7	8	9	10	11	12
9:30 SCU Visits 10:30 Hot Cocoa and Trivia by Fireplace (WCL) 2:00 Sunday Exercise 2:00 Vespers-(KIVA) 3:00 Manicures	10:30 Coffee and Trivia 1:30 Skip-Bo 2:00 Manicures-(SCU) 2:30 Gentle Fitness 3:00 Gene Hahn plays Violin	10:30 Rosary B-1 10:30 Devotions (WCL) 1:30 Brain Games 2:30 Zumba with AJ 3:15 Randy Plays Piano (WCL) 6:30 BINGO!	10:30 Exercise w/ Alicia (WCL) 1:30 Bible Study 1:30 Manicures 2:30 Gypsy Trio (WCL) 6:30 BINGO!	9:30 Flower Arranging 10:30 Stretcherize 11:30 Lunch at Michelle's 2:30 Adult Coloring 3:30 Singing with Jerry Ball 6:30 BINGO!	10:00 Music Together 1:45 Tai Chi with Ed 3:00 Snowman Soup Social	9:30 SCU Visits 10:30 Jeopardy 1:00 Manicures (SCU) 2:00 Afternoon Exercise w/ Brennan 2:45 BINGO!
13	14	15	16	17	18	19
9:30 Stretches (SCU) 10:30 Coffee and Trivia 1:00 Puzzles/ Coloring (SCU) 2:00 Sunday Exercise 2:00 Vespers-(KIVA) 3:00 Manicures	10:30 Coffee and Current Events 1:30 Word Games 2:00 Manicures (SCU) 2:30 Gentle Fitness 3:00 Po-Ke-No with Becky	10:30 Rosary B-1 10:30 Devotions (WCL) 1:30 Wheel of Fortune 2:30 Zumba with AJ 3:15 Hot Cocoa Wine and Paint w/Alicia 6:30 BINGO!	10:30 Exercise with Alicia (WCL) 10:30 Low Vision Support Group(A1) 1:30 Bible Study 1:30 Manicures 3:00 Sharing with Friends 6:30 BINGO!	9:30 Flower Arranging 10:30 Stretcherize 1:30 Domino Club 3:00 Sing along with Nancy 6:30 BINGO!	10:00 Music Together 2:00 Exercise with Alecia 3:00 Sing along Happy Hour with Becky	10:00 Music with Sarah (WCL) 1:30 Intergenerational Tea Party! (WCL)
20	21	22	23	24	25	26
9:30 SCU Visits 10:30 Manicures 1:00 SCU Visits 2:00 Sunday Exercise 2:00 Vespers-KIVA 3:00 BINGO!	10:30 Coffee and Trivia 10:30 Veteran's Club 1:30 Word Games 2:00 Manicures (SCU) 2:30 Gentle Fitness 3:15 Wine and BINGO!	10:30 Rosary B-1 10:30 Devotions (WCL) 1:30 Brain Games 2:30 Zumba with AJ 3:15 Food & Beverage/Resident Input Hour 6:30 BINGO!	10:00 Catholic Mass (KIVA) 10:30 Exercise W/Alicia (WCL) 1:30 Bible Study 1:30 Manicures 3:00 Craft Club 6:30 Sing along with Pat and Sam (WCL)	9:30 Flower Arranging 10:30 Stretcherize 1:30 Concentration 3:00 Alicia's Life Long Learning Slideshow 6:30 BINGO!	10:00 Music Together 1:45 Tai Chi with Ed 3:00 Happy Hour and Celebrate Birthdays with Jerry Ball	9:30 SCU Visits 10:30 Chair Bowling 1:00 Manicures (SCU) 2:00 Afternoon Exercise w/Brennan 2:45 BINGO!
27	28	29	30	31		
9:30 SCU Visits 10:30 Hot Tea and Trivia 1:00 SCU Visits 2:00 Vespers-(KIVA) 2:00 Sunday Exercise 3:00 Manicures	10:30 Coffee and Current Events 1:30 Adult Coloring 2:00 Manicures (SCU) 2:30 Gentle Fitness 3:15 Blizzard Social	10:30 Rosary B-1 10:30 Devotions (WCL) 1:30 Jeopardy 2:30 Zumba with AJ 3:00 Cocoa and Conversation 6:30 BINGO!	10:30 Exercise w/ Alicia (WCL) 1:30 Bible Study 1:30 Positive Pals 3:00 Manicures 6:30 BINGO!	9:30 Flower Arranging 10:30 Stretcherize 1:30 Domino Club 1:30 Scenic Drive 3:00 Housewarming Visits for New Residents 6:30 BINGO!	 <div style="border: 1px solid black; padding: 5px;"> <p>Activities may change, please make sure you look on the daily sheets next to the dining rooms for any changes in the schedule on a daily basis.</p> </div>	

The Daily Schedule Meal Times

Breakfast:
Memory Care:
8:00am
1st 8:00am
2nd 8:30am
3rd 8:30am

Lunch:
Memory Care:
11:30am
1st 11:30am
2nd 12:15pm
3rd 12:30 pm

Dinner:
Memory Care:
4:30pm
1st 4:30pm
2nd 5:15pm
3rd 5:30 pm

Snack Cart
available daily from
7-8:30pm