

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

Dimensions Of Wellness

Emotional Vocational Intellectual Environmental Health Services Social Physical Spiritual

<p>10:15- Daily Agenda <b>10:30- Trivia</b> <b>11:15- Chair Yoga</b> <b>1:15- Go Fish</b> <b>2:30- New Year Firework Painting with John</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities <b>10:00- Chair Fitness</b> 10:30- Spa Day &amp; Hand Massage <b>1:30- Arts &amp; Craft Club- "Vision Board Collages"</b> <b>2:30 Horse Races</b> <b>5:00- Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Sit and Be Fit</b> <b>10:30- Memory Match</b> <b>1:30- All About Elvis: "Happy Birthday to the King"</b> <b>5:00 Bowling</b></p>	<p>9:00 Good Morning Club <b>10:00- New Year-New You Fitness Challenge</b> <b>10:30- Memory Match New Year Brunch</b> <b>Noon-3pm</b> <b>1:30- Bingo</b> <b>5:00- New Years Movie</b></p> <p>New Year's Day</p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:30- Word Search</b> <b>1:30-Bingo</b> <b>2:30- Drum and Go with Luis</b> <b>5:00- Year in History- 1970</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Chair Yoga</b> <b>10:30- Wheelchair/Walker Clinic</b> <b>2:00- Happy Hour- 1st Fl Saddleshoe Sisters</b> <b>5:00- Friday Night Flix</b></p>	<p>9:15 – Gather Residents, Music 9:30- Daily Chronicle 11:00- Chair Yoga 1:30- Bake and Taste 2:30- Bingo 5:15 Evening Movie-You Pick</p>
<p>10:15- Daily Agenda <b>10:30- Trivia</b> <b>11:15- Chair Yoga</b> <b>1:15- Go Fish</b> <b>2:30- New Year Firework Painting with John</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities <b>10:00- Chair Fitness</b> 10:30- Spa Day &amp; Hand Massage <b>1:30- Arts &amp; Craft Club- "Vision Board Collages"</b> <b>2:30 Horse Races</b> <b>5:00- Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Sit and Be Fit</b> <b>10:30- Memory Match</b> <b>1:30- All About Elvis: "Happy Birthday to the King"</b> <b>5:00 Bowling</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> <b>10:30- Sign Language w/ Jessica Diane Horne</b> <b>2:00- WINE DOWN WEDNESDAYS Social Hour</b> <b>5:00-Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:30- Music Therapy With Diane Horne</b> <b>1:30 Bingo</b> <b>2:30- Year in History- 1969</b> <b>5:00 Sing a-long with Louie</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Chair Yoga</b> <b>10:30- Memory Mach</b> <b>2:00- Happy Hour- 1st Fl Ian Leith</b> <b>5:00- Friday Night Flix</b></p>	<p><b>9:15 – Gather Residents, Music</b> 9:30- Daily Chronicle <b>11:00- Chair Yoga</b> 1:30- Board Game Club <b>2:30- Bingo</b> 5:15 Evening Movie-You Pick</p>
<p>10:15- Daily Agenda <b>10:30- Trivia</b> <b>11:15- Chair Yoga</b> 1:15- Pitching Pennies <b>2:15 – White Board Games</b> <b>Sunday Brunch</b> <b>Noon-3pm</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- Chair Fitness</b> 10:30- Manicures <b>1:30- Janet and Grant-the-Dog</b> <b>2:30- Arts &amp; Craft Club- "Paper Penguin"</b> <b>5:00- Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- Chair Exercise</b> <b>10:30- Memory Match</b> <b>1:00- Menu Chat w/ Charles/Henry</b> <b>2:30- Bowling</b> <b>5:00- Rock Around The Clock</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:45- Daily Chronicle <b>10:00-Resident Council Meeting</b> <b>10:30- Sit and Be Fit</b> <b>11:00- Memory Match</b> <b>2:00- WINE DOWN WEDNESDAYS Social Hour</b> <b>5:00- Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:30- Word Search</b> <b>1:15- Bingo w/Senior Helpers</b> <b>4-6 "SUMMER IN WINTER" DANCE AND PARTY-1ST Fl</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- National Geographic- Australia</b> <b>11:00- Chair Yoga</b> <b>2:00- Happy Hour-1st Fl Frank Rossi</b> <b>5:00- Friday Night Flix</b></p>	<p><b>9:15 – Gather Residents, Music</b> 9:30- Daily Chronicle <b>11:00- Chair Yoga</b> 1:30- Make and Take <b>2:30- Bingo</b> <b>2:30- Tim Wisley</b> <b>"Remembering 1967 Chicago Winter Storm"</b> 5:15 Evening Movie-You Pick</p>
<p>10:15- Daily Agenda <b>10:30- Trivia</b> <b>11:15- Chair Yoga</b> <b>1:15- Roll and Cover</b> <b>2:15 – White Board Games</b></p> <p>Activity Professionals Week</p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities <b>10:00- Chair Fitness</b> 10:30- Manicures <b>1:30- Arts &amp; Craft Club- "I Have a Dream"</b> <b>2:30- Music Appreciation</b> <b>5:00- Bingo</b></p> <p>Martin Luther King Jr. Day</p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> <b>10:30- Word Scramble</b> <b>1:00 "Songs of the Silver Screen" With John LeGear- 1st FL</b> <b>2:30- Bowling</b> <b>5:00 Sing a-long with Louie</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> <b>10:30- What Comes Next</b> <b>2:00- WINE DOWN WEDNESDAYS Social Hour</b> <b>5:00-Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:30- Music Therapy With Diane Horne</b> <b>1:30- Bingo</b> <b>2:30- Year in History- 1980</b> <b>5:00- Over The Net</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Chair Yoga</b> <b>10:30- Memory Match</b> <b>2:00- Happy Hour-1st Fl Doc Diamond-Neil Diamond Tribute</b> <b>5:00- Friday Night Flix</b></p>	<p><b>9:15 – Gather Residents, Music</b> 9:30- Daily Chronicle <b>11:00- Chair Yoga</b> 1:30- In the Kitchen Klub <b>2:30- Bingo</b> 5:15 Evening Movie-You Pick</p>
<p>10:15- Daily Agenda <b>10:30- Trivia</b> <b>11:15- Chair Yoga</b> <b>1:15- Go Fish</b> <b>2:00- John Boda: 1st FL "Sam Cooke- You Send Me"</b></p> <p>Australia Day (Observed)</p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities <b>10:00- Chair Fitness</b> 10:30- Manicures <b>1:30- Arts &amp; Craft Club- "Polka Dot Pointillism"</b> <b>5:00- Bingo</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Sit and Be Fit</b> <b>10:30 Word Scramble</b> <b>2:30 "Chicago Stories w/ Charles" 1st Floor</b> <b>5:00 Sing a-long with Louie</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> <b>10:30- Chinese New Year Craft</b> <b>2:00- WINE DOWN WEDNESDAYS Social Hour</b> <b>5:00-Bingo</b></p> <p>Chinese New Year (Year of the Snake)</p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:30- Word Search</b> <b>1:30- Bingo</b> <b>2:30- Year in History- 1980</b> <b>5:00 Sing a-long with Louie</b></p>	<p>9:00 Good Morning Club <b>9:15- Gather Residents, Music</b> 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle <b>10:00 Chair Yoga</b> <b>10:30- L-R-C</b> <b>2:00- Happy Hour- 1st Fl TBA</b> <b>5:00- Friday Night Flix</b></p>	<p></p>